

ABDOMINAL EXERCISES

RHYTHMIC SIT-UPS
CRUNCHERS
HEADS UP
CURL-UPS



FLEXIBILITY EXERCISES

HURDLER STRETCH
SIDE BENDS
SIDE LEG RAISES
WINDMILLS



AEROBIC EXERCISES

PRETEND ROPE
JUMPING
JUMP & CLAP
MARCH
JOG & CLAP



UPPER BODY EXERCISES

PUSH-UPS
ARM CIRCLES
PUSH-UP ARM CIRCLES
CRAB PUSH-UPS



ABDOMINAL EXERCISES

RHYTHMIC SIT-UPS

CRUNCHERS

HEADS UP

CURL-UPS



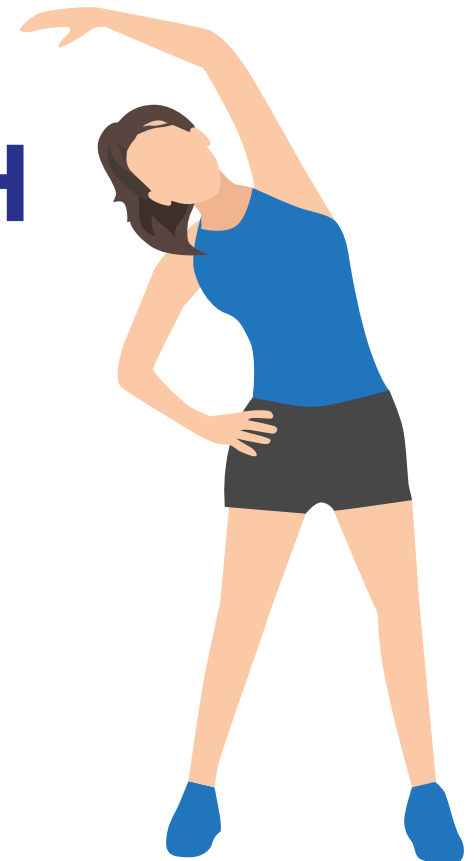
FLEXIBILITY EXERCISES

HURDLER STRETCH

SIDE BENDS

SIDE LEG RAISES

WINDMILLS



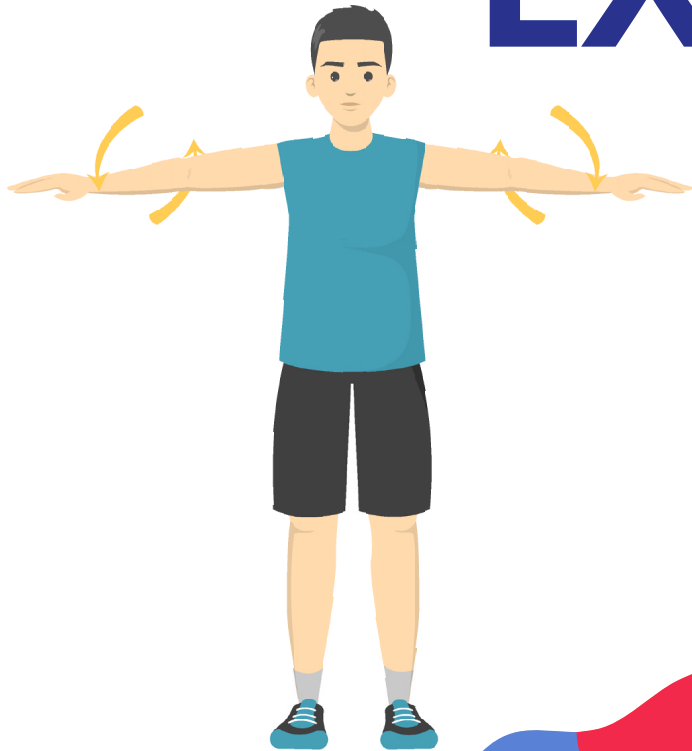
AEROBIC ACTIVITIES



**PRETEND ROPE
JUMPING
JUMP & CLAP
MARCH
JOG & CLAP**



UPPER BODY EXERCISES



PUSH-UPS

ARM CIRCLES

PUSH-UP ARM

CIRCLES

CRAB PUSH-UPS

