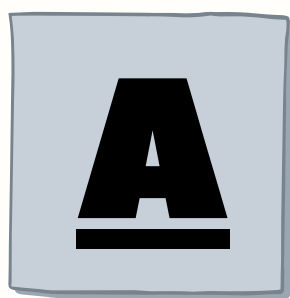




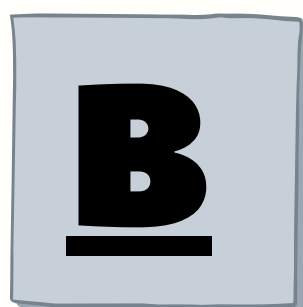
SPELL YOUR NAME EXERCISE



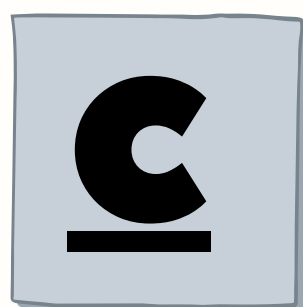
Arm
Circles



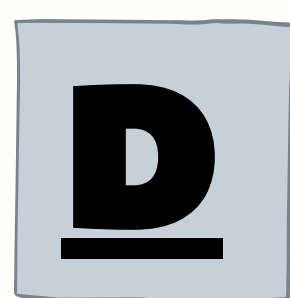
Boxer
Bounce



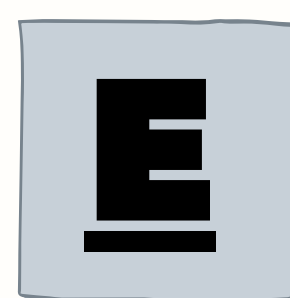
Calf
Raises



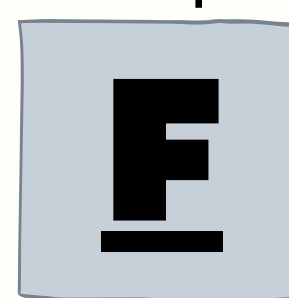
Donkey
Kicks



Elbow
Plank



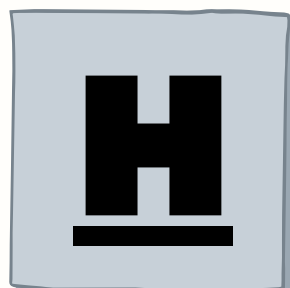
Frog
Jumps



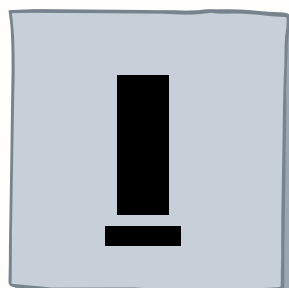
Grapevine
with Jump



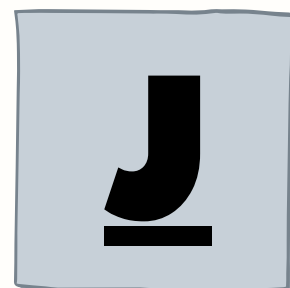
High
Knee March



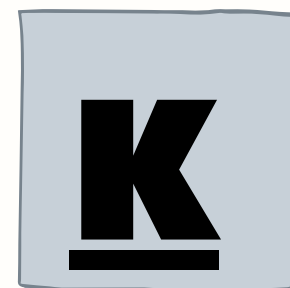
Inchworm



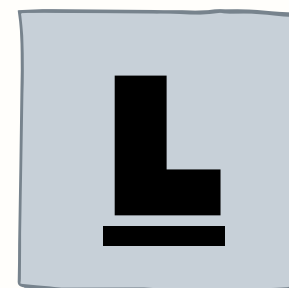
Jumping
Jacks



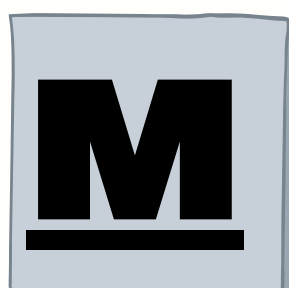
Kicks



Lunges



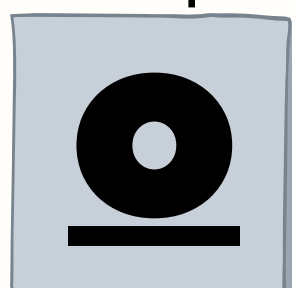
Mountain
Climbers



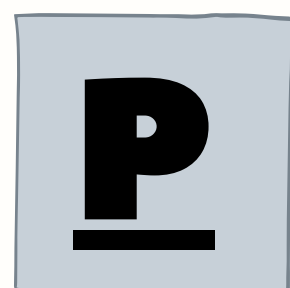
Knee to
Elbow



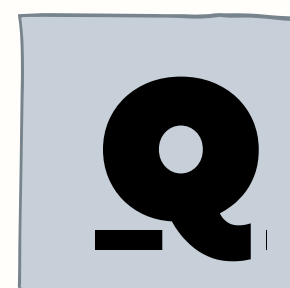
Vertical
Jumps



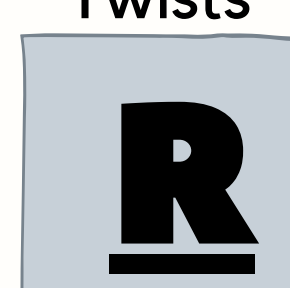
Punches



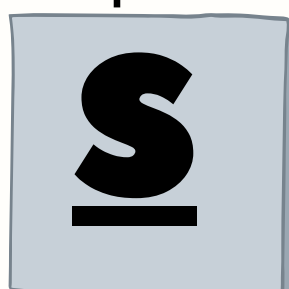
Quad
Stretch



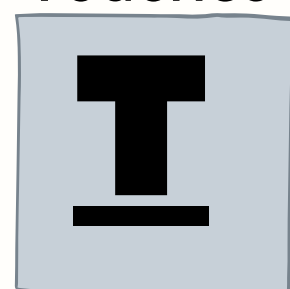
Russian
Twists



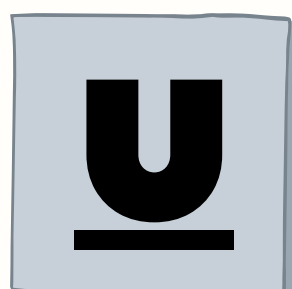
Squats



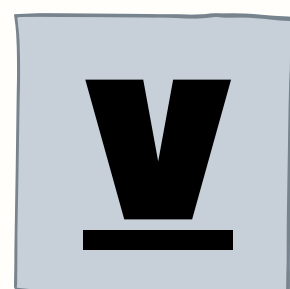
Toe
Touches



Jog in
Place



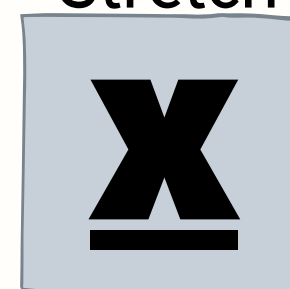
V-Sit



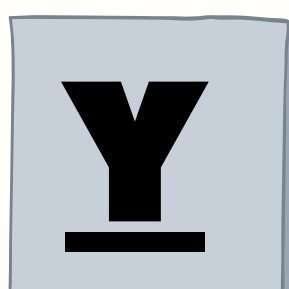
Wall Sit



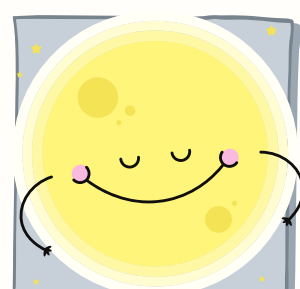
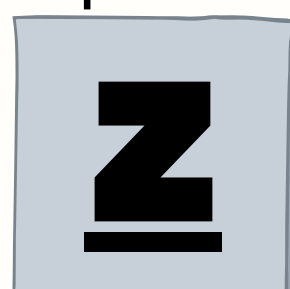
Straddle
Stretch



Shoulder
Press



Superman



Let's get
ANIMOVIN'



Ms. Rizza

Minimum of 10x up to maximum of 16x of repetitions

Minimum of 10secs up to maximum of 40secs of repetitions