

Sprint



Sprint

Run in place as fast as you can while pumping your arms.



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Climb



Climb

Raise your arm and knee as high as you can. Switch sides and repeat.



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Shuffle Jump



Shuffle Jump

Stand with your feet together. Jump up and land with one foot in front of the other. Repeat and land with your other foot in front.



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Criss-Cross Jump



Criss-Cross Jump

Stand with your feet shoulder-width apart. Jump up, crossing one foot over the other, and land with your feet crossed. Jump again, uncrossing your legs, and land in the starting position. Switch legs and repeat.



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Ski Jump



Ski Jump

Stand with your feet together. Tuck and bend your elbows to resemble a skier. Bend your knees and jump from side-to-side while keeping your feet together as you jump.



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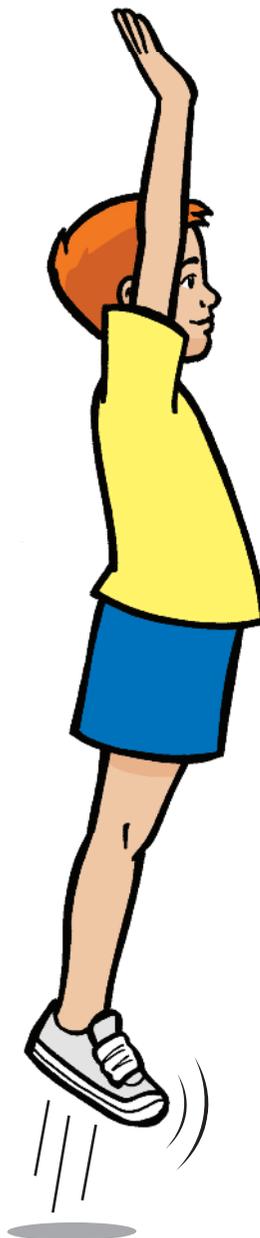
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Vertical Jump



Vertical Jump

Start in a half-squat with your arms down by your side and reach behind you. Jump as high as you can reaching your arms toward the ceiling. Land softly with your knees bent.



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Pogo Jump



Pogo Jump

Stand with your feet together. Bring your fists together in front of your body like you are holding a pogo stick. Jump pushing off your toes while keeping your legs straight. Land on the balls of your feet and immediately repeat the jump.



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Toe Tap



Toe Tap

Stand with your feet together. Tap your toes with one foot to the side and return to the starting position. Tap the toes of your other foot to the side and return to the starting position.



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Hop



Hop

Stand on one leg and bend the other leg behind you. Take off straight up into the air and land on the same leg. Repeat several times. Then switch legs and repeat.



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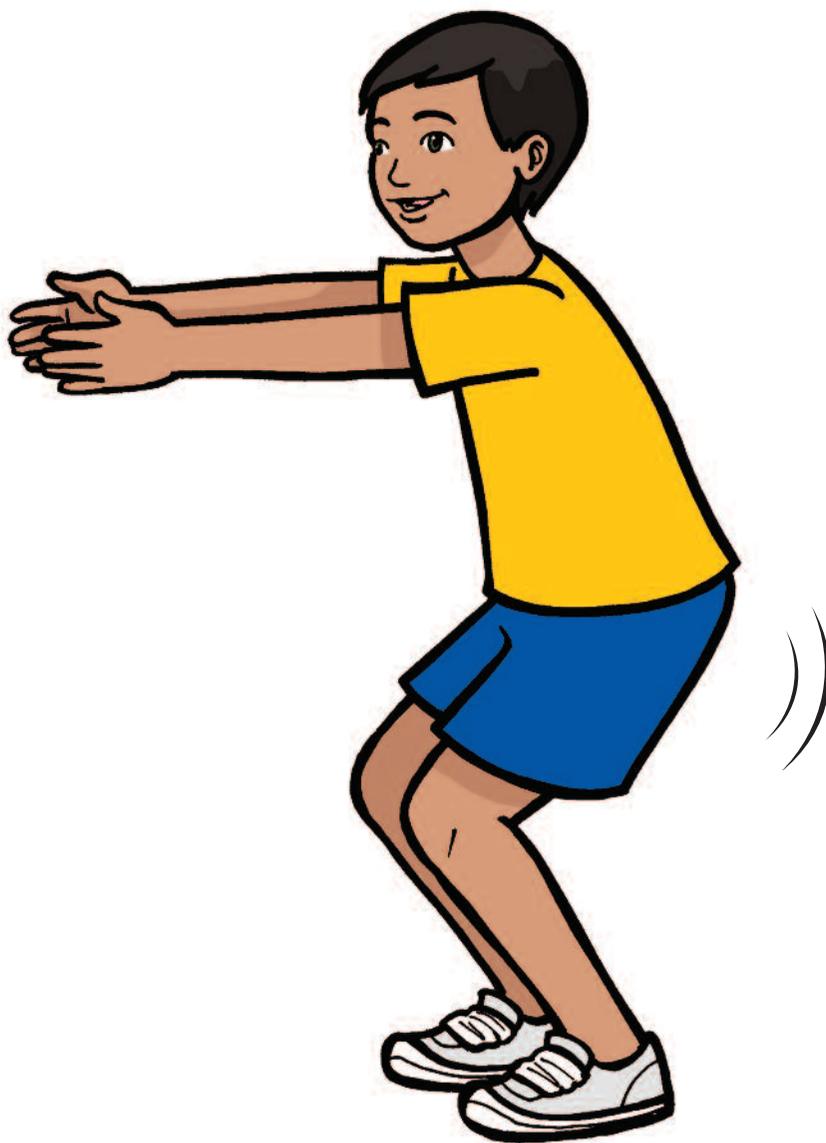
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Squat



Squat

Stand with your feet shoulder-width apart. Bend your knees and sit back as if you are sitting in a chair. Try to keep your back straight and your heels on the floor.



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Forward Lunge



Forward Lunge

Bend your arms at your side. Step forward with one foot, bend both your knees, and lower your body close to the ground. Keep your back as straight as possible. Repeat by stepping forward with your other foot.



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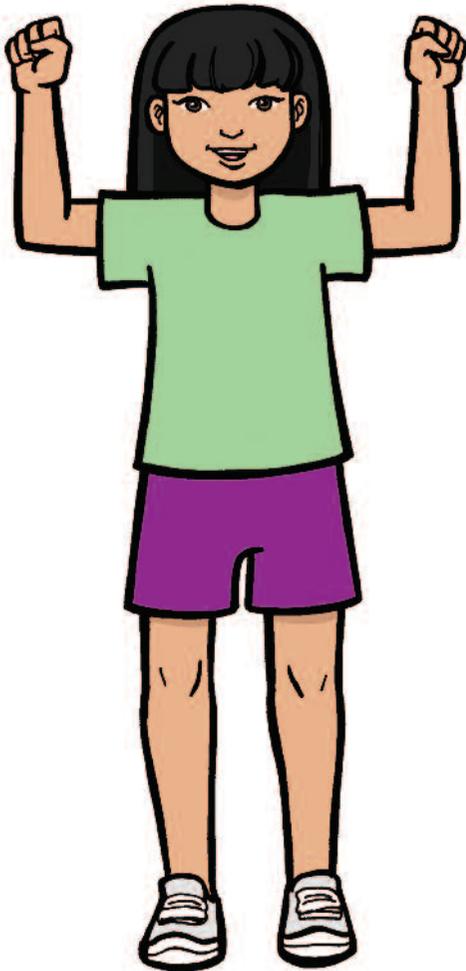
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Overhead Press



Overhead Press

Stand with your feet shoulder-width apart. Raise your arms to shoulder height forming a T with your body. Bend your elbows to a 90-degree angle with your wrists directly over your elbows. Reach your hands up toward the ceiling and return your elbows to shoulder height.



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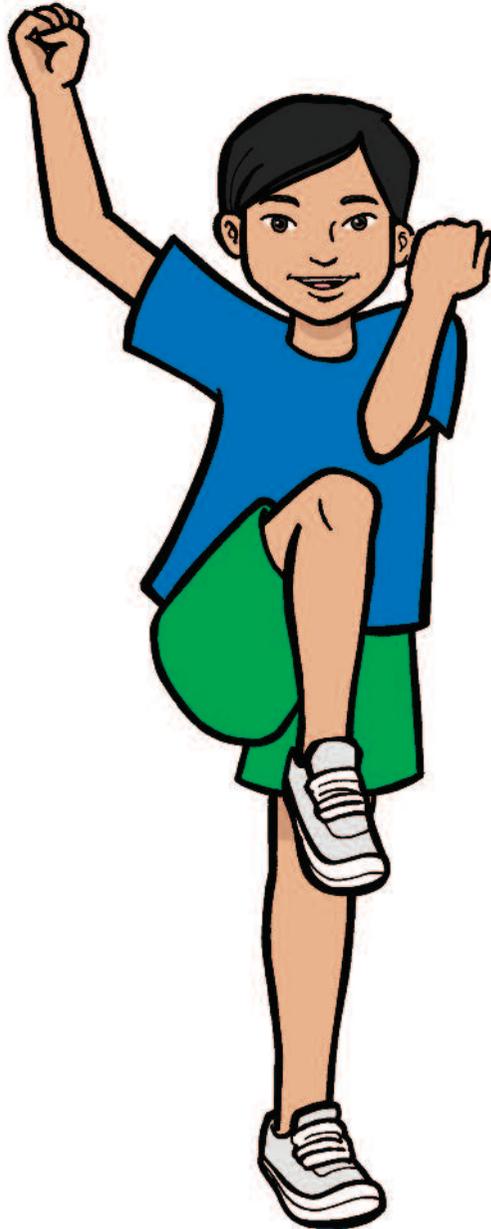
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Opposite Elbow to Knee



Opposite Elbow to Knee

Stand with your feet slightly apart. Raise your arms to shoulder height forming a T with your body. Bend your elbows to a 90-degree angle with your wrists directly over your elbows. Bring one knee up and across your body while bringing the opposite elbow down to meet your raised knee. Repeat using your other knee and elbow.



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Reverse Fly



Reverse Fly

Stand with your feet shoulder-width apart and slightly bend your knees. Bend forward from your waist. Bend your elbows and bring your fists together in front of your chest. Keeping your elbows bent, lift your arms out to the sides, squeezing your shoulder blades together. Return to the starting position.



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Standing Calf Raise

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Standing Calf Raise

Stand with your feet shoulder-width apart. Slowly raise your body up onto the balls of your feet while squeezing your calf muscles. Lower your heels back to the floor.



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Biceps Curl



Biceps Curl

Stand with your feet shoulder-width apart. With your arms at your sides and your palms facing out, bend your elbows and slowly bring your hands to your shoulders. Return to the starting position.



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Triceps Kickback



Triceps Kickback

Stand with your feet shoulder-width apart. Bend forward slightly from your waist. Bend and tuck your elbows while keeping them glued to your sides. Extend your arms so your hands reach back and your arms straighten. Return to the starting position.



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Arm Circles



Arm Circles

Stand with your feet shoulder-width apart. Raise your arms to shoulder height forming a T with your body. Slowly make small circular motions with both of your arms.



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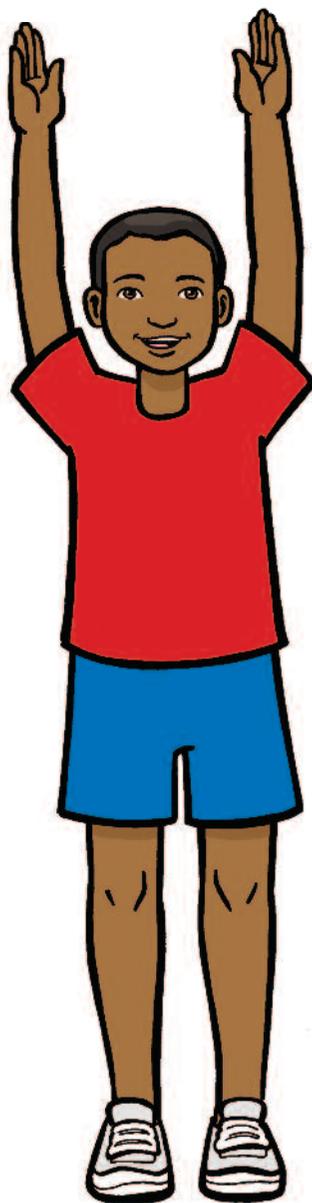
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Mountain Pose



Mountain Pose

**Stand with your feet shoulder-width apart.
Reach your arms up alongside your head.
Relax your shoulders and look straight
ahead. Hold the pose and breathe deeply.**



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Low Lunge Pose



Low Lunge Pose

Take a big step forward with one foot. Bend your front leg so your knee is directly over your ankle while keeping your back leg straight. Bring your hands to the floor, one on each side of your front foot. Look at the floor in front of your foot. Hold the pose and breathe deeply. Repeat by stepping forward with your other foot.



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Star Pose



Star Pose

Step your feet out wide and bend your knees slightly. Stretch your arms out with your palms facing the floor. Reach out through your fingertips and relax your shoulders. Hold the pose and breathe deeply.



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Standing Forward Bend Pose



Standing Forward Bend Pose

Stand with your feet shoulder-width apart. Bend slowly at your waist. Reach your hands toward your feet while keeping your legs straight or with your knees slightly bent. Keep your head, neck, and arms loose and relaxed. Hold the pose and breathe deeply.



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Warrior I Pose



Warrior I Pose

Take a big step forward with one foot. Turn your back foot out 45 degrees. Bend your front knee so it is directly above the ankle. Keep your hips facing forward and reach your arms up alongside your head with your palms facing each other. Hold the pose and breathe deeply. Repeat by stepping forward with your other foot.



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Warrior II Pose



Warrior II Pose

Begin in Warrior I Pose. Open your back hip and torso to face the side of the room. Lower your arms to shoulder height, with one arm reaching out over your front leg and the other arm stretched out over the back leg. Turn your head forward and look out over the fingertips of your front hand. Hold the pose and breathe deeply. Repeat by stepping forward with your other foot.



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Standing Backbend Pose



Standing Backbend Pose

Stand with your feet shoulder-width apart. Place your hands on your lower back with your fingers facing the ground. Look up and lift your chest up until your back is slightly bent. Hold the pose and breathe deeply.



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Tree Pose



Tree Pose

Balance on one leg. Place the sole of your opposite foot on the inside of your standing leg, either above or below your knee joint. Reach your arms up alongside your head. Hold the pose and breathe deeply. Switch legs and repeat.



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Chair Pose



Chair Pose

Stand with your feet together. Bend your knees and pretend to sit in a chair. Reach your arms up alongside your head. Try to keep your back straight and your heels on the floor. Hold the pose and breathe deeply.



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Chair Twist Pose



Chair Twist Pose

Begin in Chair Pose. Bring your hands together in front of your chest. Twist to one side, resting your elbow on the outside of your opposite knee. Look over your shoulder toward the ceiling. Hold the pose and breathe deeply. Switch sides and repeat.



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Half Lift Pose



Half Lift Pose

Bend forward from your waist and place your hands on your shins. Lengthen your spine so your back is flat like a table. Look straight ahead at the floor. Hold the pose and breathe deeply.



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Crescent Moon Pose



Crescent Moon Pose

Begin in Mountain Pose. Slowly bend at your waist and lean to one side. Hold the pose and breathe deeply. Return to the center and switch sides.



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