Climb

1

Climb

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

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Criss-Cross Jump

2

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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Frog Jump

3

Frog Jump

Crouch down with your knees out wide and your hands on the ground between your feet. Jump up by pushing off with your hands and feet. Land quietly in a crouch position.

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Hop

4

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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Jump

5

Jump

Bend your knees. Take off and land on two feet. Swing your arms forward and upward while you are jumping.

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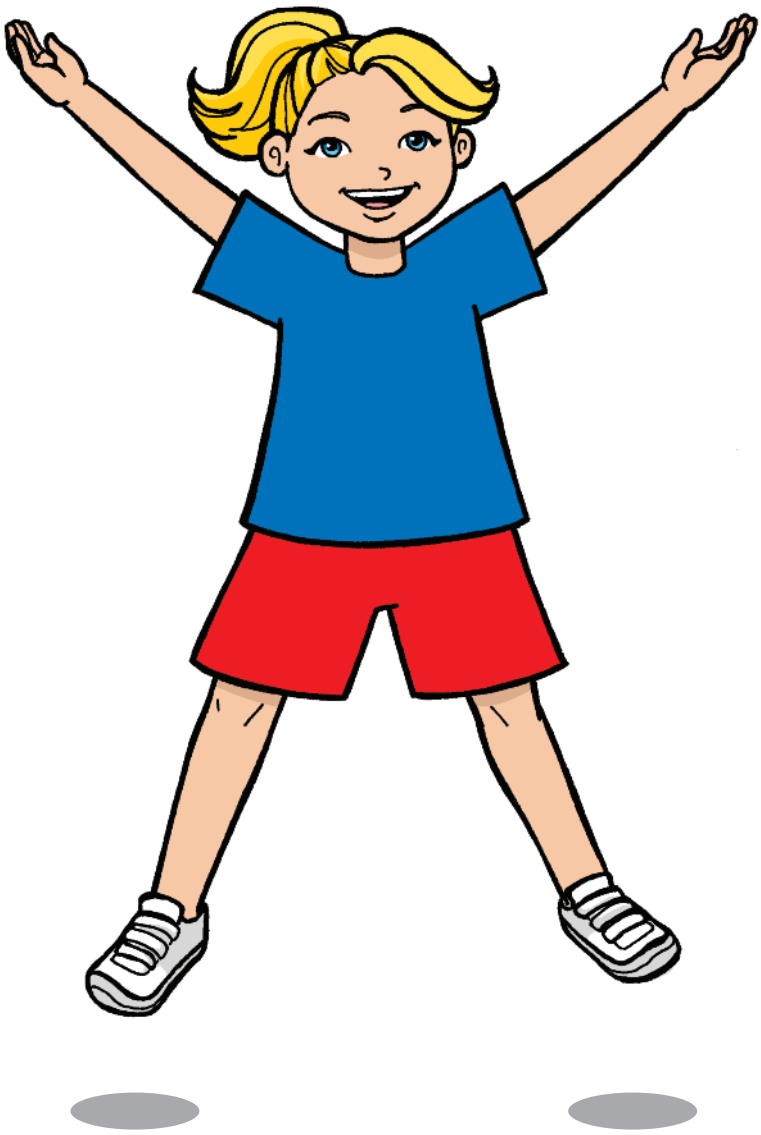
Jumping Jack



6

Jumping Jack

Jump and land with your legs apart while bringing your hands together over your head. Keep your arms straight. Jump again and bring your feet together and your arms back down to your sides.

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Leap

7

Leap

Stand with your feet together. Spring forward like you are taking a large step. Land on one foot and then bring your feet together. Switch legs and repeat.

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March

8

March

Stand up tall and keep your shoulders back. Bend your elbows and swing your arms while bringing your knees up high.

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Ski Jump

9

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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Sprint

10

Sprint

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

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Squat

11

Squat

Stand with your feet shoulder-width apart and your toes pointed straight ahead. 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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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. Look forward. Try to keep your back straight and your heels on the floor. Hold the pose and breathe deeply.

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Butterfly Pose

Butterfly Pose

Sit cross-legged on the floor and slowly lean forward, extending your arms out in front of you. Hold the pose and breathe deeply. Switch legs and repeat.

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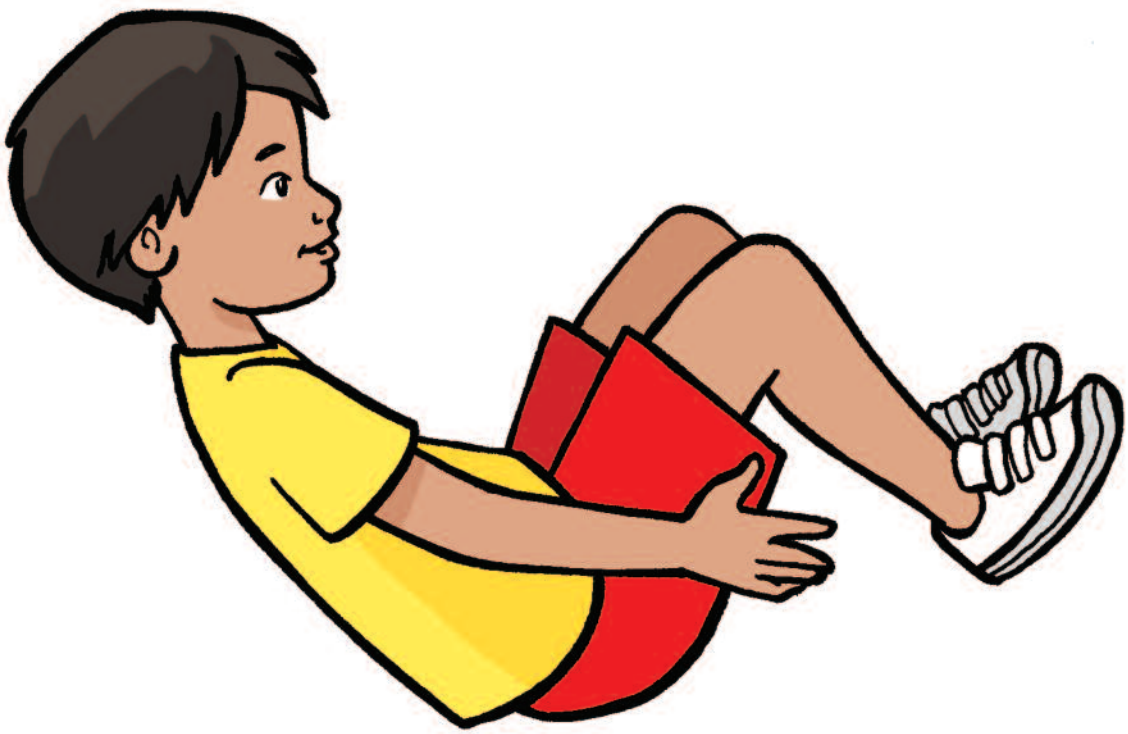
Boat Pose



Boat Pose

Sit with your legs stretched out in front of you and your hands flat on the floor. Bend your knees and lift your ankles up to form the letter "V" from your chest to your knees. Lift your hands slightly off the ground, keeping them at your side. Hold the pose and breathe deeply.

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Downward Dog Pose

15

Downward Dog Pose

Start with your knees and hands flat on the ground. Lift your hips up until your legs and arms are straight and your body looks like an upside-down "V." Relax your head. Hold the pose and breathe deeply.

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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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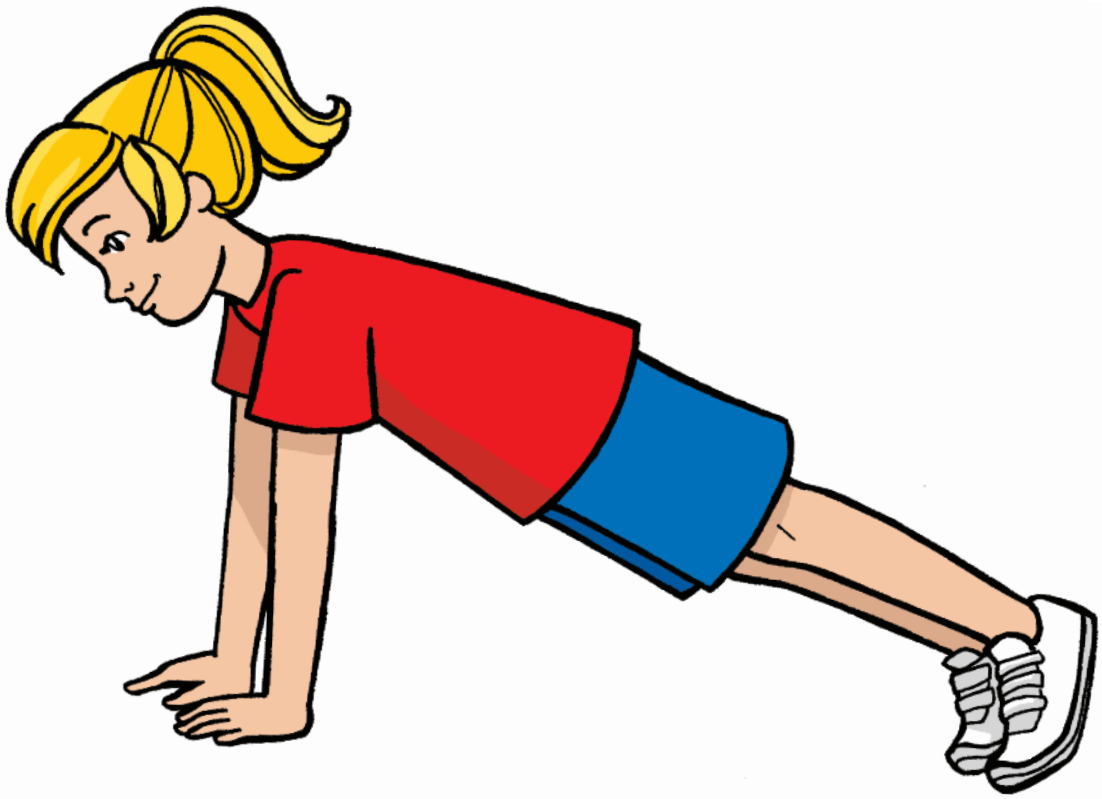
Plank Pose



Plank Pose

Start with your knees and hands flat on the ground. Straighten your legs as if in a push-up position. Push your body up and away from the ground until your arms are straight. Keep your back and hips in a straight line, like a plank of wood. Hold the pose and breathe deeply.

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Scale Pose

Scale Pose

Sit cross-legged on the floor with your hands flat on the ground next to your body. Hold the pose and breathe deeply. Switch legs and repeat.

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Side Stretch

Side Stretch

Stand with your feet shoulder-width apart. Reach your arms up alongside your head and slowly bend to the side from your waist. Hold the pose and breathe deeply. Switch sides and repeat.

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Standing Backward Bend Pose

20

Standing Backward Bend 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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Standing Forward Bend Pose

21

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 your knees slightly bent. Keep your head, neck, and arms loose and relaxed. Hold the pose and breathe deeply.

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Star Pose

Star Pose

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

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Tree Pose

Tree Pose

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

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Windmill Pose

Windmill Pose

Stand with your feet out wide. Bend forward and reach towards the ground. Bring one hand toward your opposite foot and twist your body while reaching up with your other hand. Hold the pose and breathe deeply. Switch hands and twist in the other direction.

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