

## Crab Crawl



**Start:** On your hands and feet, facing up, hands pointing toward the feet.

**Movement:** Keeping your butt lifted off the ground, walk the hands and feet across the floor.

**Tip:** Try not to let your shoulders shrug.

## Jumping Jacks



**Start:** Stand with your feet together and hands at your side.

**Movement:** Jump off the ground and land with your feet a little wider than shoulder width and your hands coming together above your head. Without resting, jump back to start position.

**Tip:** Try to land with soft knees, not straight legs.

## Knee Taps



**Start:** Stand on one leg, the other leg lifted and bent at a 90 degree angle.

**Movement:** Hopping from one leg to the other while bringing the opposite knee up and tapping the lifted knee.

**Tip:** Try to keep a running motion, without stopping in between.

## Mountain Climbers



**Start:** With hands on the ground, just under your shoulders and on your toes with back flat.

**Movement:** Keeping your elbows soft, draw one knee into the chest and push back out, then bring the other in to the chest without stopping in between.

**Tip:** Keep your abs tight

## Mountain Climbers with a Twist



**Start:** With hands on the ground, just under your shoulders and on your toes and back flat.

**Movement:** Keeping your elbows soft, draw one knee into the opposite armpit and back out, then bringing the other in to the armpit without stopping between.

**Tip:** Keep your abs tight

## Squat Jumps



**Start:** Stand with your feet together and arms at your side.

**Movement:** Jump off the floor and land with your feet a little wider than shoulder width into a squat position. Raise your hands above your head as you land.

**Tip:** Try to use an explosive jump and land with soft knees.

## Burpee



**Start:** On your toes and hands with the arms directly under your shoulders and back straight.

**Movement:** In one move, jump your legs towards your chest while keeping your hands on the floor. Jump back out again.

**Tip:** Rest for one second before jumping back out.

## Jump Rope



**Start:** With a jump rope handle in each hand and the rope behind you.

**Movement:** As you rotate the jump rope up and over the body, jump so the rope goes under the body and clears.

**Tip:** Start with a pause jump between working up to a continuous jump.

## Lateral Jump over Jump Rope



**Start:** Lay the jump rope in a straight line on the floor and stand in a squat position on one side.

**Movement:** Jump up and over to the other side of the rope, landing with soft knees.

**Tip:** Try to keep your hands in front of you.

## Walking



**Movement:** Walk as you normally would but take longer strides and use your arms, swinging them to help propel you to walk faster.

**Tip:** Stay tall.

## Jogging in Place



**Movement:** Jog as you normally would, making sure you bring your feet off the ground. Swing the arms at a 90 degree angle.

**Tip:** Start with a few minutes and work your way up.

## Step Ups



**Start:** Stand in front of a bench or sturdy table or chair with one foot on the bench.

**Movement:** Using the leg on the bench, step up so both feet are on the bench. Return to start position.

**Tip:** Try not to let your knee go over your toe.

## Step Up with Knee Lift



**Start:** Stand in front of a bench or sturdy table or chair with one foot on the bench.

**Movement:** Using the leg on the bench, step up to standing position as you continue to bring the leg from the floor up to a 90 degree angle.

**Tip:** Try not to let your knee go over your toe.

## Squat Jump with Twist Around



**Start:** Stand in a squat position, hands on the hips.

**Movement:** Jump up and at the same time rotate the body in the air, landing to the opposite side.

**Tip:** Start with small rotations working up to 180 degrees.

## Punches



**Start:** Stand with feet shoulder width apart and one leg forward.

**Movement:** Punch one arm out in front of you, using your shoulder, keeping arm parallel to the ground. Alternate sides, drawing the other back in.

**Tip:** Keep the core tight, rotating slightly during the movement.

## Butt Kicks



**Start:** Stay in place and jog.

**Movement:** Bring each heel up to the butt on every movement, trying for a continuous run.

**Tip:** Use your arms as you would while jogging.



## Scissor Lunges



**Start:** Start in a lunge position, front leg bent at a 90 degree angle, the back leg bent as well.

**Movement:** With a power jump, while in the air, switch legs, landing with the opposite leg forward.

**Tip:** It's very important to keep the knee behind the toe when landing.

## Lunge Kicks



**Start:** Start in a lunge position, front leg bent at a 90 degree angle, the back leg bent as well.

**Movement:** Stand up on the front leg as the back leg comes forward to kick in front of the body. Bring the same leg that kicked back again to a lunge.

**Tip:** Keep your hands in front of the body.

## Round House



**Start:** Squat with a wide stance in front of a small table that is about knee height.

**Movement:** Lift one leg as you stand (crossing the body) and lift up and over the table back to the squat position.

**Tip:** Be sure to keep knees behind the toes in the squat position.

## Cross Country Ski



**Start:** Stand with a split stance, one leg in front of the other.

**Movement:** Switch legs while jumping in the air, landing in the opposite stance.

**Tip:** Use your arms for more power in the jump.

## Duck Walk



**Start:** Stand with feet a little wider than shoulder width apart and bend the knees as if squatting.

**Movement:** Staying in a squat position, walk across the floor keeping the legs wide.

**Tip:** Keep the chest lifted up.

## Side Lunge Jump



**Start:** Step out to one side with toe straight and opposite leg straight.

**Movement:** Jump up, pushing off the bent leg to land in the same position on the other side.

**Tip:** Start with small jumps and land with knees soft, not straight

## Squat Jump with Frog Clap



**Start:** Stand in squat position, but back, kneed behind the toes.

**Movement:** Jump up with explosive move and clap feet together.

**Tip:** Bend legs as you jump for more challenge.