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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| A |  | 10Arm Circles  | F | Calf Raises | Illustrated Exercise Guide | 10Calf Raises  | K | Burpees | Illustrated Exercise Guide | 3Burpees |
| B | C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6FA04F64.tmp | 5Crunches | G | Lunges | Illustrated Exercise Guide | 5Lunges  | L | Standing Leg Circles | Illustrated Exercise Guide | 5Leg Circles  |
| C | Wood Chop | Illustrated Exercise Guide | 5 Wood Chop | H | Butt Kicks | Illustrated Exercise Guide |  10Bottom Kicks | M | Mountain Climbers | Illustrated Exercise Guide | 5Mountain Climbers |
| D | Side To Side Hops | Illustrated Exercise Guide | 10Ski Hops | I | **C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\32D5DBA9.tmp** | 3Inchworm | N | Basketball Shots | Illustrated Exercise Guide | 5Bend and Shoot |
| E | Touch And Hop | Illustrated Exercise Guide | 10 Hops | J | Knee Hugs | Illustrated Exercise Guide |  10Knee Hugs | O | High Knees | Illustrated Exercise Guide | 10 High Knees |
| P | Bent Over Twist | Illustrated Exercise Guide | 5Windmills | U | Push Up | Illustrated Exercise Guide | 5Push Ups | Z | C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B08D09F5.tmp | 10 SecondPlank |
| Q | Sit Up | Illustrated Exercise Guide | 10 Sit Ups | V | **C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B4DE837F.tmp** | 5Leg Lifts |  |  |  |
| R | Run In Place | Illustrated Exercise Guide | 10 Second Sprint on the spot | W |  | 10Oblique Stretches |  |  |  |
| S | Jumping Jacks | Illustrated Exercise Guide | 5Star Jumps | X | Alternate Heel Touchers | Illustrated Exercise Guide | 10Heel Touches |  |  |  |
| T | Squat | Illustrated Exercise Guide | 5Squats | Y | Toe Touch | Illustrated Exercise Guide | 5 Toe Touches |  |  |  |