Fitness Station #1

- 10 Jumping Jacks
- 5 Hops (Right foot)
- 5 Hops (Left foot)
- 10 Jumps (Jump as high as you can!)
Fitness Station #2

5 Shoulder Shrugs
10 Head Rolls
10 Wrist Circles
10 Ankle Circles
(1 foot at a time)
Fitness Station #3

March in place to the count of 10
Jog in place to the count of 10
High Knee Jog in place to the count of 10
Fitness Station #4

Pretend Jump Rope in place to the count of 20

Pretend Boxers Shuffle in place to the count of 20
Fitness Station #5

Take 3 Slow, Deep Breaths

10 sets of this Stretch: Reach towards the ceiling and then towards the ground