

		
		
		
		

Frog Jumps	Bunny Hops	Front Crab
Frog Jumps	Bunny Hops	Front Crab
Back Crab	Back Crab	Roly Poly
Roly Poly	Inch Worm	Inch Worm

		
		
		
		

Bear Crawl	Bear Crawl	Starfish Jumps
Starfish Jumps	Donkey Kicks	Donkey Kicks
Cherry Pickers	Cherry Pickers	Right Leg Hop
Right Leg Hop	Mogul Ski	Mogul Ski

		
		
		
		

XC Ski	XC Ski	Mountain Climbers
Mountain Climbers	Mountain Jacks	Mountain Jacks
Burpees	Burpees	Push-Ups
Push-Ups	Hydrant - Right	Hydrant - Right

		
		
		
		

Hydrant - Left	Hydrant - Left	Row Boats
Row Boats	Sit-Ups	Sit-Ups
Crunches	Crunches	Superman
Superman	Left Leg Hop	Left Leg Hop