**Mirror-Mirror Exercise Cards**

|  |  |
| --- | --- |
| **Muscle-Strengthening** | **Bone-Strengthening** |
| **Squats** | **Jumping Jacks** |
| **Lunges** | **Jump Squats** |
| **Push-ups** | **Burpees** |
| **Plank Arm Raises** | **Star Jumps** |
| **Plank Leg Raises** | **Plank Walk** [Clockwise Circle] |
| **Calf Raises** | **Plank Walk** [Counter-Clockwise Circle] |
| **Raised Arm Circles** | **Plank Jacks** |
| **Arm Scissors** | **High-Knee Stationary Jog** |

**Mirror-Mirror Exercise Cards**

|  |  |
| --- | --- |
| **Muscle-Strengthening** | **Bone-Strengthening** |
| **Ball-Hug Squats** [Medicine Ball] | **Speed Rope** [Jump Rope] |
| **Bull-Hug Lunges** [Medicine Ball] | **Power Rope** [Jump Rope] |
| **Ball-Hug Calf Raises** [Medicine Ball] | **Skier Rope** [Jump Rope] |
| **V-Ups** [Medicine Ball] | **Backwards Rope** [Jump Rope] |
| **Biceps Curls** [Medicine Ball] | **Ball Slams** [Medicine Ball] |
| **Triceps Extension** [Medicine Ball] | **Squat Press & Toss** [Medicine Ball] |
| **Oblique Twists** [Medicine Ball] | **Calf-Jump Slams** [Medicine Ball] |
| **Med-Ball Planks** [Medicine Ball] | **Ball-Hug Sumo Walk** [Medicine Ball] |