

Color Crushers Exercise Poster: Aerobic Capacity

25 Reps	Invisible Speed Rope
25 Reps	Jumping Jacks
25 Reps	Mummy Jacks
25 Reps	Stationary Sprints

Repeat from top until you hear the stop signal.



Color Crushers Exercise Poster: Muscular Fitness

10 Counts	Plank Mississippi Holds
10 Reps	Plank Jacks
10 Reps	Plank Alternating Super Arms
10 Reps	Plank Alternating Leg Lifts

Repeat from top until you hear the stop signal.



Color Crushers Exercise Poster: Flexibility

10 Counts	Tree Pose Mississippi Holds
10 Counts	Downward-Facing Dog Mississippi Holds
10 Counts	Warrior Mississippi Holds
10 Counts	Forward Bend Mississippi Holds

Repeat from top until you hear the stop signal.



Color Crushers Exercise Poster: Aerobic Capacity

10 Reps	Invisible Rope Ski Jumps
10 Reps	Star Jumps
10 Reps	High-Knee Sprinting March
10 Reps	Invisible Rope Double-Unders

Repeat from top until you hear the stop signal.



Color Crushers Exercise Poster: Muscular Fitness

10 Reps	Plank Jacks
5 Reps	Modified Push-Ups
10 Reps	Plank Alternating Side-to-Side Toe Taps
5 Reps	Modified Push-Ups

Repeat from top until you hear the stop signal.



Color Crushers Exercise Poster: Flexibility

4 Reps	Inchworms
4 Reps	Page Turners
4 Reps	Frog Walkers
4 Reps	Long Lunges

Repeat from top until you hear the stop signal.

