



Spinner Wonderland



#	<u>Name of Exercise</u>	<u>Reps</u>	<u>Description</u>
1	Snowman Jacks	3	Jump in air and tap feet together.
2	Reindeer Race	15	Run in place.
3	Wreath Raise	8	Bend down from waist, make a circle with arms and stand.
4	Penguin Pops	20	Hop back and forth from foot to foot.
5	Dreidel Spins	5	Sit on bottom and spin in a circle.
6	Elf Jumps	4	Jump and make a star with body.