



10 JUMPING JACKS  
OR 10 ARM CIRCLES



10 SQUATS  
OR 10 CALF RAISES



JOG IN PLACE 10 SEC.  
OR PLANK 10 SEC.



10 LUNGES  
OR 10 ARM CURLS



10 STAR JUMPS  
OR 10 SWIM ARMS



10 MUMMY JACKS  
OR 10 DEEP BREATHS

