



V-Sit for 5 Deep Breaths



10 Wall Push-ups



10 Walking Lunges
(Alternating Legs)



10 Squat Jumps



Front Plank for
5 Deep Breaths



15 Mountain Climbers



20 High Knee Runs in Place



Balance on Each Foot for
5 Deep Breaths



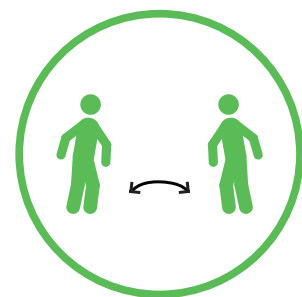
20 Straight Leg Kicks
(Alternating Legs)



10 Lateral Jumps



Reverse Plank or Crab
Walk Position for 5
Deep Breaths



10 Skier Jumps