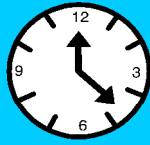


# Time to Exercise!



# 5

jumping jacks



1

2

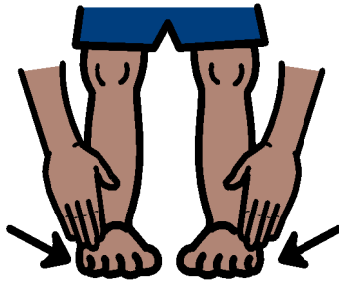
3

4

5

# 10

toe touches



1

2

3

4

5

6

7

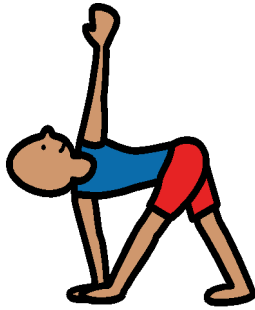
8

9

10

# 10

trunk bends



1

2

3

4

5

6

7

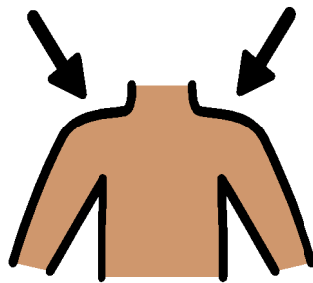
8

9

10

# 10

shoulder rolls



1

2

3

4

5

6

7

8

9

10

## Finished! Cool down.

