

One

ROW YOU BOAT
Full song 2 times



Two

PENGUIN WADDLES
2 sets of 20 Reps



Three

CROSS CRAWLS
2 sets of 12 Reps



Four

VISUAL TRACKING
2 sets of 12 Reps



Five

KNEELING
2 sets of 20 seconds



Six

ITSY BITSY SPIDER
Full Song

