

One

PENGUIN WADDLES

2 sets of 12 Reps



Two

STAND UP & REACH

2 sets of 10 Reps



Three

ROLLING BALL

2 sets of 12 Reps



Four

RING AROUND THE ROSIE

2 Times



Five

ROW, ROW, ROW YOUR BOAT

2 sets of 12 Reps



Six

RUNNING

2 sets of 25ft



Seven

SQUAT JUMPS

2 sets of 12 Reps



Eight

SPIN AND STOP

2 sets of 12 Reps

