



**full body rock
paper scissors**



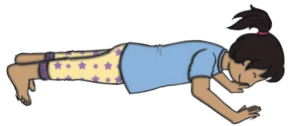
sprints



toe touches



leap frog



push-ups



rowing



star jumps



crab walk



march



tuck jumps



heel walk



tunnels



treadmill



frog jumps



heel walk



**full body rock
paper scissors**



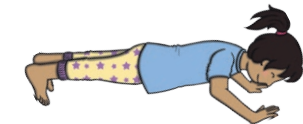
arm circles



rowing



tiptoe walking



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skipping track



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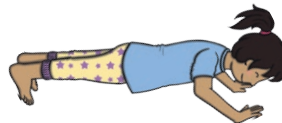
treadmill



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stretches



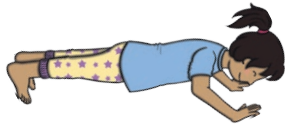
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