

**ARM**

**NOD**

**BURPEES**

**OVER**

**CRAB**

**PUSH-UPS**

**DOOR**

**QUICK**

**ELEPHANT**

**RUN!**

**FROG**

**SIT-UPS**

**GALLOP**

**TIP-TOE**

**HIGH**

**UNDER**

**INCHWORM**

**V-SIT**

**JUMPING JACKS**

**WINDMILLS**

**KANGAROO**

**X**

**LUNGES**