

ALPHABETS EXERCISE



Arm circle



Burpees



Crunches



Duck Walk



Elbow to
Knees



Frog Hops



Giant Leaps



High Knees



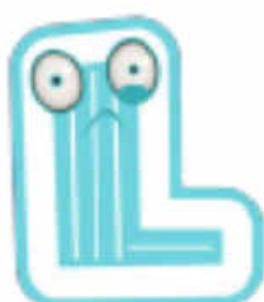
Incline
Climb



Jumping
Jacks



Knee
Squats



Lunges



Mega
Jumps



Neck Rolls



Overhead
Stretches



Push Ups



Quad
Stretches



Run In
Place



Sit Up



Toe
Touching



Under Over
Maze



V-Sits



Windmills



X-
Punches



Yoga
Pose



Zig Zag
Run

