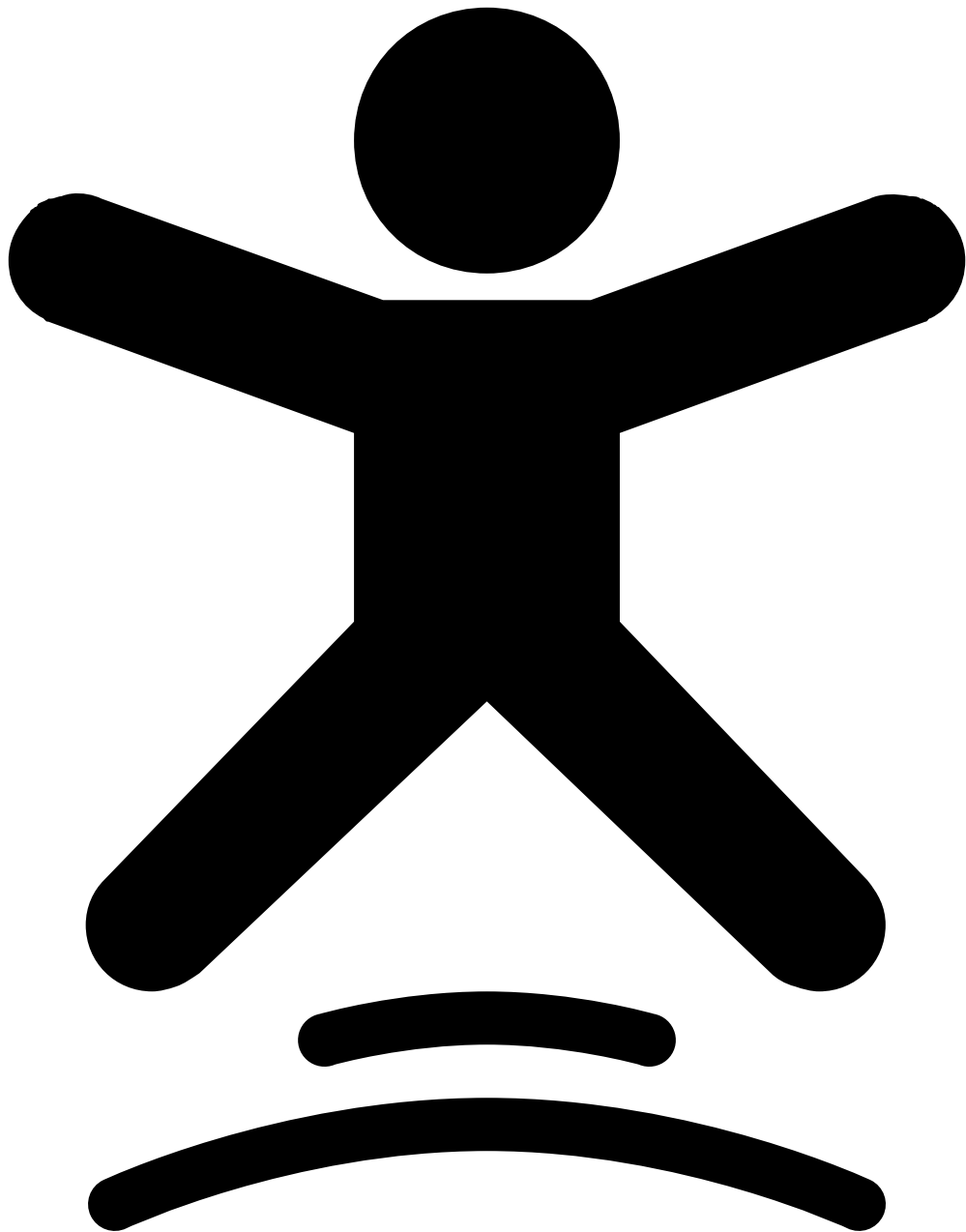




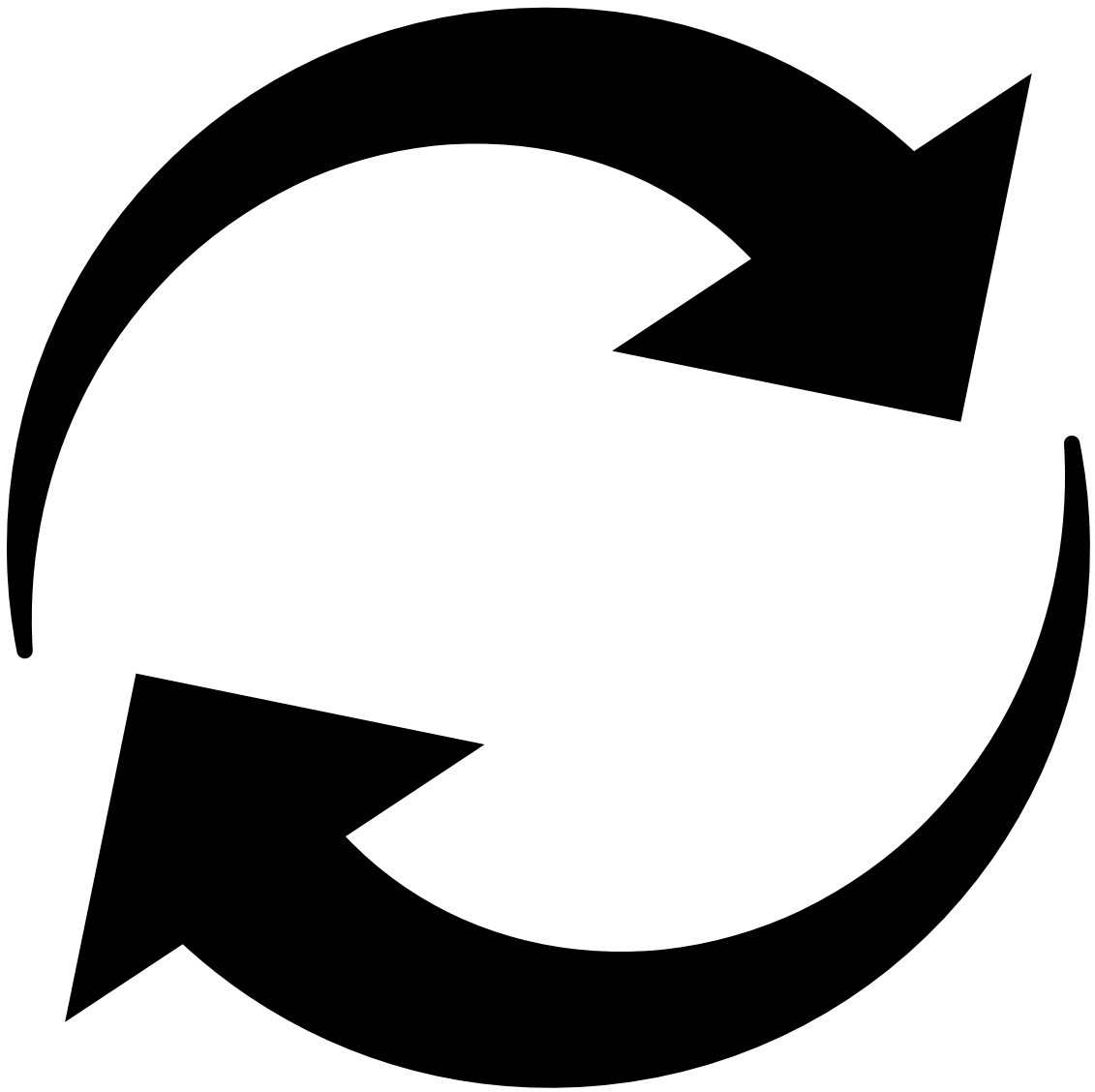
Jump



**Jumping
jacks**



**Run on
the spot**



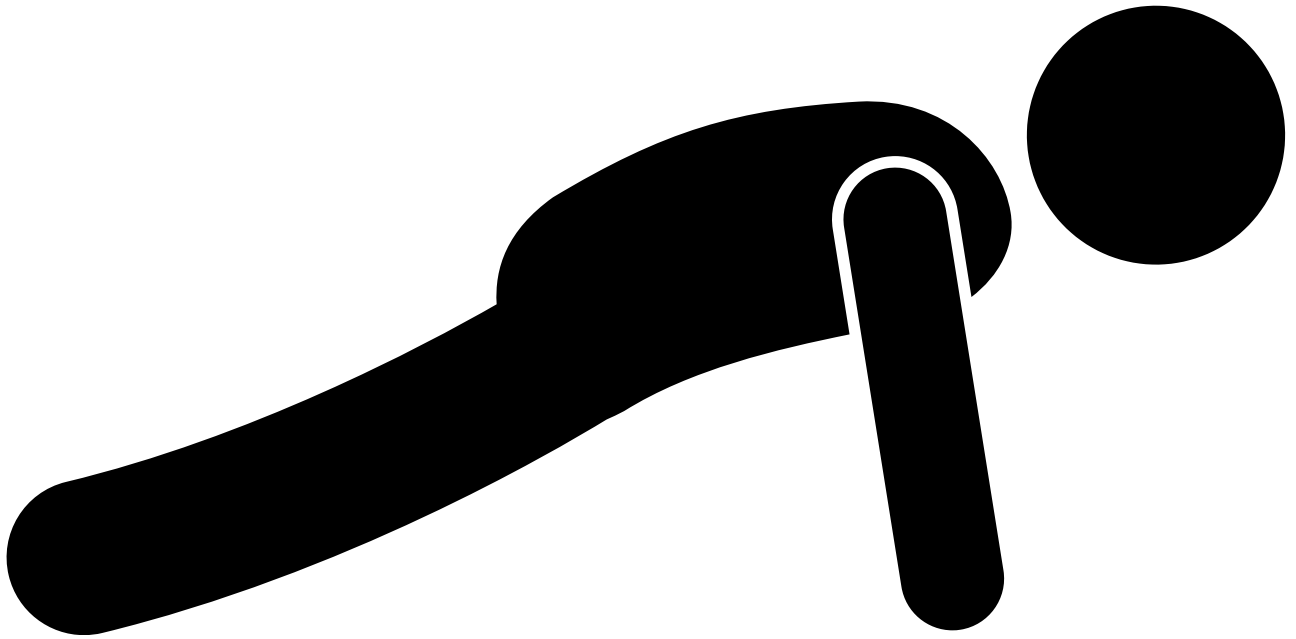
**Spin in
a circle**



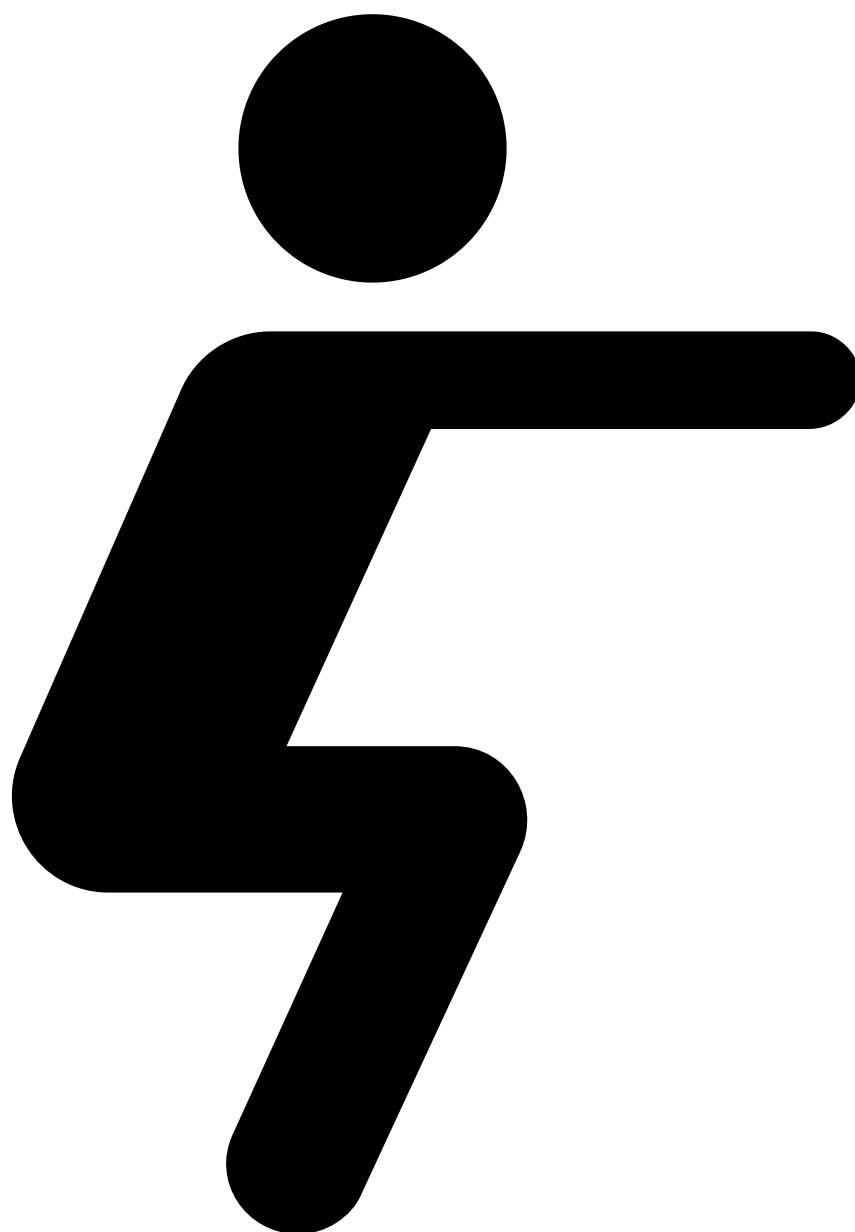
Dance



Balance



**Plank or
push ups**



Squat



Lunge



**Make a
letter with
your body**