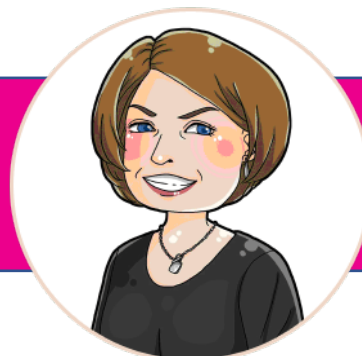


# EXERCISE CARDS



20 CARDS

M. BOSSENMEYER, ED.D.



## Table of Contents

Exercise Cards	Pg. 3-7
----------------	---------

Wild Card Exercise Cards	Pg. 7
--------------------------	-------

Terms of Use	Pg. 8
--------------	-------

Favorite Designers	Pg. 9
--------------------	-------

Similar Products	Pg. 10
------------------	--------

# EXERCISE CARDS



20 CARDS

M. Bossenmeyer, Ed.D.



HEAD, SHOULDERS,  
KNEES AND TOES  
10 TIMES



TOES TOUCHES  
10 TIMES

CROSS ARMS -  
STRAIGHT OUT TO SIDE  
10 TIMES



DO THE CHICKEN DANCE  
4 CLICKS  
4 FLAPS  
4 WIGGLES  
4 CLAPS  
REPEAT

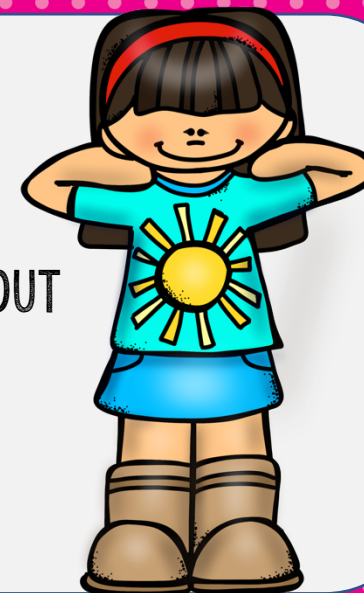


JUMP IN PLACE  
10 TIMES



STRETCH TO THE  
SKY  
10 TIMES

ARMS STRAIGHT OUT  
- ARM CIRCLES  
10 TIMES





STOMP & CLAP  
EACH FOOT  
10 TIMES



SKIP IN PLACE  
20 SECONDS



TWIST AT THE  
WAIST  
10 TIMES



REACH AROUND AS  
FAR AS POSSIBLE  
HOLD 20 SECONDS  
REST-REPEAT



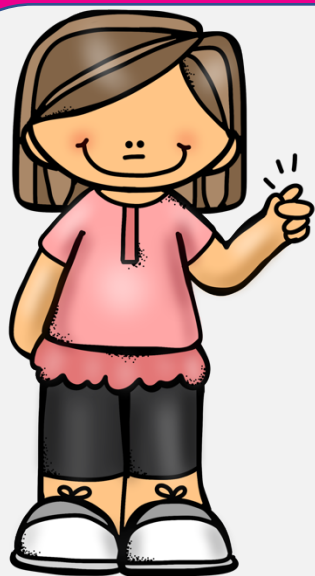
JUMPING JACKS  
10 TIMES



HIGH KICKS EACH  
LEG  
10 TIMES



CLICK YOUR  
FINGERS  
10 TIMES  
RIGHT THEN LEFT  
HANDS



WINDMILLS  
TOUCHING  
OPPOSITE TOES  
10 TIMES





RUN IN PLACE 30  
SECONDS



BALANCE ON LEFT  
/ RIGHT FOOT  
10 SECONDS



TOUCH SHOULDERS  
TOUCH TOES  
10 TIMES

WILD CARD

**EXERCISE**



# Terms of Use

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