

Crab Crawl



Start: On your hands and feet, facing up, hands pointing toward the feet.

Movement: Keeping your butt lifted off the ground, walk the hands and feet across the floor.

Tip: Try not to let your shoulders shrug.

Jumping Jacks



Start: Stand with your feet together and hands at your side.

Movement: Jump off the ground and land with your feet a little wider than shoulder width and your hands coming together above your head. Without resting, jump back to start position.

Tip: Try to land with soft knees, not straight legs.

Knee Taps



Start: Stand on one leg, the other leg lifted and bent at a 90 degree angle.

Movement: Hopping from one leg to the other while bringing the opposite knee up and tapping the lifted knee.

Tip: Try to keep a running motion, without stopping in between.

Mountain Climbers



Start: With hands on the ground, just under your shoulders and on your toes with back flat.

Movement: Keeping your elbows soft, draw one knee into the chest and push back out, then bring the other in to the chest without stopping in between.

Tip: Keep your abs tight

Mountain Climbers with a Twist



Start: With hands on the ground, just under your shoulders and on your toes and back flat.

Movement: Keeping your elbows soft, draw one knee into the opposite armpit and back out, then bringing the other in to the armpit without stopping between.

Tip: Keep your abs tight

Squat Jumps



Start: Stand with your feet together and arms at your side.

Movement: Jump off the floor and land with your feet a little wider than shoulder width into a squat position. Raise your hands above your head as you land.

Tip: Try to use an explosive jump and land with soft knees.

Burpee



Start: On your toes and hands with the arms directly under your shoulders and back straight.

Movement: In one move, jump your legs towards your chest while keeping your hands on the floor. Jump back out again.

Tip: Rest for one second before jumping back out.

Jump Rope



Start: With a jump rope handle in each hand and the rope behind you.

Movement: As you rotate the jump rope up and over the body, jump so the rope goes under the body and clears.

Tip: Start with a pause jump between working up to a continuous jump.

Lateral Jump over Jump Rope



Start: Lay the jump rope in a straight line on the floor and stand in a squat position on one side.

Movement: Jump up and over to the other side of the rope, landing with soft knees.

Tip: Try to keep your hands in front of you.

Walking



Movement: Walk as you normally would but take longer strides and use your arms, swinging them to help propel you to walk faster.

Tip: Stay tall.

Jogging in Place



Movement: Jog as you normally would, making sure you bring your feet off the ground. Swing the arms at a 90 degree angle.

Tip: Start with a few minutes and work your way up.

Step Ups



Start: Stand in front of a bench or sturdy table or chair with one foot on the bench.

Movement: Using the leg on the bench, step up so both feet are on the bench. Return to start position.

Tip: Try not to let your knee go over your toe.

Step Up with Knee Lift



Start: Stand in front of a bench or sturdy table or chair with one foot on the bench.

Movement: Using the leg on the bench, step up to standing position as you continue to bring the leg from the floor up to a 90 degree angle.

Tip: Try not to let your knee go over your toe.

Squat Jump with Twist Around



Start: Stand in a squat position, hands on the hips.

Movement: Jump up and at the same time rotate the body in the air, landing to the opposite side.

Tip: Start with small rotations working up to 180 degrees.

Punches



Start: Stand with feet shoulder width apart and one leg forward.

Movement: Punch one arm out in front of you, using your shoulder, keeping arm parallel to the ground. Alternate sides, drawing the other back in.

Tip: Keep the core tight, rotating slightly during the movement.

Butt Kicks



Start: Stay in place and jog.

Movement: Bring each heel up to the butt on every movement, trying for a continuous run.

Tip: Use your arms as you would while jogging.

Scissor Lunges



Start: Start in a lunge position, front leg bent at a 90 degree angle, the back leg bent as well.

Movement: With a power jump, while in the air, switch legs, landing with the opposite leg forward.

Tip: It's very important to keep the knee behind the toe when landing.

Lunge Kicks



Start: Start in a lunge position, front leg bent at a 90 degree angle, the back leg bent as well.

Movement: Stand up on the front leg as the back leg comes forward to kick in front of the body. Bring the same leg that kicked back again to a lunge.

Tip: Keep your hands in front of the body.

Round House



Start: Squat with a wide stance in front of a small table that is about knee height.

Movement: Lift one leg as you stand (crossing the body) and lift up and over the table back to the squat position.

Tip: Be sure to keep knees behind the toes in the squat position.

Cross Country Ski



Start: Stand with a split stance, one leg in front of the other.

Movement: Switch legs while jumping in the air, landing in the opposite stance.

Tip: Use your arms for more power in the jump.

Duck Walk



Start: Stand with feet a little wider than shoulder width apart and bend the knees as if squatting.

Movement: Staying in a squat position, walk across the floor keeping the legs wide.

Tip: Keep the chest lifted up.

Side Lunge Jump



Start: Step out to one side with toe straight and opposite leg straight.

Movement: Jump up, pushing off the bent leg to land in the same position on the other side.

Tip: Start with small jumps and land with knees soft, not straight

Squat Jump with Frog Clap



Start: Stand in squat position, but back, kneed behind the toes.

Movement: Jump up with explosive move and clap feet together.

Tip: Bend legs as you jump for more challenge.