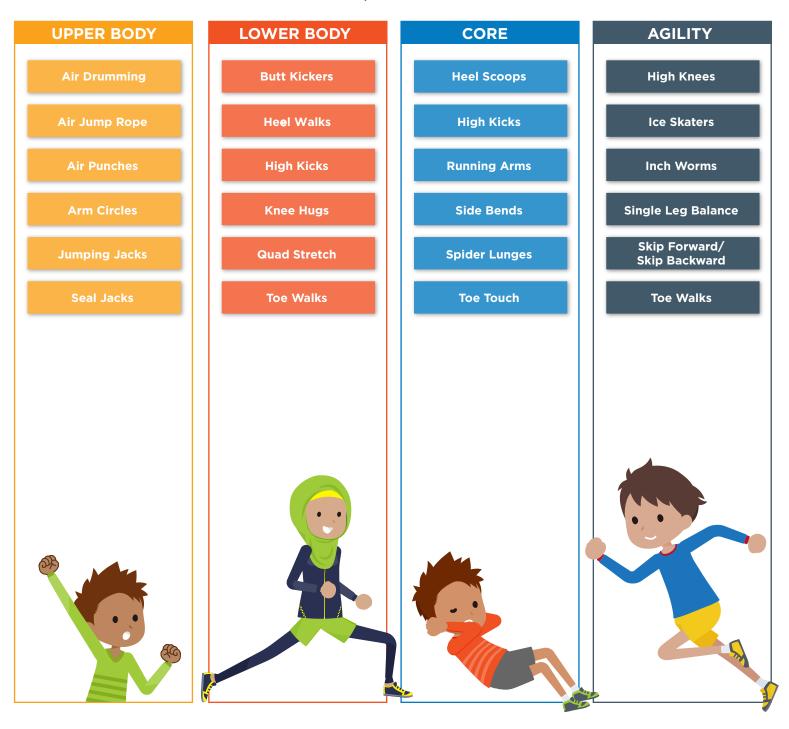
## **FITNESS WARMUPS**

Instructions: Click on a fitness warmup below to view a short demonstration video.





www.fitkids.org