

HIGH STEPPING



High step or marching, whatever you want to call it. Lift your knee up as high as you can, step down, and lift the other knee up! Swing your arms back and forth as you step with your legs. Be sure to stay in your own space while you exercise. Keep high stepping until the time is up. If you get tired, slow your stepping pace down.

Card 1

JOGGING



Jog around the cones. Try to keep jogging the entire time. If you get tired, you can slow down, but don't stop moving!

Card 2

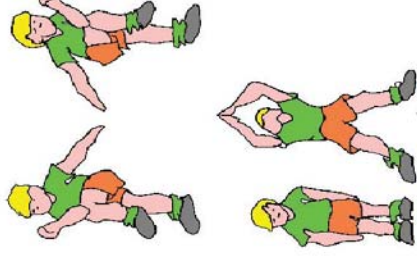
JUMPING ROPE



Jump rope, or pretend to jump rope (it's much easier that way!) while the music plays. See if you can keep going the whole time. You don't have to go fast, just find a steady pace that you can do the whole minute. When the music stops, then move on to the next station.

Card 4

ELBOW TO KNEE/ JUMPING JACKS



ELBOW TO KNEE: Lift your right leg, and touch your left elbow to it. Lift your left leg and touch your right elbow to it. Alternate between right and left. Continue until it is time to switch to the next station.

JUMPING JACKS: Arms down at your side, legs standing together. Jump, and land with wide legs, and your arms over your head, hands together. Jump again to hold the starting position. Alternate between these two shapes, until the music stops and it is time to change stations.

Card 3

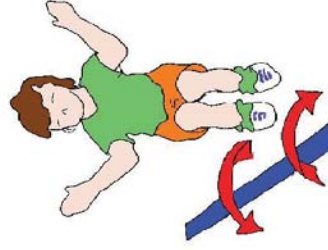
STEPPING



Step up one step at a time and then step back down. Continue stepping up and down until it's time to go to the next station. If you are station is by a set of stairs, only step up and down the first step. If your by a curb, step up and down off the curb!

Card 6

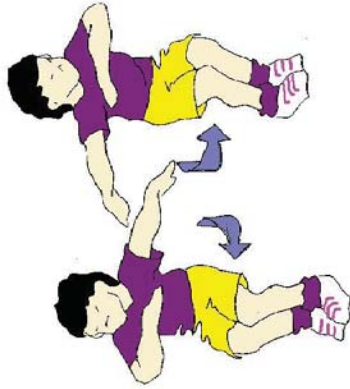
SKI JUMPS



Find a line or some kind of a spot on the ground. Jump sideways, two feet to two feet, back and forth over the line. Be sure to pace the speed of your jumping so that you are able to continue jumping for the entire time you are at this station.

Card 5

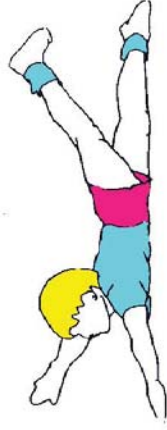
TWISTING



"Come on baby, let's do the twist!" You can keep your feet on the ground, or jump each time you twist, but keep twisting until the time is up.

Card 7

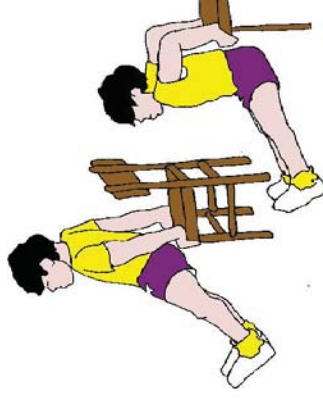
BACK EXTENSIONS



Lay on your stomach, with your arms and legs straight out. At the same time, lift your right arm and your left leg off the ground. Keeping your movements controlled, lower your arm and leg. As the arm and leg are finishing, lift your left arm and your right leg off the ground. Continue alternating opposite pairs until the time is up.

Card 8

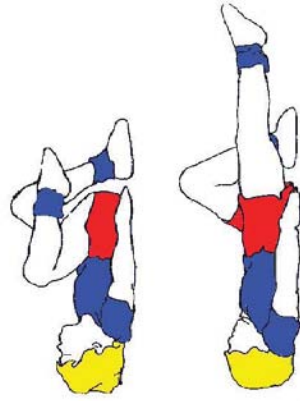
CHAIR DIPS



Grab the edge of the chair or the bench. Begin with your arms straight, and your legs straight, feet on the ground. Bend your elbows, keeping your legs straight, lowering your bottom toward the ground. Once your elbows are bent about 90°, begin to raise yourself up by straightening your arms. Continue the exercise until the time is up.

Card 9

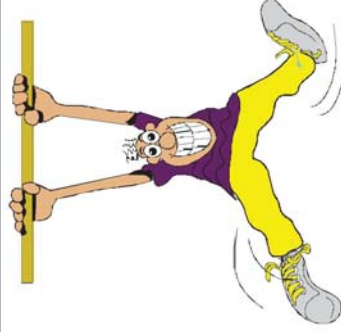
LEG EXTENSIONS



Lying flat on your back, bend one knee, and keep one knee straight. Bring the straight leg in toward your chest, and push the bent leg straight out. Keep both legs off the ground as you do the exercise. The extended leg should be about 6 inches from the ground. Do this exercise alternating straight and bent leg, continuing until the time is up.

Card 10

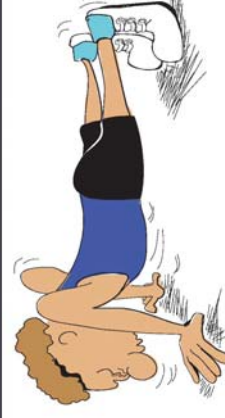
PULL - UPS



Grab the bar, palms facing away from you. Make sure you can hang with your arms completely straight (Don't let your feet touch the ground!). Pull yourself up, so that your chin comes even, or over the bar. Gently let yourself back down, until your arms are completely straight again before you begin to pull yourself back up.

Card 11

PUSH UPS



Start with your body laying straight and flat on the floor. Place your hands just to either side of your chest. Keeping your body rigid and straight, push with your arms so that your body comes off the ground. When you lower yourself back down, stop just short of touching the ground and then push yourself back up. Modified push ups are the same, except, your knees stay on the ground instead of your toes. Your body remains straight and rigid, with your knees being the pivot point.

Card 12

SIT UPS



Crunch



Curl-ups



Sit-ups

Start with your back on the ground, knees bent, feet on the ground. Cross your arms with your hands on your shoulders. Curl or sit up: bringing your elbows up toward your knees and then lay back down again. As you are doing your sit ups or curl ups, be sure to keep your feet on the ground. If you choose to do crunches, bring your legs up to try to meet your torso as you crunch forward. Do as many as you can before the time is up.

Card 13

V - SITS



Sit down, and lean your body back onto your hands, but stay sitting up. Start with your legs straight, and above the ground about 1 foot.



Bend your knees to bring both legs into your chest. Your feet should still be off the ground! Continue doing the exercise straightening your legs out away from your body, and bringing them back into your chest until it is time to switch exercises.

Card 14