

End	10 toe touches	Run in place 10 secs	10 jumping jacks	10 windmills	10 shoulder shrugs	10 hops on 1 foot	20 sec. crab walk	10 claps up high	30 sec. dance
Start	10 jumping jacks	Run in place 10 secs	10 toe touches	10 star jumps	10 squats	10 arm circles	10 toe touches	Run in place 10 secs	10 jumping jacks

To play: Roll a die. Move to that square. Do the exercises. Have fun!