



Jump 5 times.

Jump 3 times.

Do 5 squats.

Do 3 squats.

Clap hands 10
times.

Clap hands 5
times.

Lift weights
3 times.

Lift weights
5 times.

Stand on one
foot for 5
seconds.

Do 3 push-ups.

	
	
	
	
	

