



**Transforming Easy**

©2019 BrilliantTherapy.com

**5 Sit Ups**



**6 Crossed Leg  
Toe Touches**



**7 Snow Angels** c 2019 BrilliantTherapy.com



**8 Leg Squeezes** c 2019 BrilliantTherapy.com



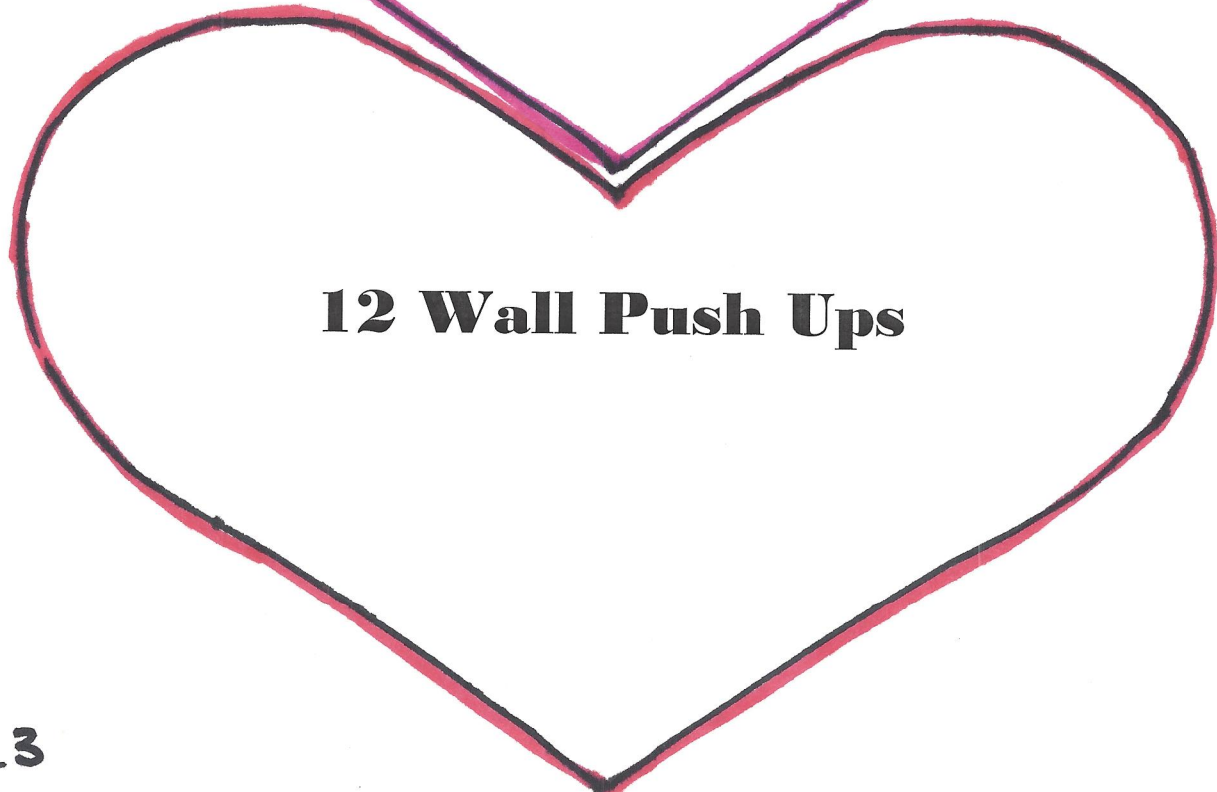
**9 Ball Passes** (between hands)



**10 Deep Breathes**



**11 Finger Tip Presses**



**12 Wall Push Ups**



**Transforming Challenge**

© 2019 BrilliantTherapy.com

**10 Wall Push Ups**

(with your thumbs touching)



**9 Crossed Leg Toe  
Touches**



**8 Bridges**



**7 Cross Arm Marches**



**6 Sit Ups** © 2019 BrilliantTherapy.com



**5 Jumps**



**4 Log Rolls**

**(with Ball between Legs)**



**3 Jumping Jacks**



**2 Push Ups** © 2019 BrilliantTherapy.com

# **Transforming Easy**

© 2019 BrilliantTherapy.com

## **5 Sit Ups**

## **6 Crossed Leg**

## **Toe Touches**

**7 Snow Angels** c 2019 BrilliantTherapy.com

**8 Leg Squeezes** c 2019 BrilliantTherapy.com

**9 Ball Passes (between hands)**



**10 Deep Breathes**

**11 Finger Tip Presses**

**12 Wall Push Ups**

# **Transforming Challenge**

© 2019 BrilliantTherapy.com

## **10 Wall Push Ups**

**(with your thumbs touching)**

## **9 Crossed Leg Toe Touches**

## **8 Bridges**

## **7 Cross Arm Marches**

**6 Sit Ups** © 2019 BrilliantTherapy.com

## **5 Jumps**

## **4 Log Rolls**

**(with Ball between Legs)**

## **3 Jumping Jacks**

**2 Push Ups** © 2019 BrilliantTherapy.com