

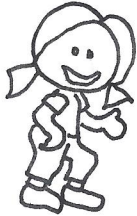


Show Off Your Stuff!

Complete each exercise for 30 seconds!



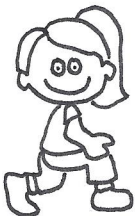
JUMPING JACKS



RUNNING IN PLACE



MARCHING



FORWARD LUNGES



SIDE TO SIDE LUNGES



SQUATS

Copyright 2018 BrilliantTherapy.com

Download a BrilliantTherapy Obstacle Course Packet today. Enjoy great exercise tools!