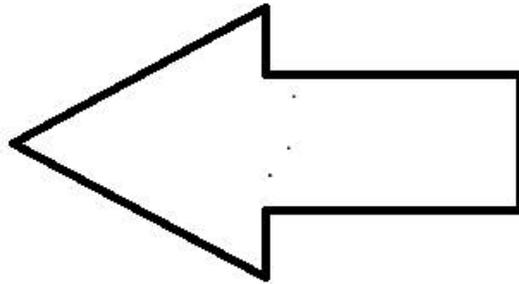


# Wheel of Fitness



*Print on red paper*

5 push-ups

5 sit-ups

5 squats

5 heel raises

*Print on green paper*

10 jumping  
jacks

Dance while  
you count to  
20

Run in place  
while you count  
to 20

10 lunges

*Print on yellow paper*

Twist in  
place 5 times

5 arm circles

3 neck rolls in  
each direction

5 shoulder  
shrugs