

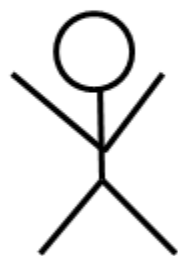
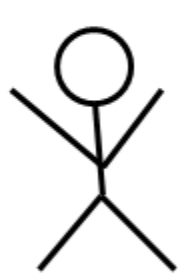
# Gym

## Exercise Station Cards



Melissa Freeman

# Jumping Jacks



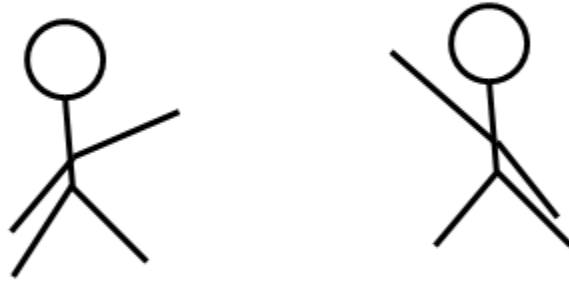
Do 25 jumping jacks!

# Run on the Spot



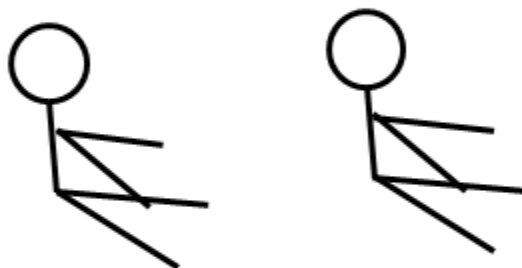
Run on the spot for 60  
seconds!

# Toe Touches



Do 25 toe touches!

# Sit-ups

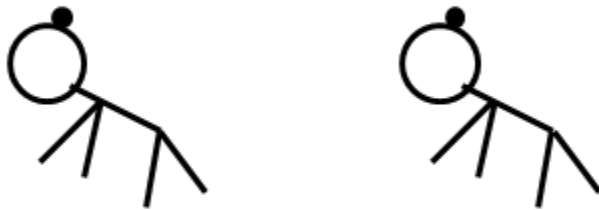


Do 10 sit ups.

Rest!

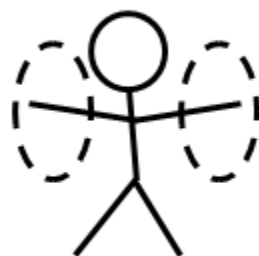
Do 10 more sit ups.

# Crab Walk



Crab walk from one side of the gym to the other.

# Arm Circles



Do 25 large arm circles  
forwards.  
Then do 25 more large arm  
circles backwards.



# Squats



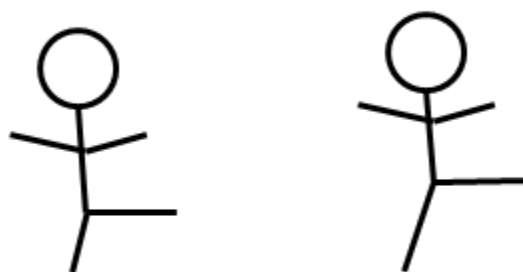
Do 10 squats.

Rest.

Do 10 more squats.



# Hopping on 1 Foot



Hop on one foot and count to ten.

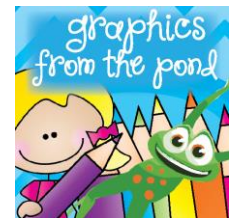
Hop on the other foot and count backwards from 10.

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