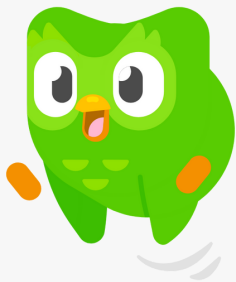


Duo exercise

Choose 3 to 5 cards randomly. Have students do 10 of each exercise in the order chosen.



jumping jacks



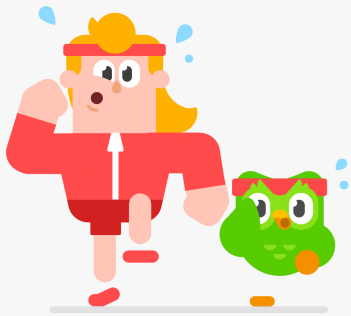
jumping squats



leg swings



lunges



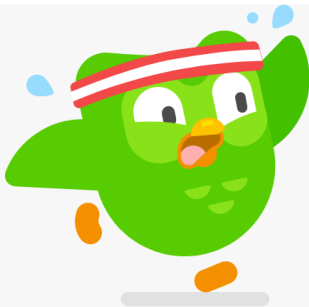
high knees



side squat



calf raises



burpees



shoulder taps