

Green

1. 20 star jumps
2. 15 squats
3. 30 sec running on the spot with high knees
4. 10 Burpess
5. 30 Seconds fast feet on the spot
6. 30 seconds mountain climber

Orange

1. Balance with 3 points
2. Balance with 5 points
3. Balance with 1 point
4. Balance with 7 points
5. Balance with 2 points
6. Balance with 4 points

Hold each balance for 20 seconds.
Note- Points mean body parts in contact with the ground. For example 2 points of contact could be 1 hand and 1 foot.

Red

1. Collect three Blue items
2. Collect two Green items
3. Crab walk to your kitchen.
4. Bear walk to your bathroom
5. Jump to your front door
6. Hop to your bedroom

Blue

1. Arch 
2. Dish 
3. Front support 
4. Back support 
5. Flower Pose 
6. Shark pose 

Hold all poses for 20 seconds

