

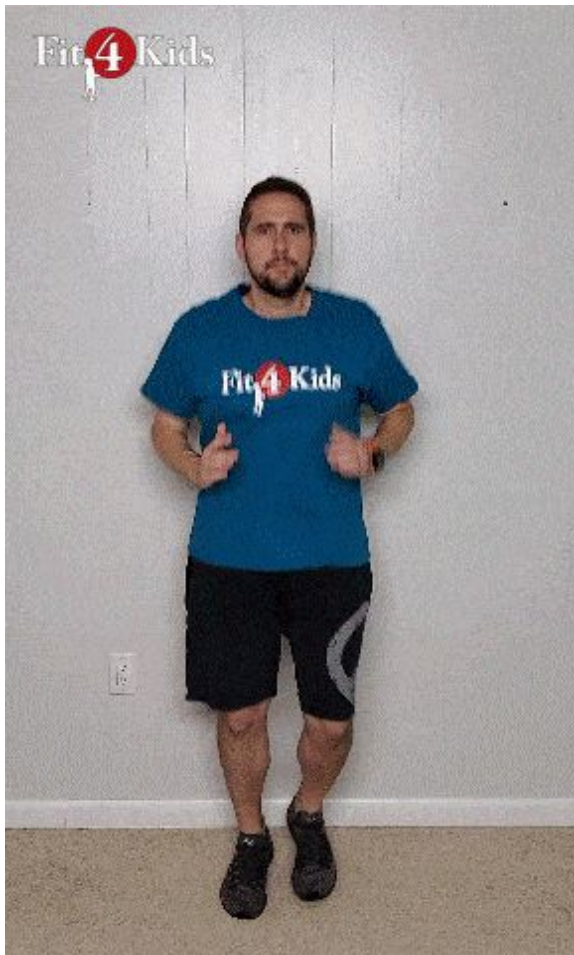
# Counting to 100

## Exercise the Answer

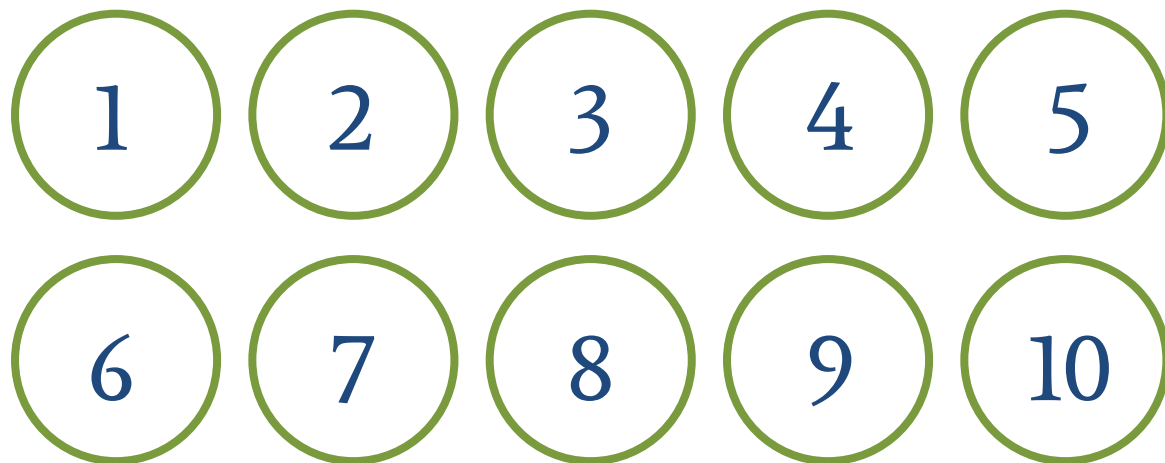


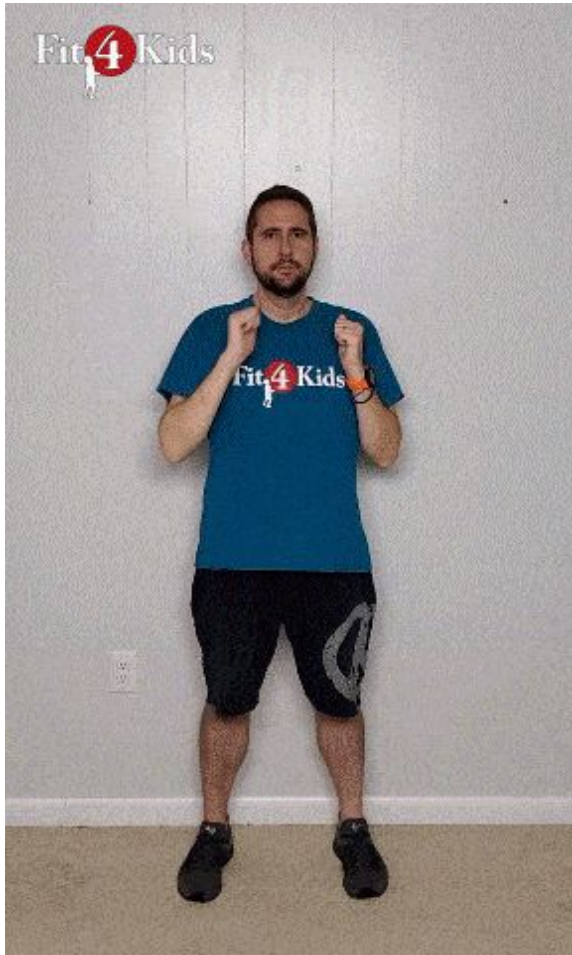
By Greater Richmond Fit4Kids

[www.grfit4kids.org](http://www.grfit4kids.org)



Jog in Place





Sky Reaches

- |    |    |    |    |    |
|----|----|----|----|----|
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |



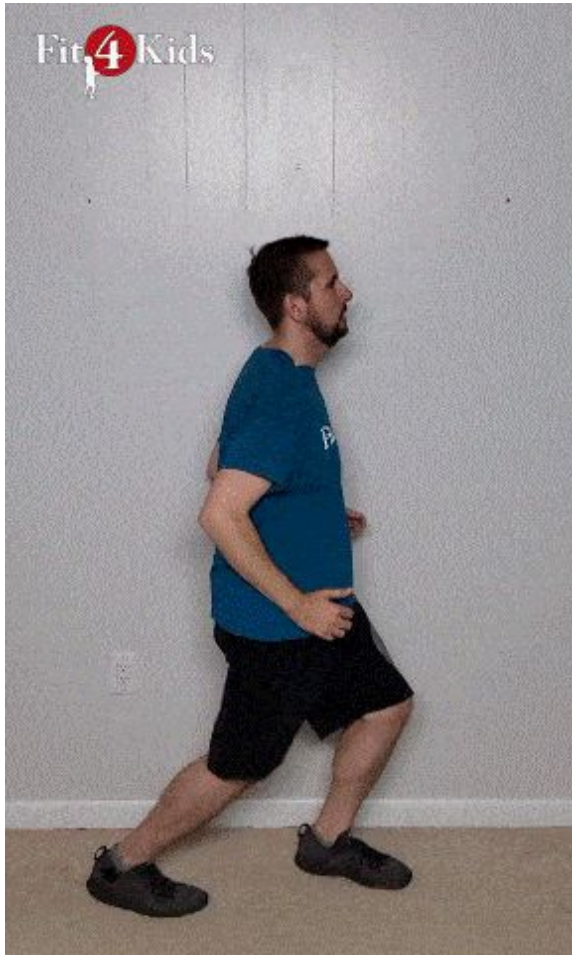


Ski Jumps

or

DANCE PARTY





- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30

## Scissor Kicks





Knee Lifts

- 31
- 32
- 33
- 34
- 35
- 36
- 37
- 38
- 39
- 40



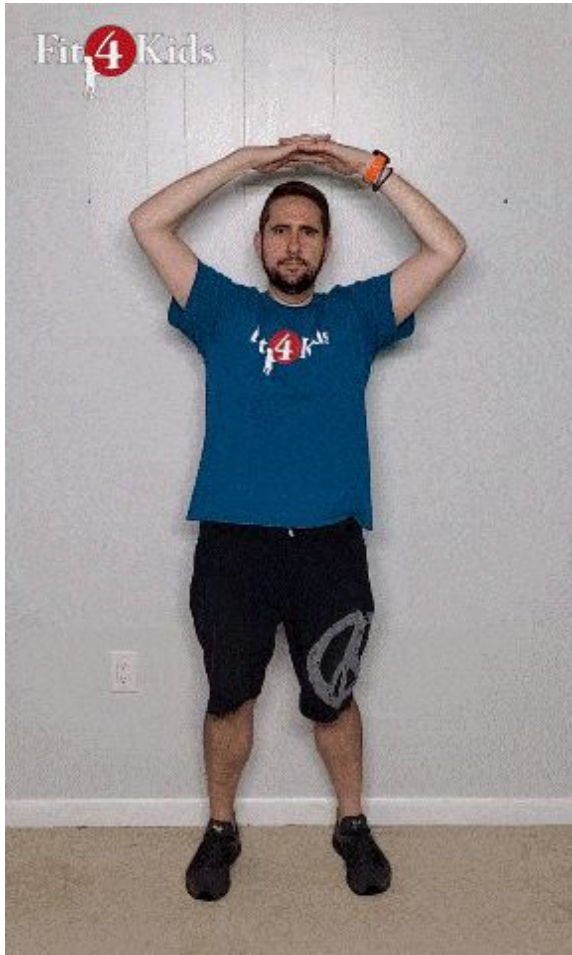


Lateral Raise

or

# DANCE PARTY

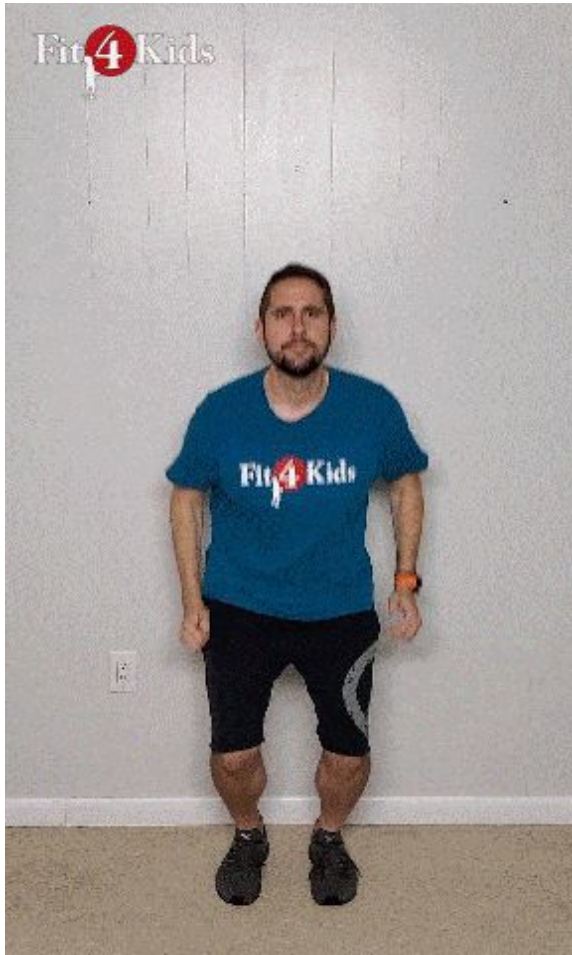




Side Bends







Jumps

- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60



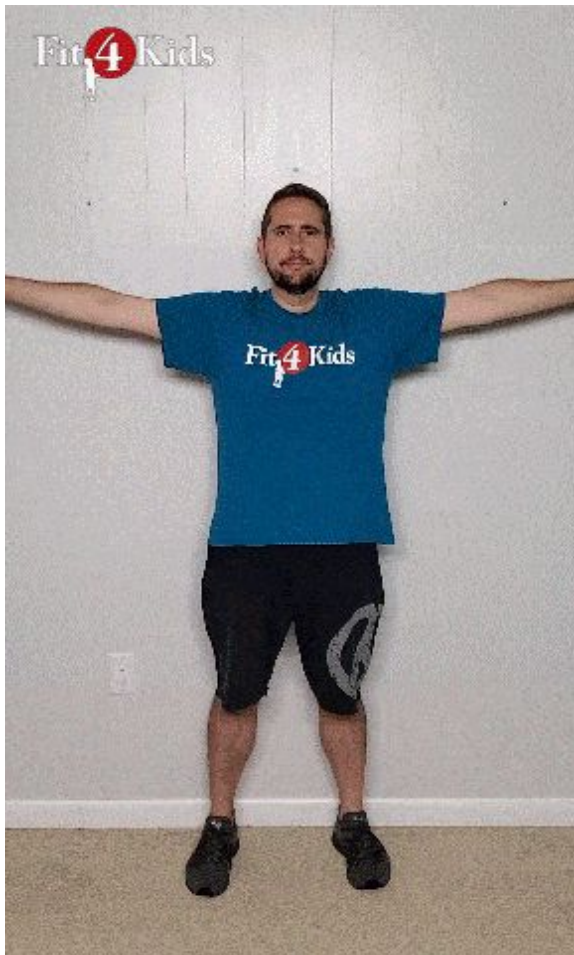


or

DANCE PARTY



Squat Jumps



- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68
- 69
- 70

## Arm Circles





## Cross Crawls





Soccer Taps

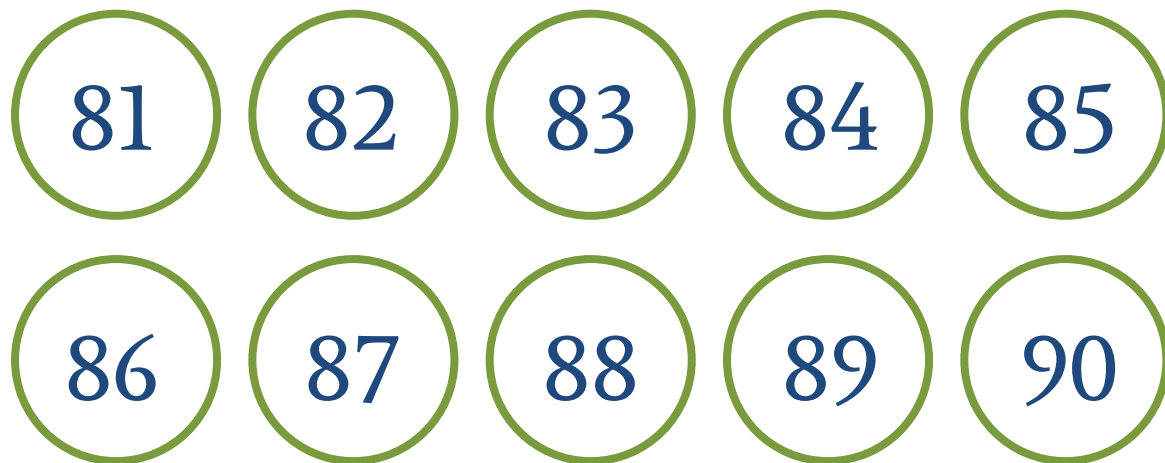
or

DANCE PARTY





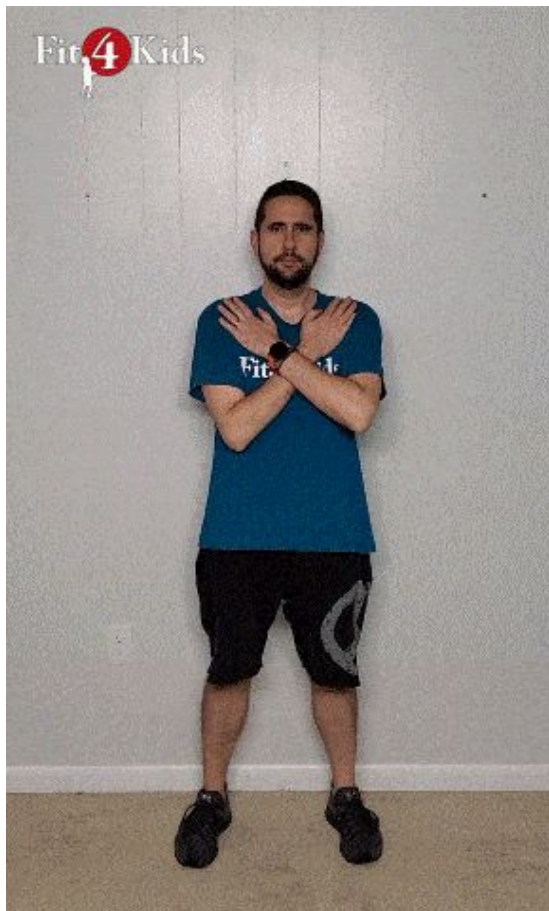
Hops



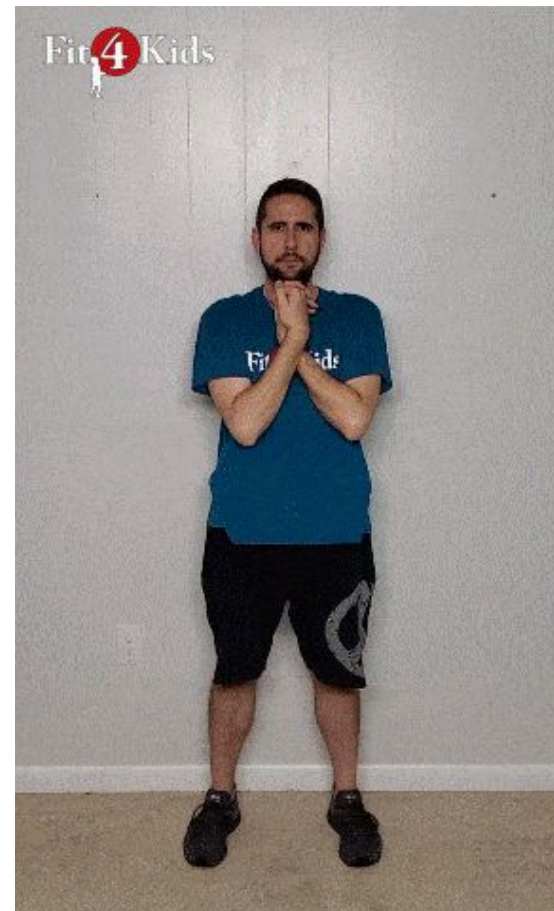


## Basketball Shots





Mummy



Pretzel

