

Prime or Composite

Exercise the Answer

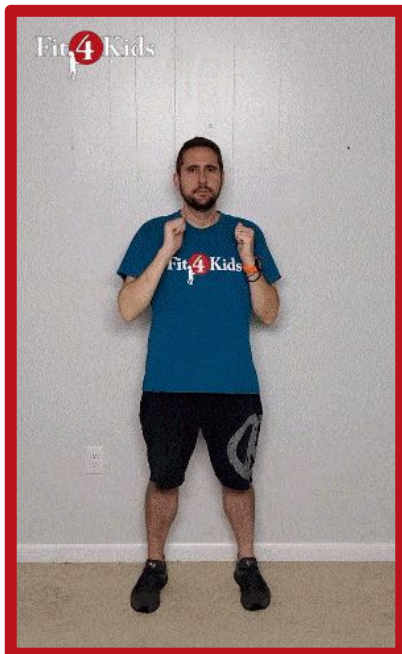


By Greater Richmond Fit4Kids

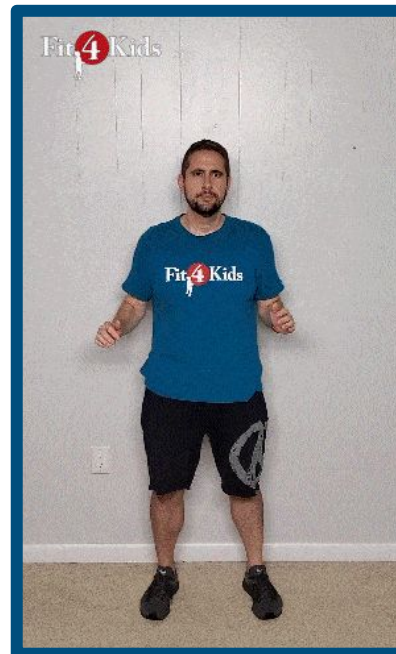
www.grfit4kids.org

- 1) Think about it
- 2) Tap your head
- 3) Show your answer





Prime
Sky Reaches



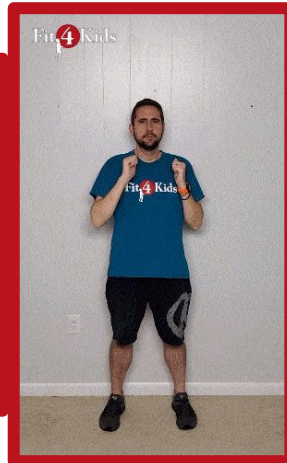
Composite
Cross Crawls



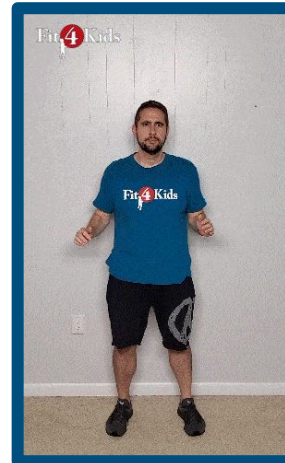
Think & Tap

5

Prime
Sky Reaches



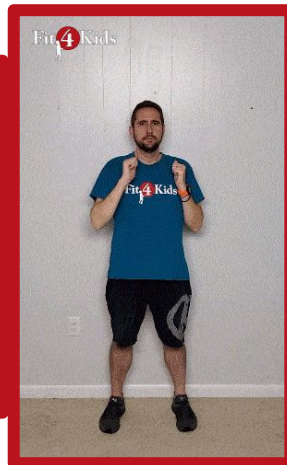
Composite
Cross Crawls



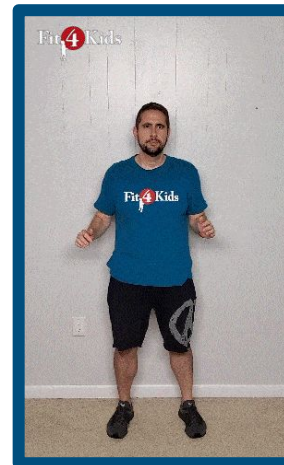
Think & Tap

6

Prime
Sky Reaches



Composite
Cross Crawls



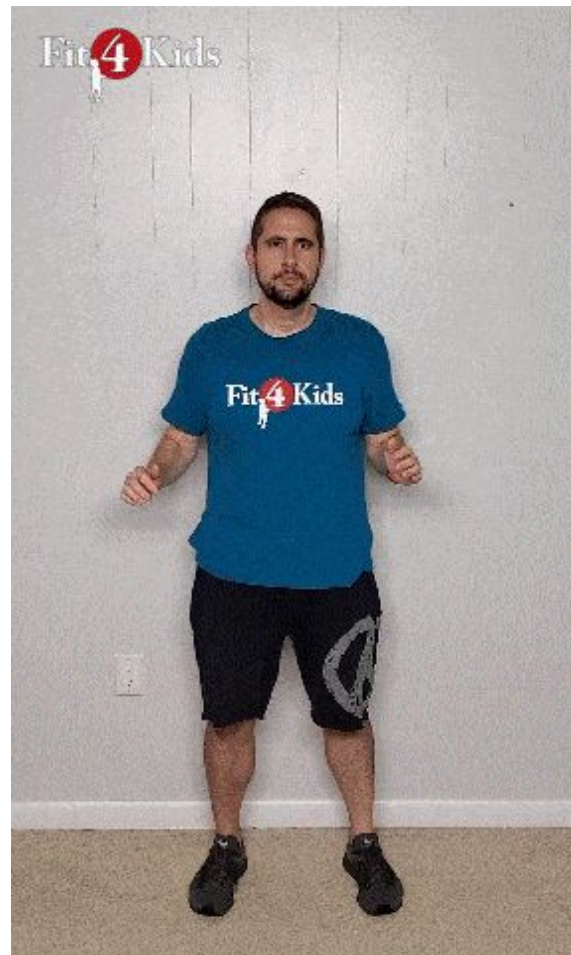
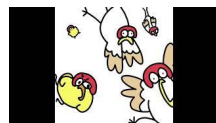
Pick a Move



Squat Jumps



or



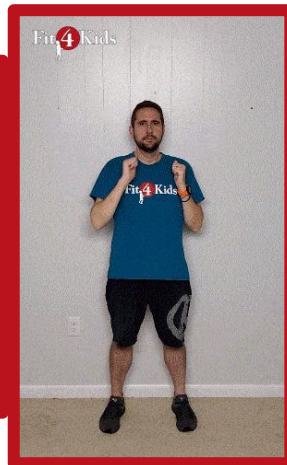
Cross Crawls



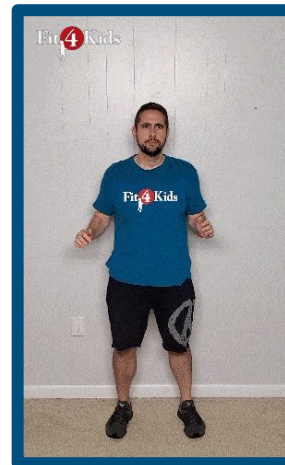
Think & Tap

8

Prime
Sky Reaches



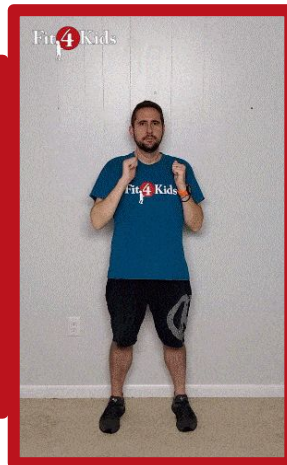
Composite
Cross Crawls



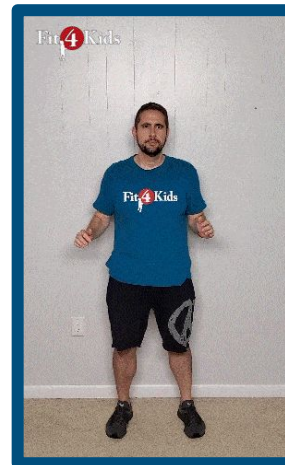
Think & Tap

3

Prime
Sky Reaches



Composite
Cross Crawls



Pick a Move



Hops



or



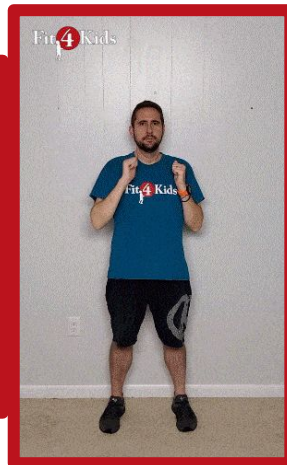
Goal Posts



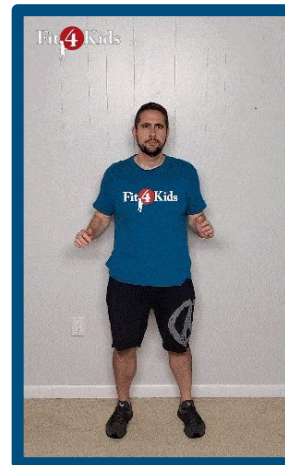
Think & Tap

15

Prime
Sky Reaches

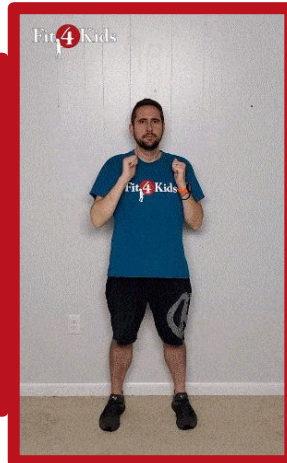


Composite
Cross Crawls

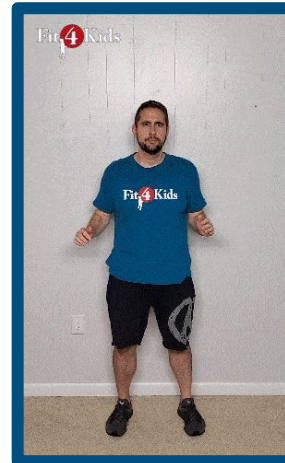


16

Prime
Sky Reaches



Composite
Cross Crawls



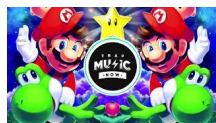
Pick a Move



Side Lunges



or

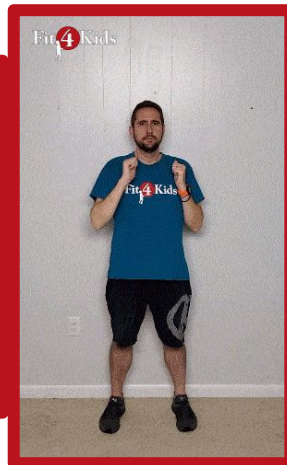


Calf Raises

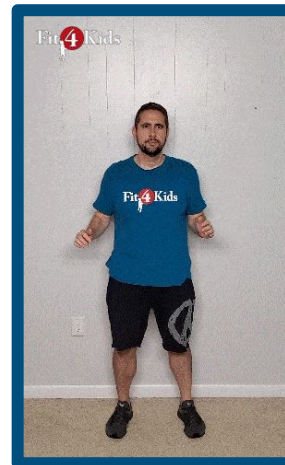


18

Prime
Sky Reaches

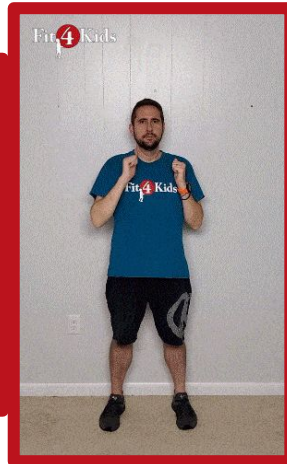


Composite
Cross Crawls

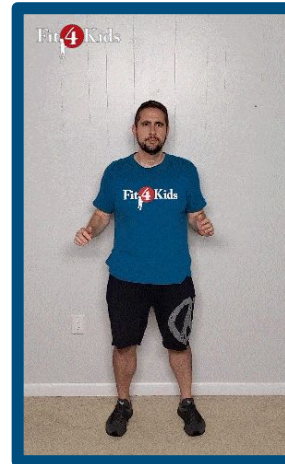


13

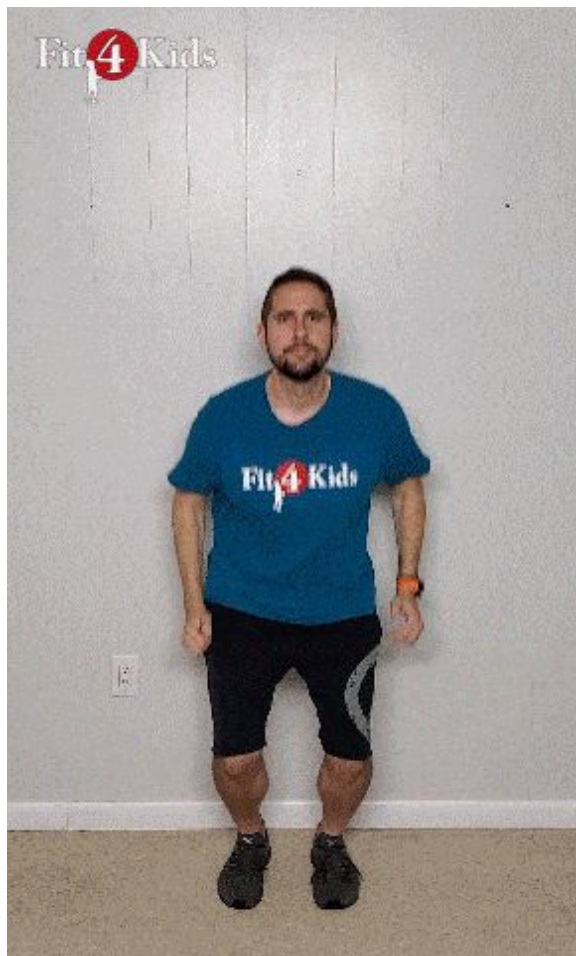
Prime
Sky Reaches



Composite
Cross Crawls



Pick a Move



Jumps



or

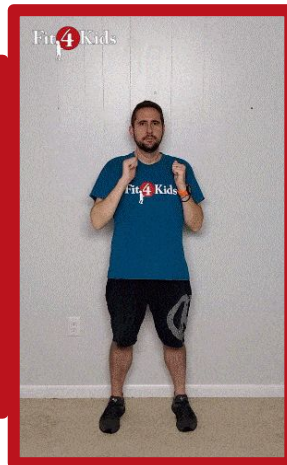


Washing Machines

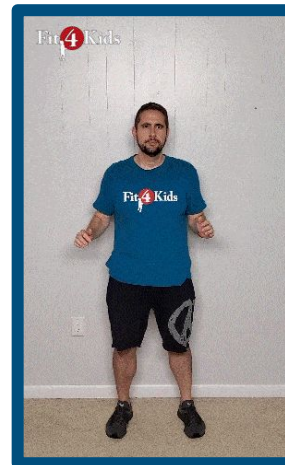


27

Prime
Sky Reaches

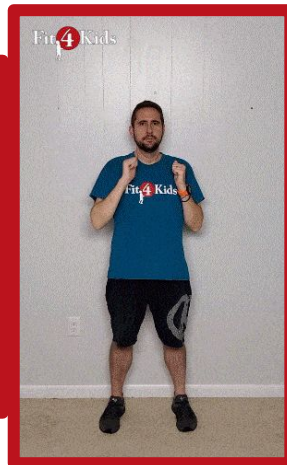


Composite
Cross Crawls

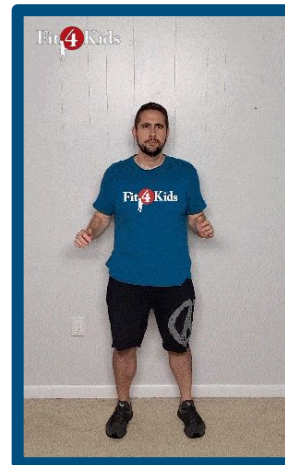


17

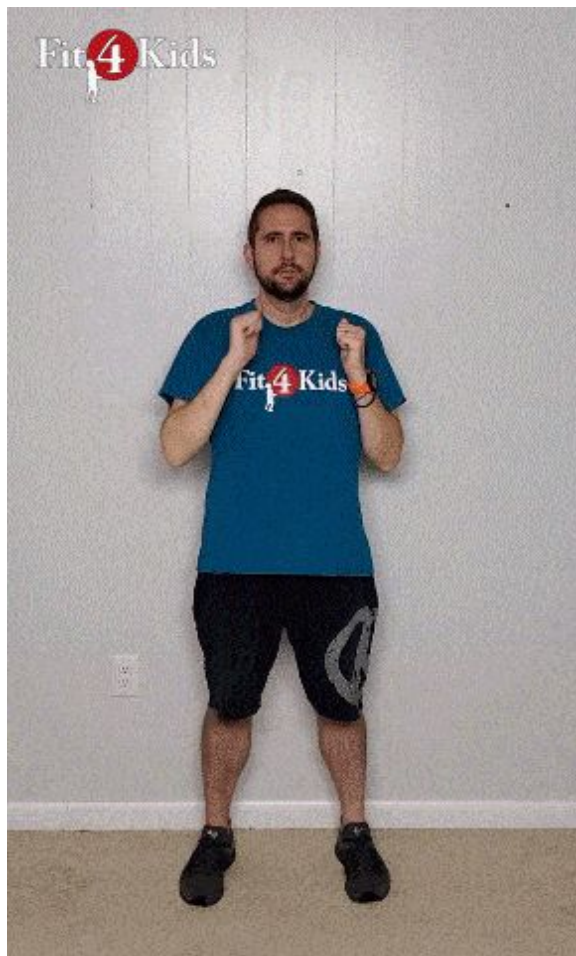
Prime
Sky Reaches



Composite
Cross Crawls



Pick a Move



Sky Reach



or

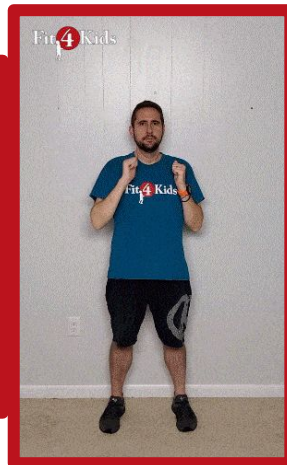


Ski Jumps

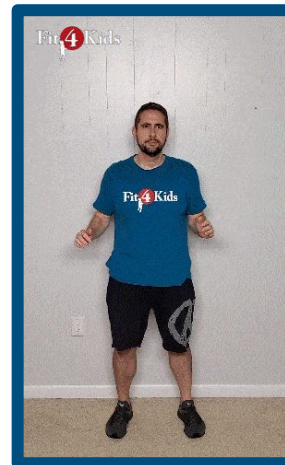


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Prime
Sky Reaches

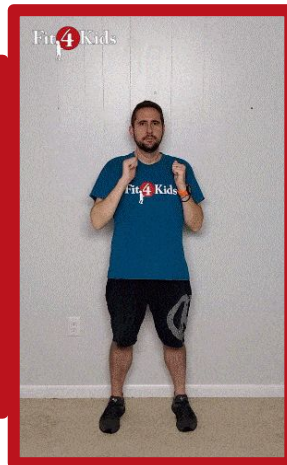


Composite
Cross Crawls

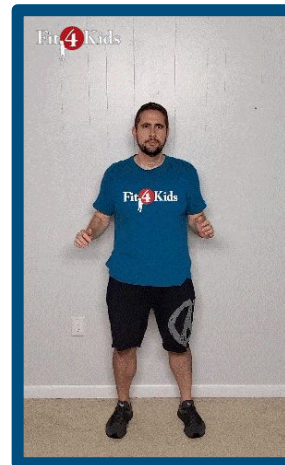


56

Prime
Sky Reaches



Composite
Cross Crawls



Pick a Move



Wavy Arms



or

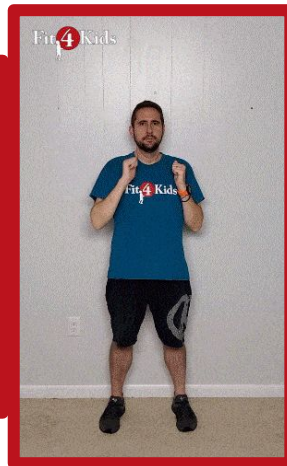


Washing Machine

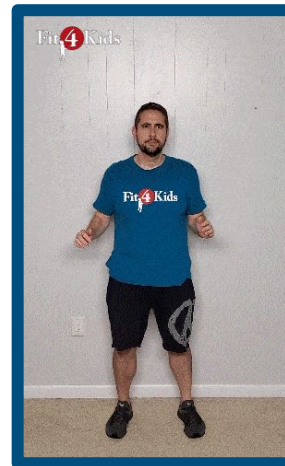


12

Prime
Sky Reaches

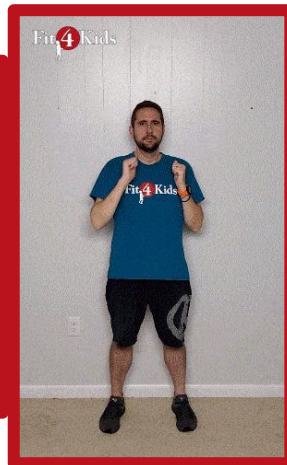


Composite
Cross Crawls

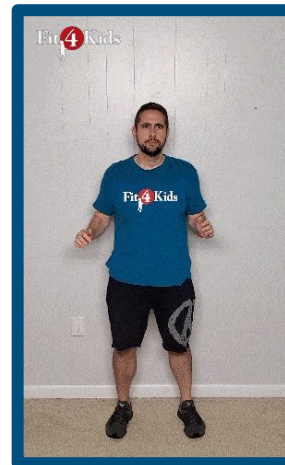


47

Prime
Sky Reaches



Composite
Cross Crawls



Pick a Move



Wavy Arms



or

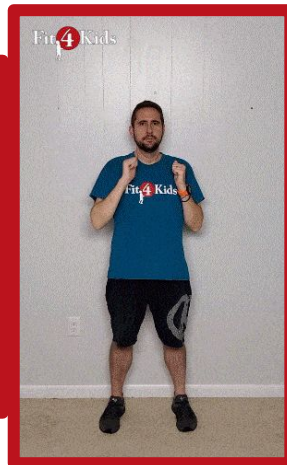


Ski Jumps

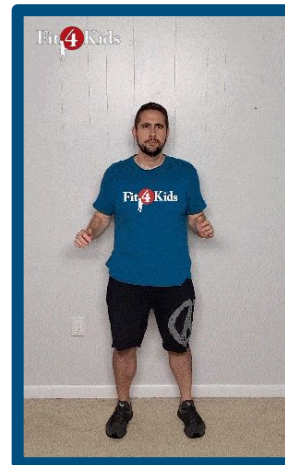


1,456

Prime
Sky Reaches

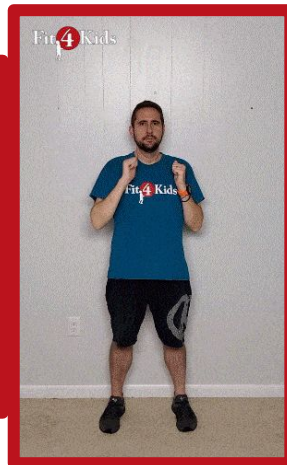


Composite
Cross Crawls

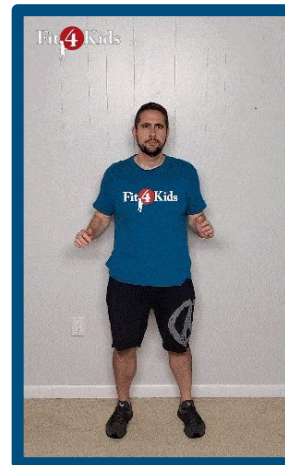


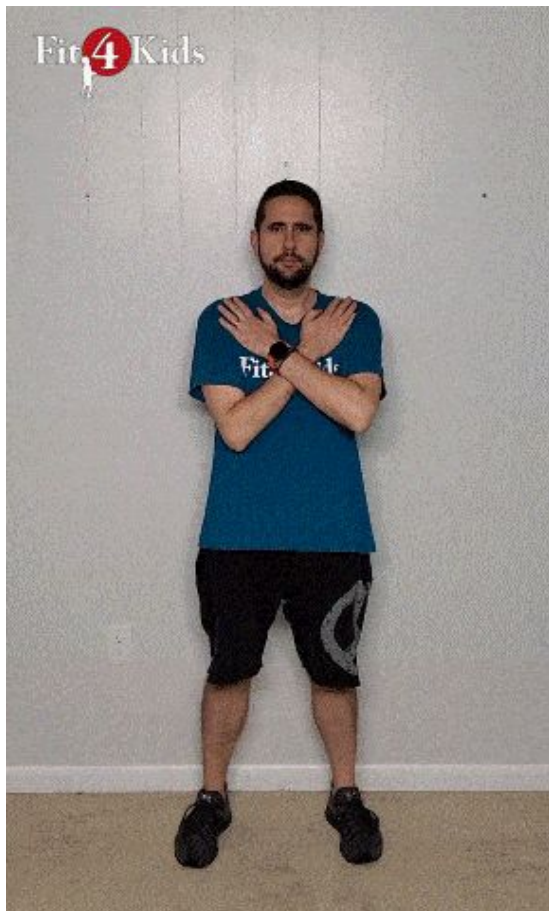
100

Prime
Sky Reaches



Composite
Cross Crawls





Mummy



Pretzel

