

Patterns

Exercise the Answer with Dance Breaks

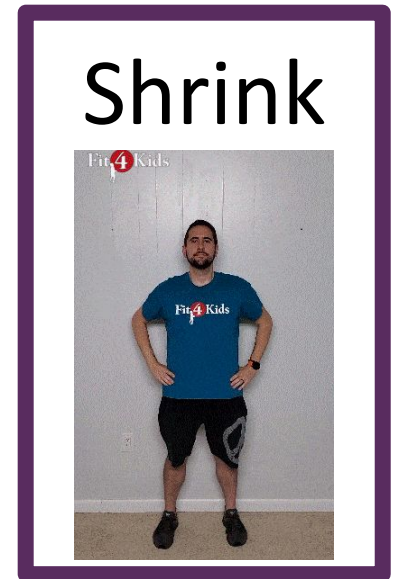
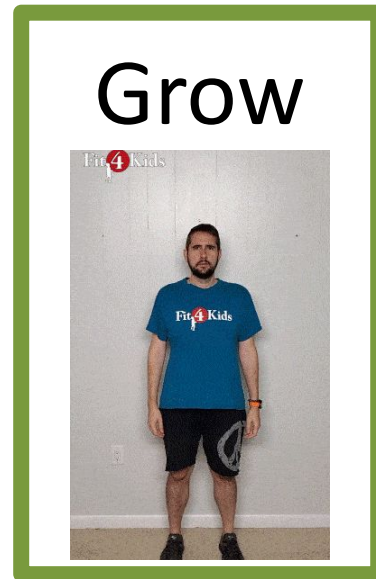
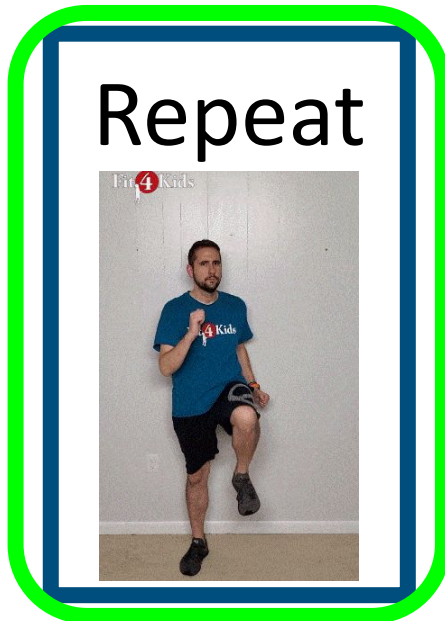
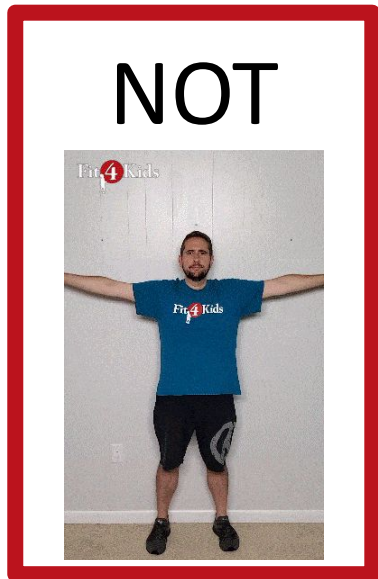
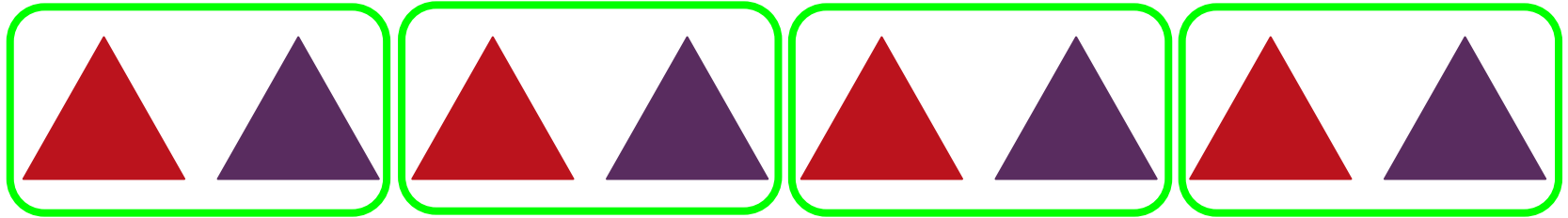


By Greater Richmond Fit4Kids

www.grfit4kids.org

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







Goal Posts

or

DANCE PARTY

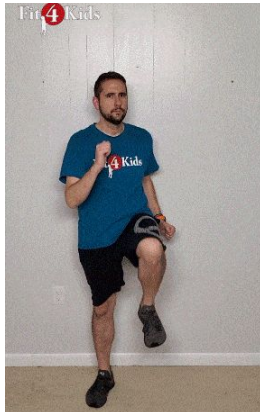




NOT



Repeat



Grow

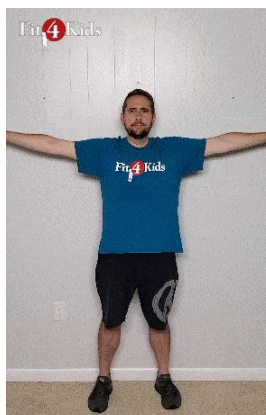


Shrink





NOT



Repeat



Grow



Shrink



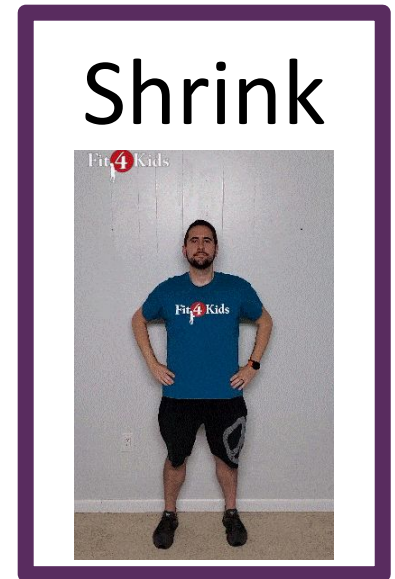
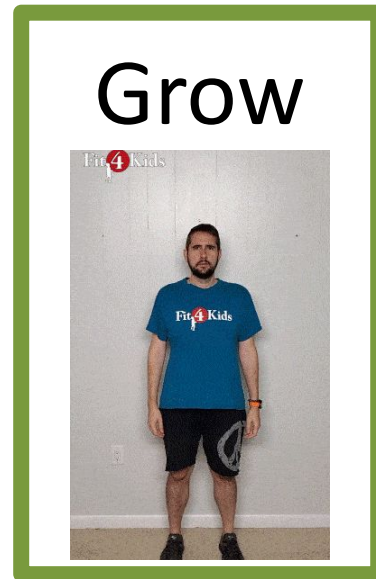
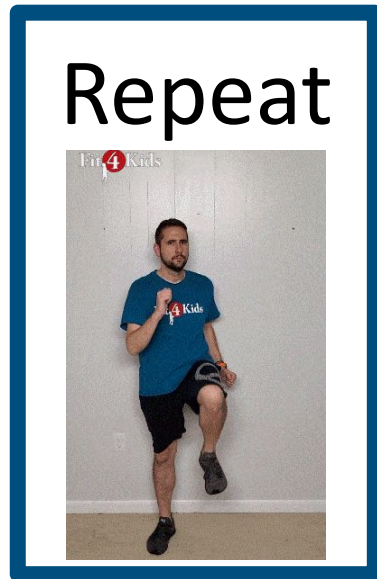
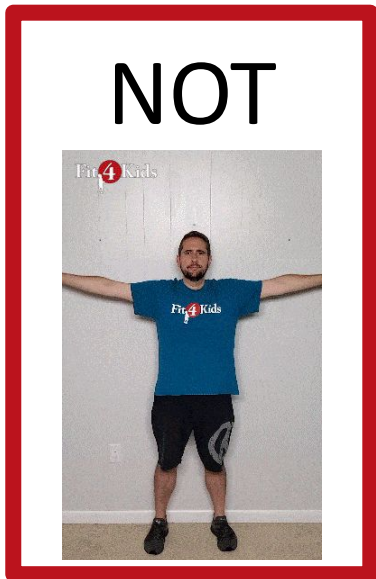


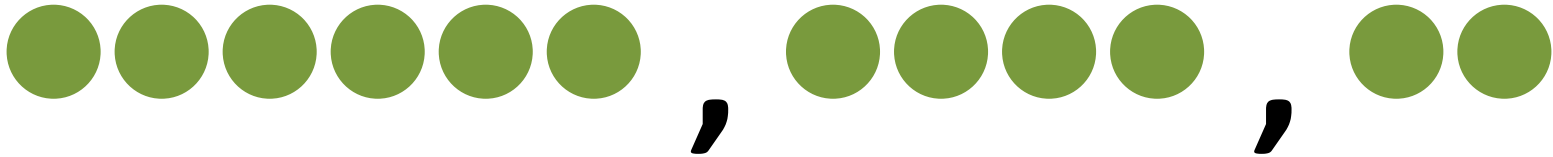
Side Lunges

or

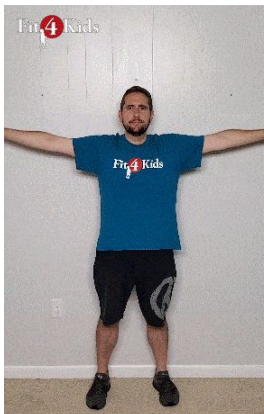
DANCE PARTY



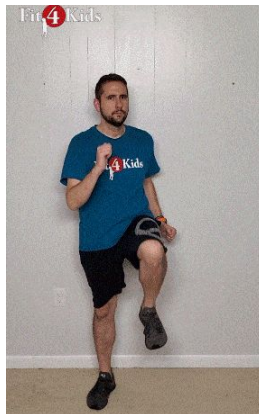




NOT



Repeat



Grow



Shrink





March

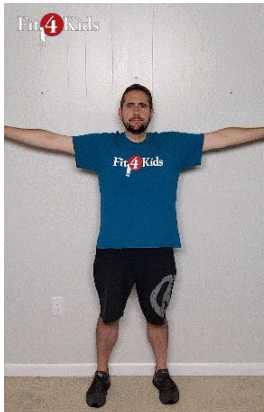
or

DANCE PARTY

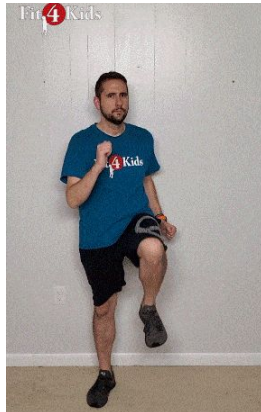




NOT



Repeat



Grow

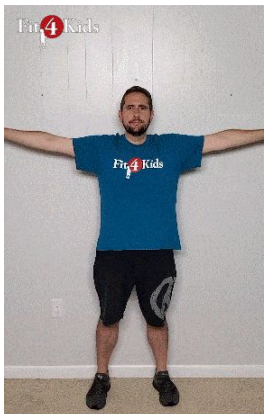


Shrink

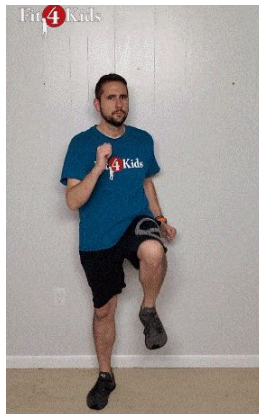




NOT



Repeat



Grow



Shrink





Narrow Squats

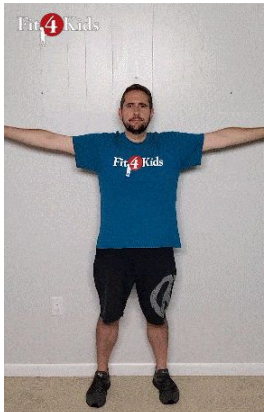
or

DANCE PARTY

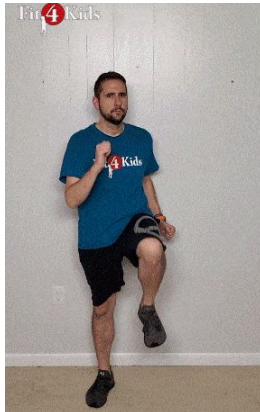




NOT



Repeat



Grow

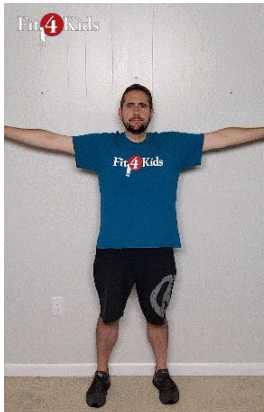


Shrink

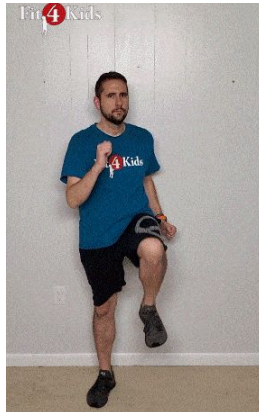




NOT



Repeat



Grow



Shrink





Ski Jumps

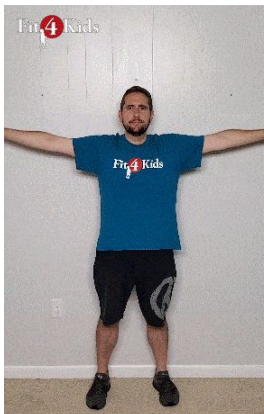
or

DANCE PARTY

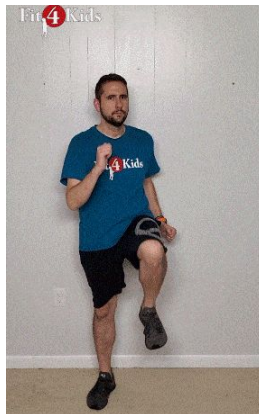




NOT



Repeat



Grow

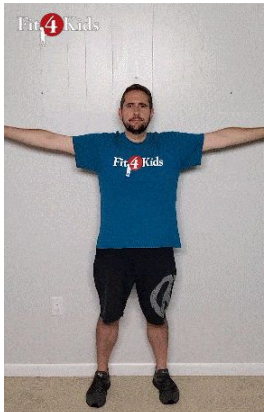


Shrink

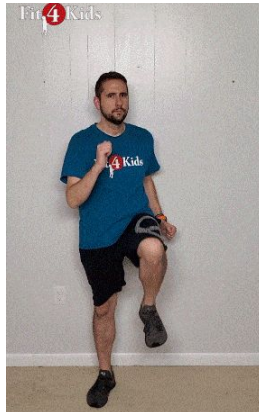


ABC CABCC ABC CABCC ABC

NOT



Repeat



Grow



Shrink





Wacky Jacks

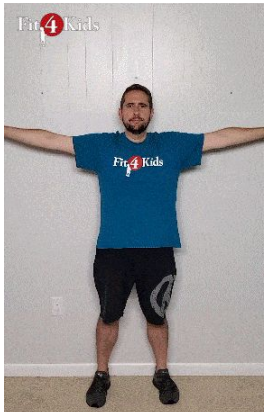
or

DANCE PARTY

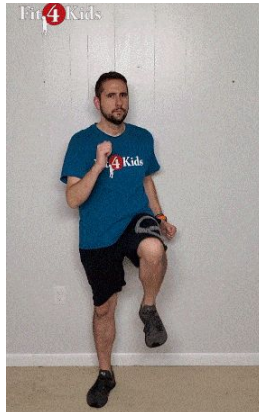


2, 4, 6, 8, 10, 12

NOT



Repeat



Grow

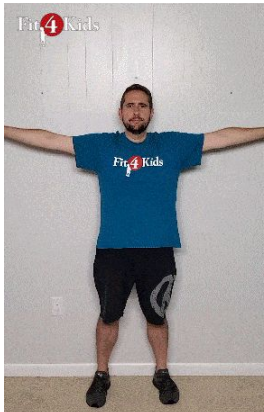


Shrink

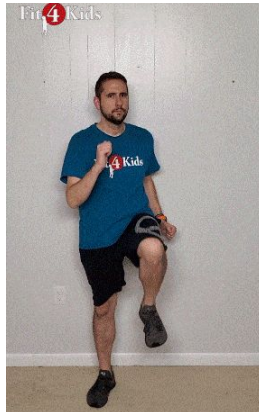


ABCDEFGHIJKLMNO

NOT



Repeat

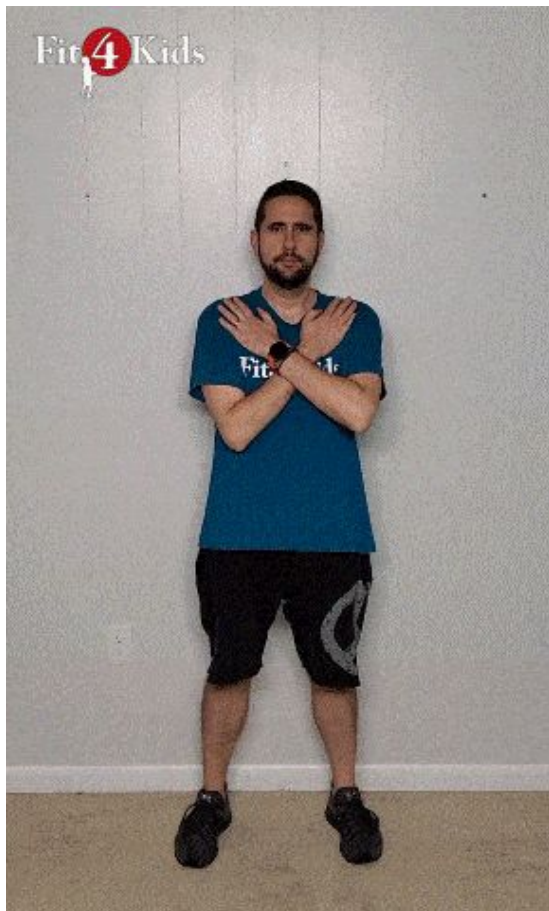


Grow



Shrink





Mummy



Pretzel

