

What Number?

Exercise the Answer



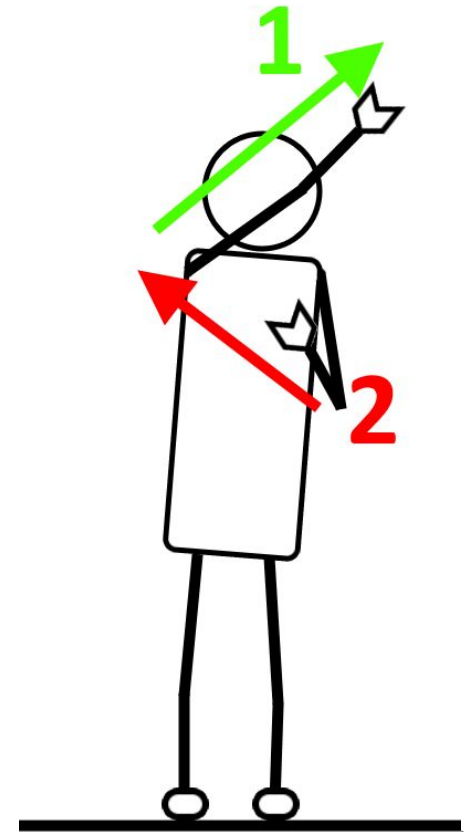
By Greater Richmond Fit4Kids

www.grfit4kids.org

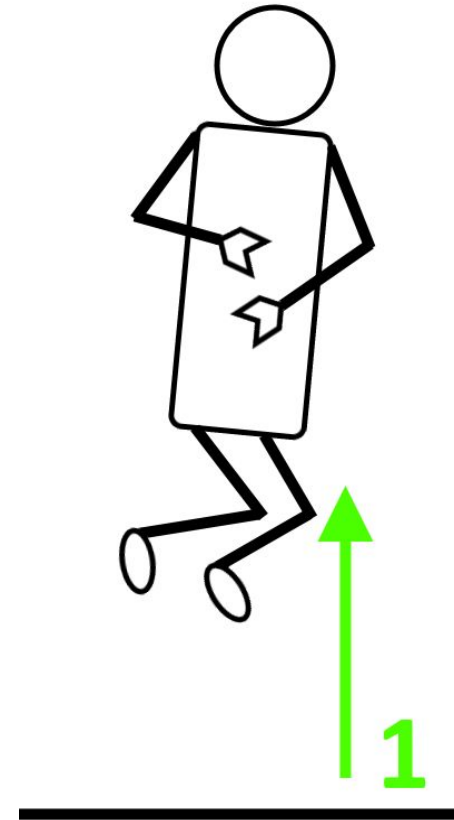
1. When you see a number, call it out
2. Then, do that many of the exercise that appears



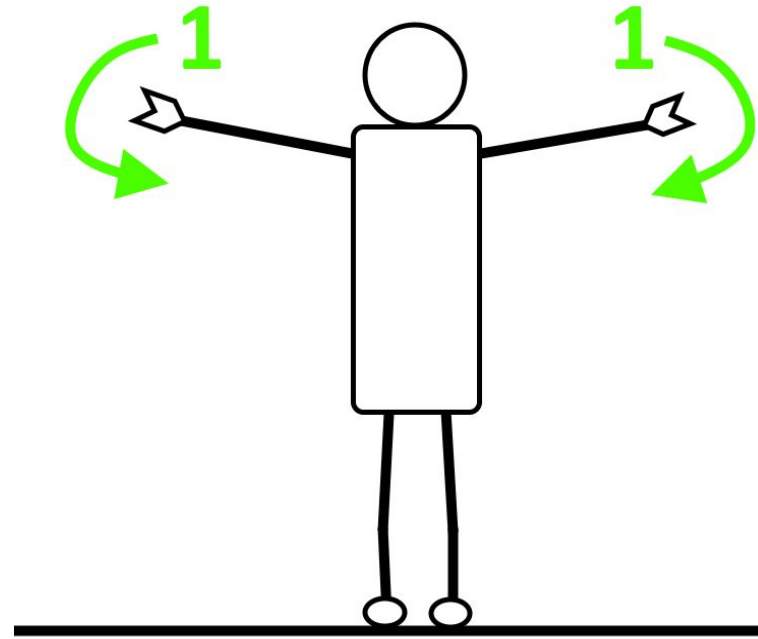
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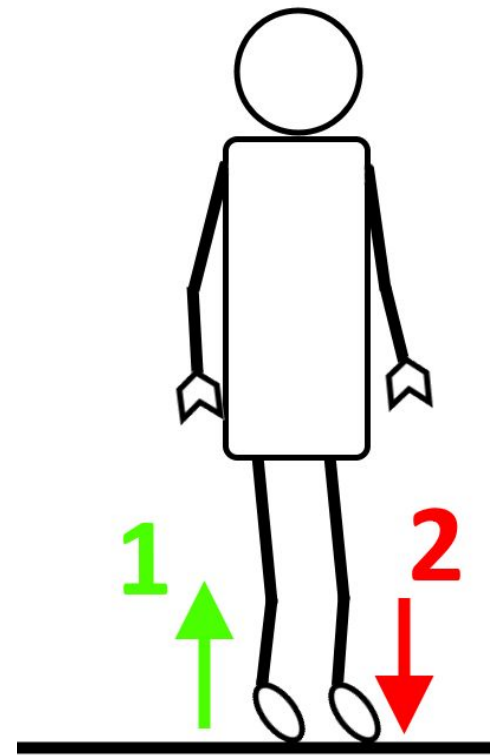
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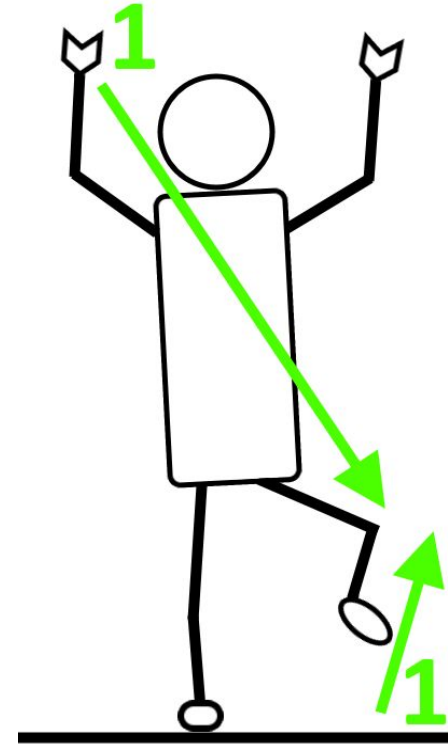
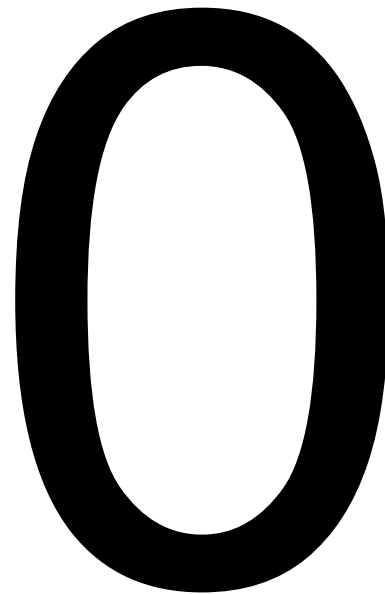


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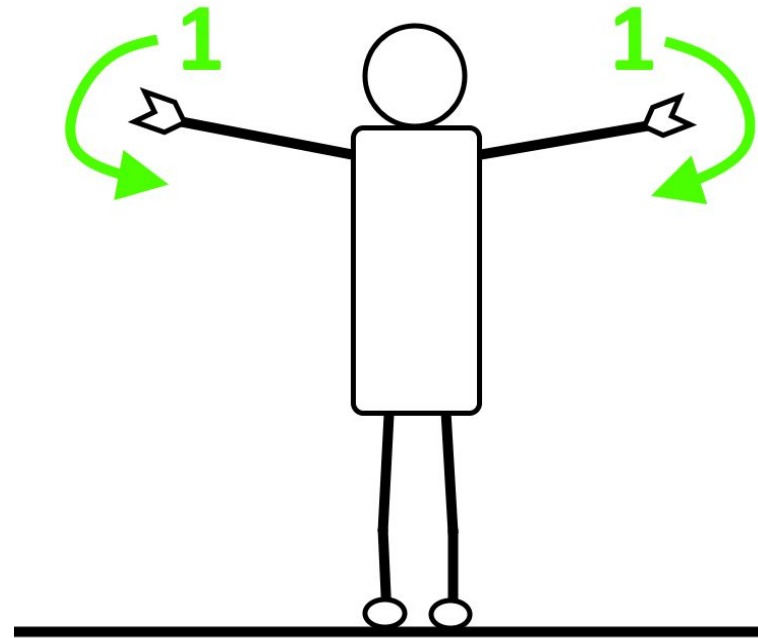


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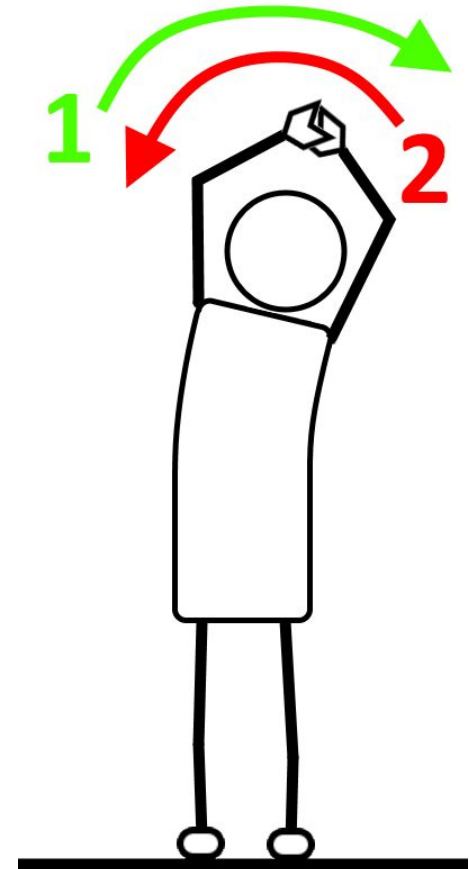


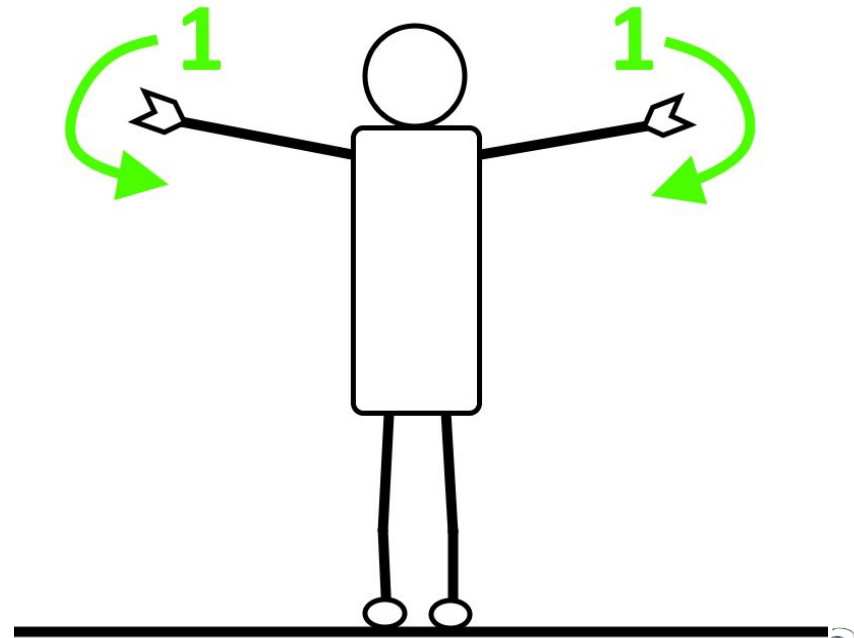


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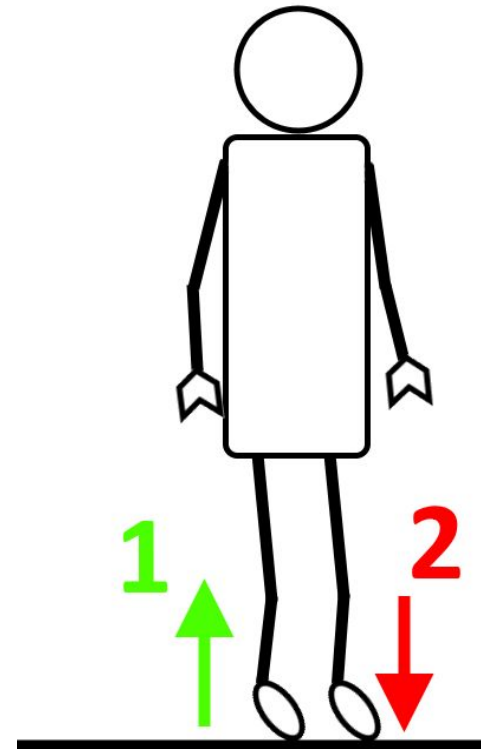


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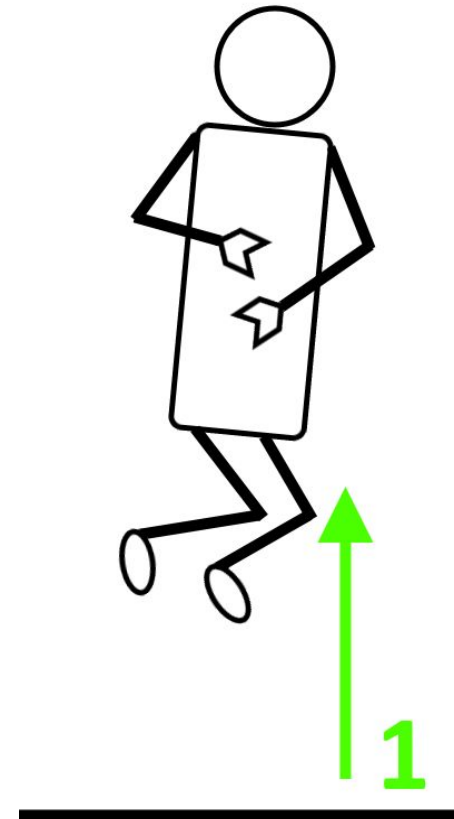




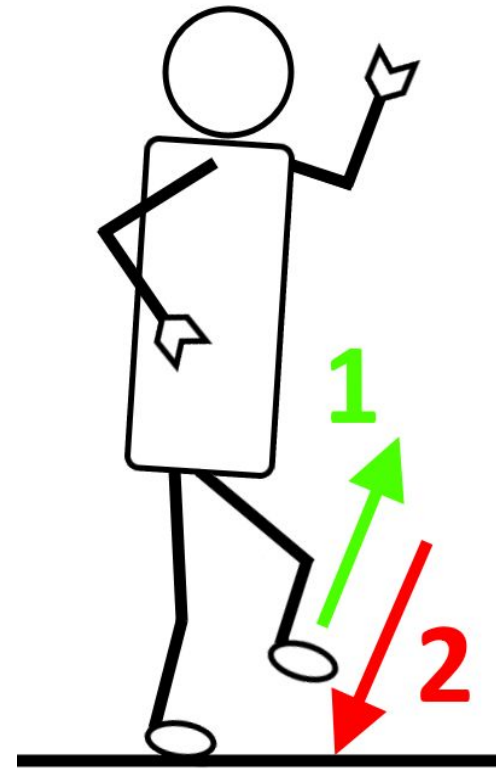
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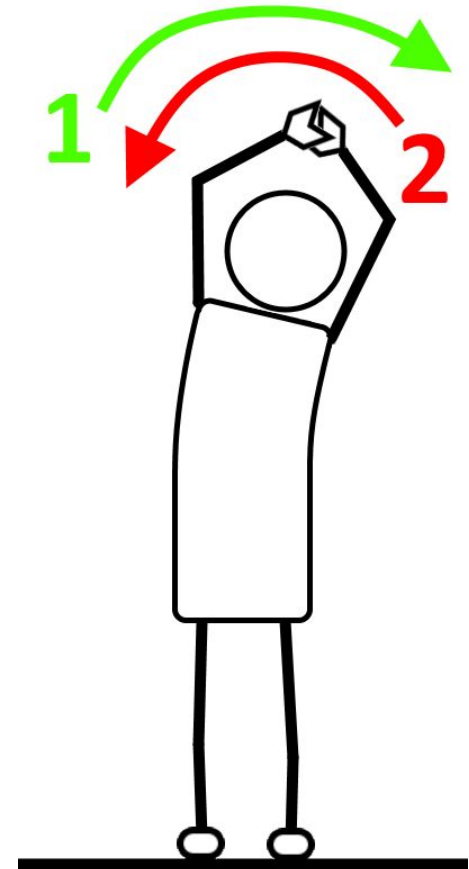


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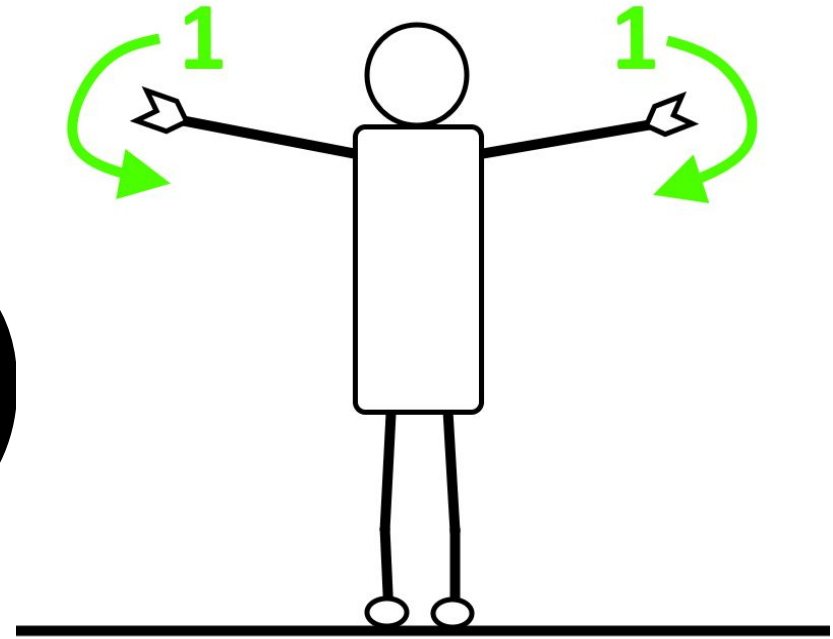


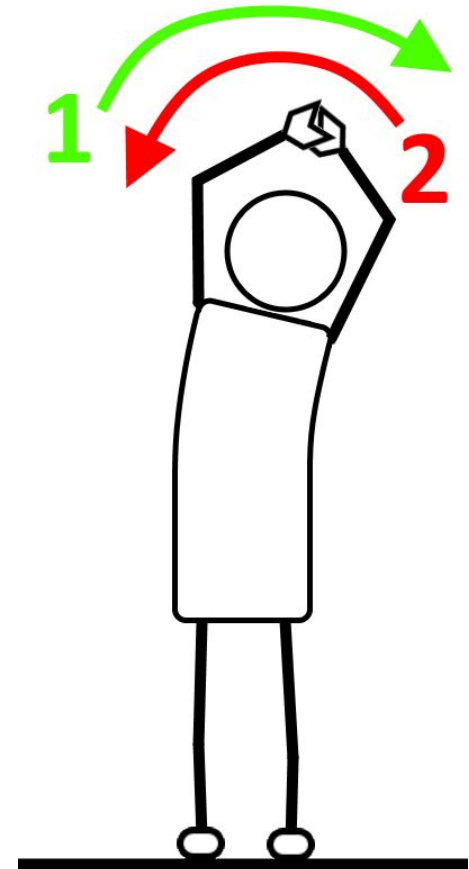
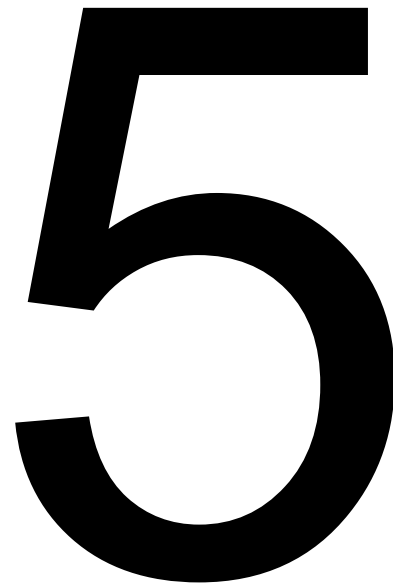
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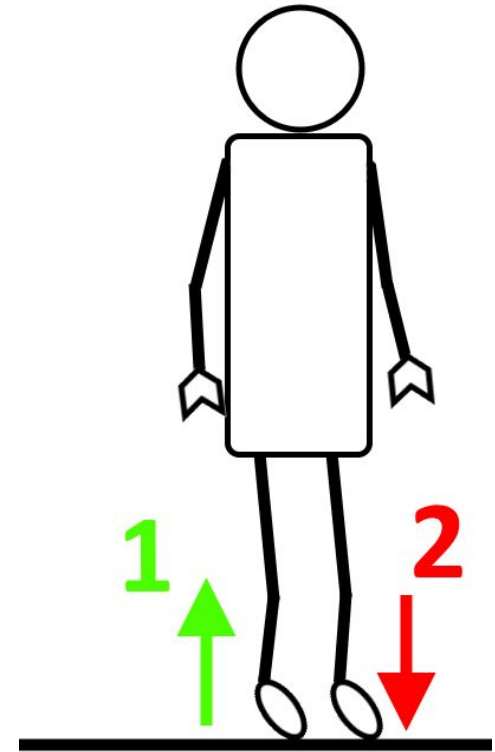
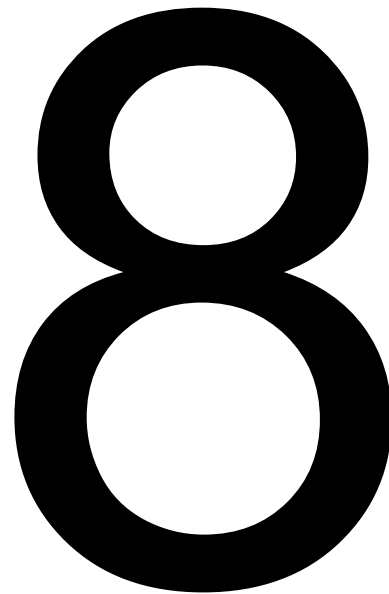




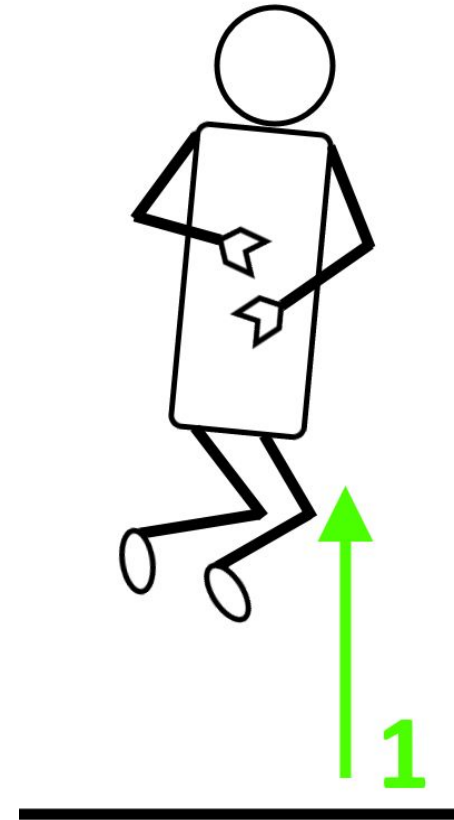
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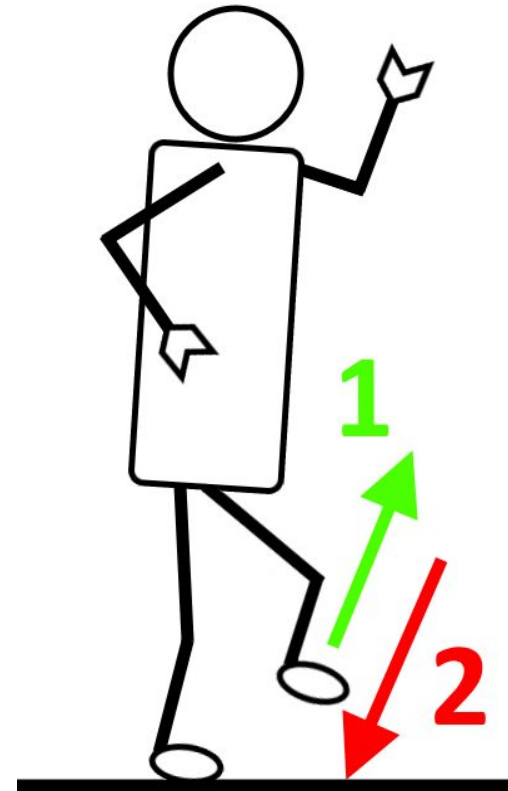




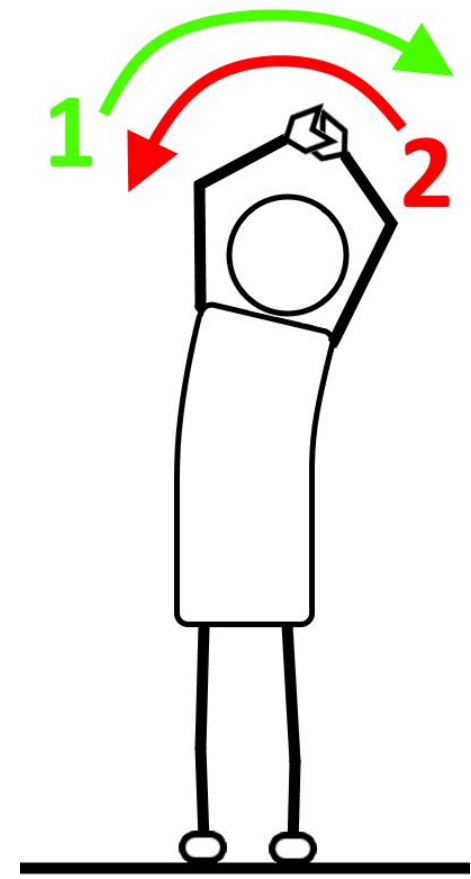
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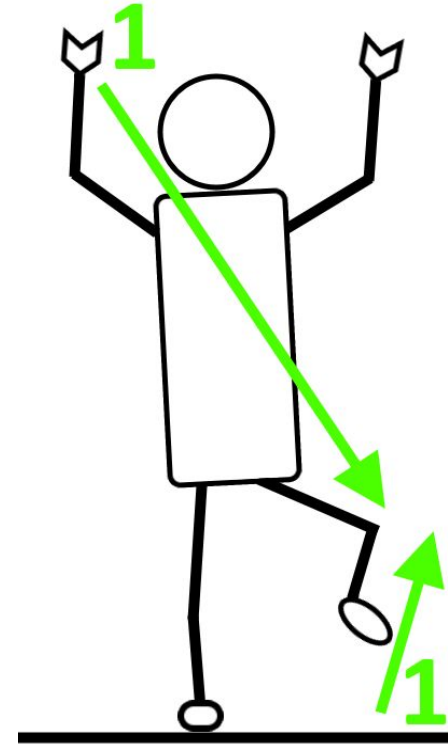
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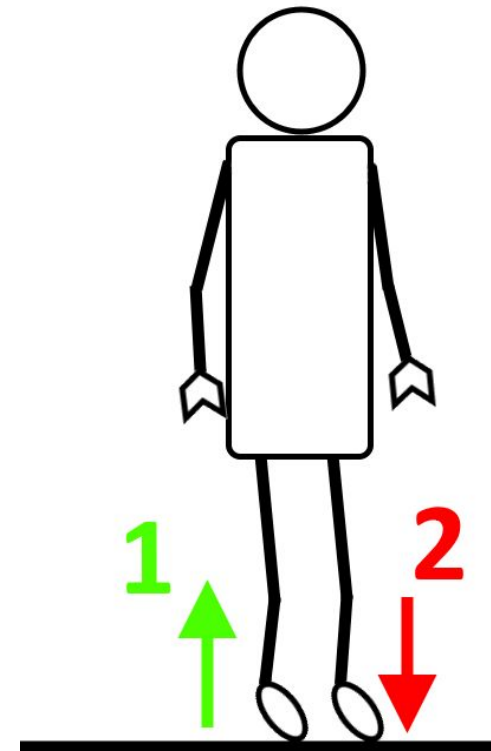
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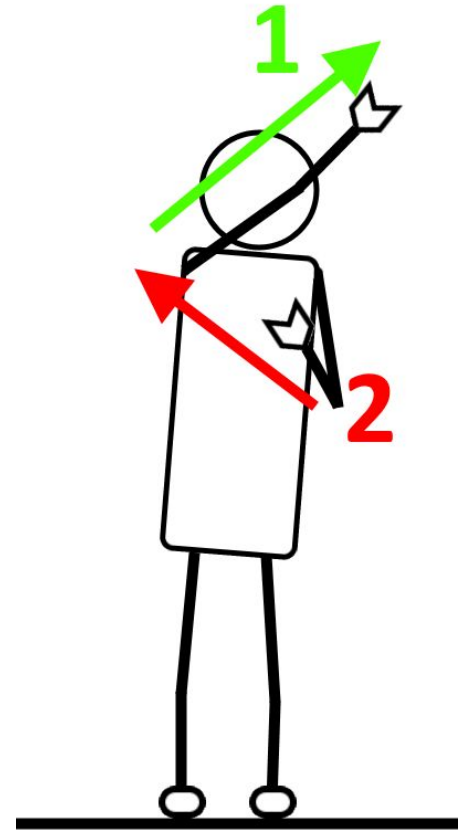
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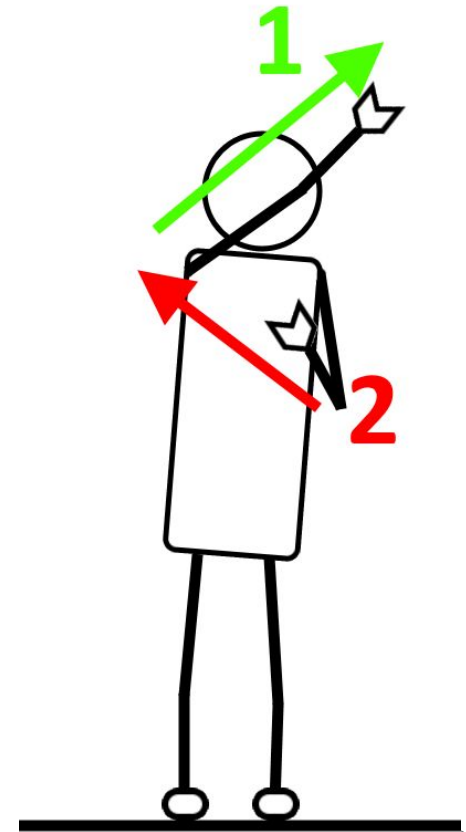
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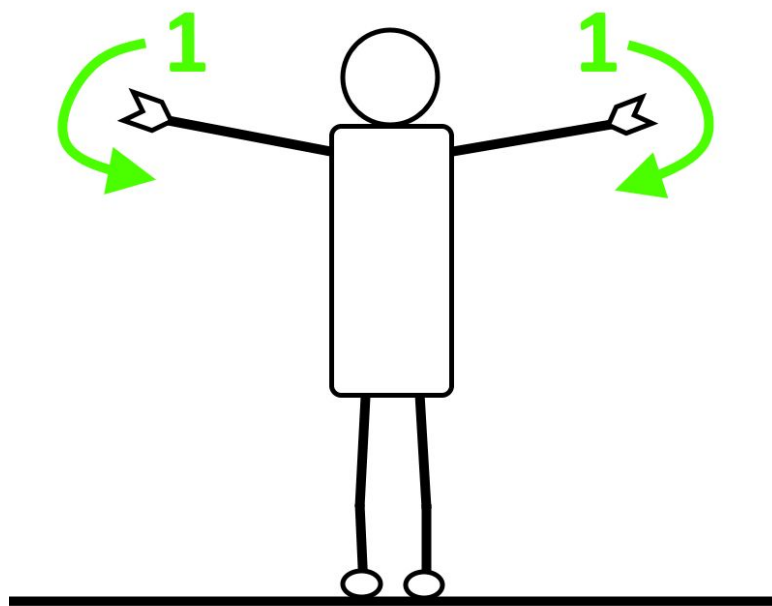


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Arm Circles

