1. **marching**
   - Lift one knee to a 90 degree angle, then the other.

2. **hopping**
   - Hold one foot in the air. Quickly lift other foot up and down.

3. **double leg raises**
   - Pull both knees to chest then touch feet to the floor.

4. **criss cross**
   - Jump cross legs right over left and touch floor. Switch.

5. **crunches**
   - Arms over head. Lift one knee pull both elbows down. Switch.

6. **jumping jacks**
   - Feet out and hands overhead; feet together and hands by side.

7. **hand to foot**
   - Lift foot up, touch with opposite hand. Switch.

8. **stand up**
   - Stand, then squat and sit down.

9. **pretend jump rope**
   - With pretend rope in hands, turn rope and jump.

10. **elbow to knee**
    - Touch elbow to opposite knee. Switch.