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.