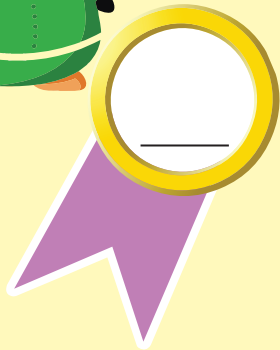


Exercise Countdown!

Penguin, Monkey, Cat, and Panda are learning new exercises. Read the description of each exercise. Then try it! Count how many you can do. Write the number in the blank.



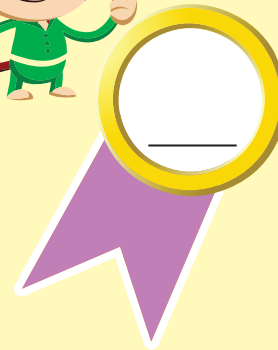
Jumping Jacks

Stand with your legs together and arms at your sides. Jump and land with your legs apart and arms overhead. Jump again and bring your arms down and legs together. Repeat.



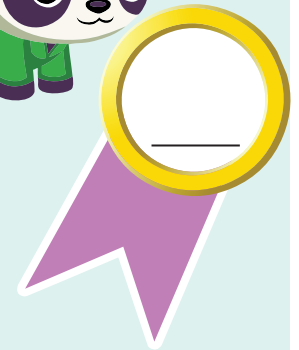
Curl-ups

Lie down with bended knees and feet on the floor. Cross your arms. Sit up and touch your elbows to your thighs. Lie back down and repeat.



Squats

Stand with your arms straight out. Bend down until you are squatting. Stand up. Repeat.



Leg Lifts

Lie on the floor and put your hands behind your head. Lift your legs just off the floor, keeping them straight. Put them back down and repeat.

