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|  | Rocking Horse  1. Lie on your belly, bend your knees, and grab your ankles. 2. Rock back by lifting your chest towards the ceiling. 3. Then rock forward by lifting your feet towards the ceiling. |
|  | Dragon Breath  1. Take a deep breath in 2. Blow it out through your nose, exhaling fire like a dragon 3. Try to shoot the fire at something far away! |
|  | Pedaling  1. Lie on your back and lift your feet into the air 2. Pedal forward, then pedal backward 3. Can you pedal fast like you are going downhill? 4. Can you pedal slow and strong like you are going up a big hill? |
| http://wwwDelivery.SuperStock.com/WI/223/1530/PreviewComp/SuperStock_1530R-39228.jpg | Push-ups  1. Keep your body straight and strong, and go down as low as you can 2. Can you do 10? |
|  | Sit-ups |
| http://wwwDelivery.SuperStock.com/WI/223/1815/PreviewComp/SuperStock_1815R-4002.jpghttp://wwwDelivery.SuperStock.com/WI/223/1815/PreviewComp/SuperStock_1815R-3995.jpg | Touch the ceiling  1. Reach up as high as you can and try to touch the ceiling! |
| http://wwwDelivery.SuperStock.com/WI/223/1589/PreviewComp/SuperStock_1589R-24463.jpghttp://wwwDelivery.SuperStock.com/WI/223/1589/PreviewComp/SuperStock_1589R-24478.jpghttp://wwwDelivery.SuperStock.com/WI/223/1613/PreviewComp/SuperStock_1613R-5435.jpg | Jump! |
| http://wwwDelivery.SuperStock.com/WI/223/1775/PreviewComp/SuperStock_1775R-11180.jpg | Hula hoop |
| http://wwwDelivery.SuperStock.com/WI/223/1647/PreviewComp/SuperStock_1647R-156830.jpghttp://wwwDelivery.SuperStock.com/WI/223/1566/X11/PreviewComp/SuperStock_1566-092708.jpg |  |
| http://wwwDelivery.SuperStock.com/WI/223/1555/PreviewComp/SuperStock_1555R-325297.jpg | Bridge |
| http://wwwDelivery.SuperStock.com/WI/223/106/PreviewComp/SuperStock_106-1695.jpg | Jump rope |
| http://wwwDelivery.SuperStock.com/WI/223/1589/PreviewComp/SuperStock_1589R-55207.jpg | Handstands |
| http://wwwDelivery.SuperStock.com/WI/223/1566/X11/PreviewComp/SuperStock_1566-0135733.jpg | Cartwheels |
| http://wwwDelivery.SuperStock.com/WI/223/1612/PreviewComp/SuperStock_1612R-19363.jpghttp://wwwDelivery.SuperStock.com/WI/223/1647/PreviewComp/SuperStock_1647R-107266.jpg[Young woman stretching in a gym (Stock Image 1773R-9013 © Cultura Limited)](http://www.superstock.com/stock-photos-images/1773R-9013) | Windmill |
| http://wwwDelivery.SuperStock.com/WI/223/1612/PreviewComp/SuperStock_1612R-19362.jpghttp://i6.photobucket.com/albums/y250/angela7171/Adventures%20in%20Exercise/Week%202/leglifts.jpg | Flamingo  1. Stand on one leg for as long as you can 2. Then stand on the other leg for as long as you can 3. For extra fun and challenge, hold your body in different positions! |
| http://wwwDelivery.SuperStock.com/WI/223/1815/PreviewComp/SuperStock_1815R-29418.jpg |  |
| http://wwwDelivery.SuperStock.com/WI/223/1433/PreviewComp/SuperStock_1433R-948383.jpg | Down dog |
| http://wwwDelivery.SuperStock.com/WI/223/1815/PreviewComp/SuperStock_1815R-4001.jpg | Roll like a ball |
| http://wwwDelivery.SuperStock.com/WI/223/1527/PreviewComp/SuperStock_1527R-1079749.jpg |  |
| http://wwwDelivery.SuperStock.com/WI/223/1815/PreviewComp/SuperStock_1815R-4027.jpg |  |
| http://images.townnews.com/itemlive.com/content/articles/2007/08/29/sports/sports02.jpg | Wheelbarrow |
|  | Stretchy band |
| http://i6.photobucket.com/albums/y250/angela7171/Adventures%20in%20Exercise/Week%202/gorillawalk.jpg | Animal walking Walk like a gorilla (hands brushing the floor)  Walk like a crab  Jump like a frog  Hop like a kangaroo  Run like a dog  Walk like a bear |