

# YELLOW

Crab Crawl

Bear Crawl

Push Ups

Sit Ups

Deadbugs

Supermans

March in Place

Spin in a Circle

# UNO FITNESS

# GREEN

Jumping Jacks  
Mountain  
Climbers  
Rocket Jumps  
Jog in Place

High Knees  
One Leg Hop  
Squat Thrusts  
Bunny Hops

# UNO FITNESS

# BLUE

Across Body Arm  
Stretch  
Calf Stretch  
Arm Behind Head  
Stretch  
Side Stretch

Hamstring Stretch  
Quadriceps Stretch  
Reach up to Ceiling  
and Stretch  
**Butterfly Stretch**

# UNO FITNESS



# RED

Washing Machines  
Windmills  
Skip  
Butt Kickers  
Shuffle Step

Deadbugs  
Supermans  
Carrioca  
Dance!!

# UNO FITNESS



