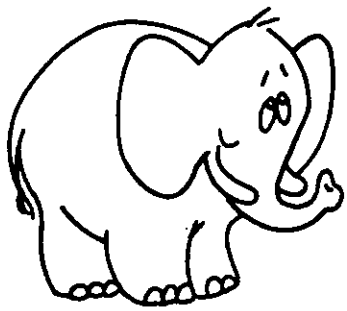
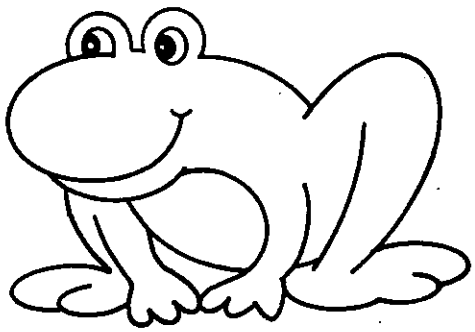
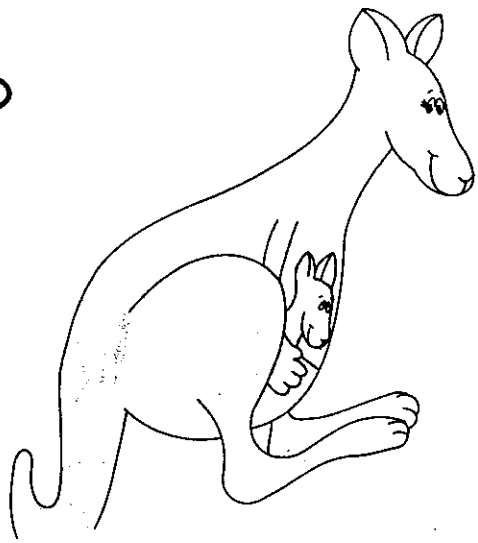
A is for

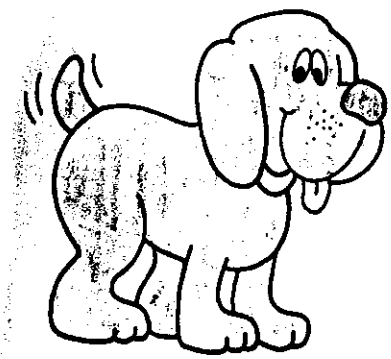


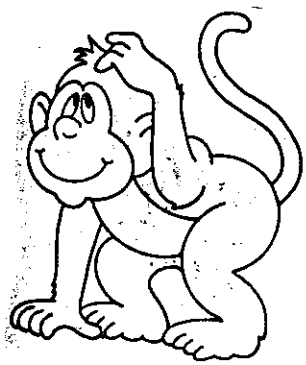






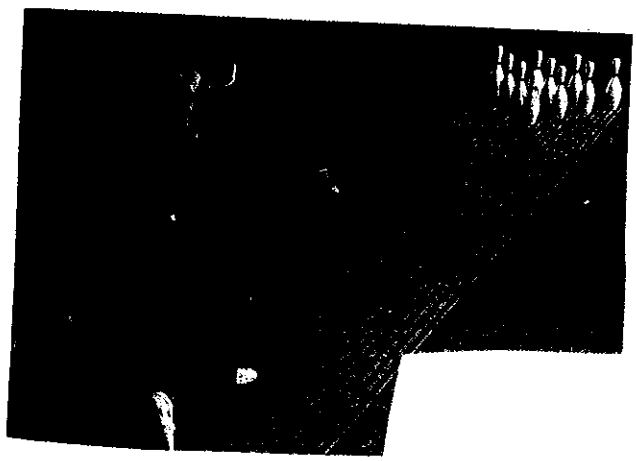






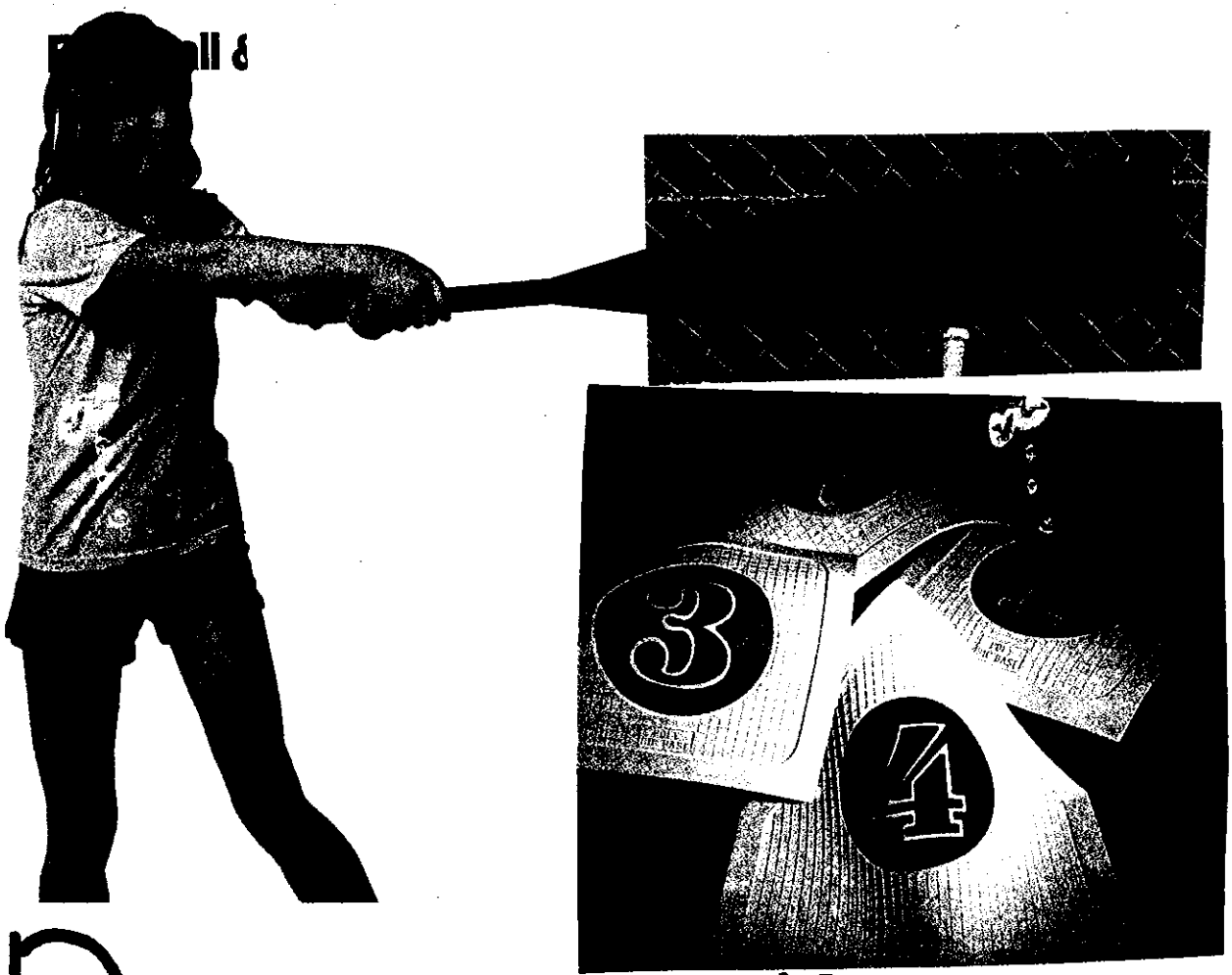
Animal Movements

B is for



Bowling

B is for



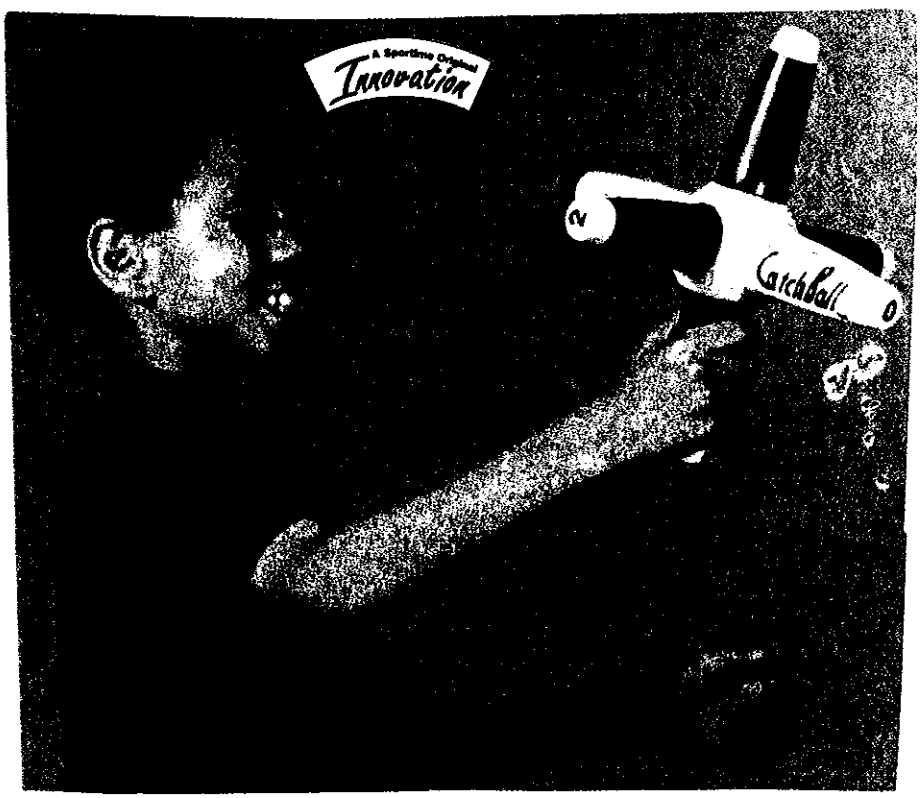
Bat and Bases

C is for



Crawl through the Shapes

C is for



Catch Ball

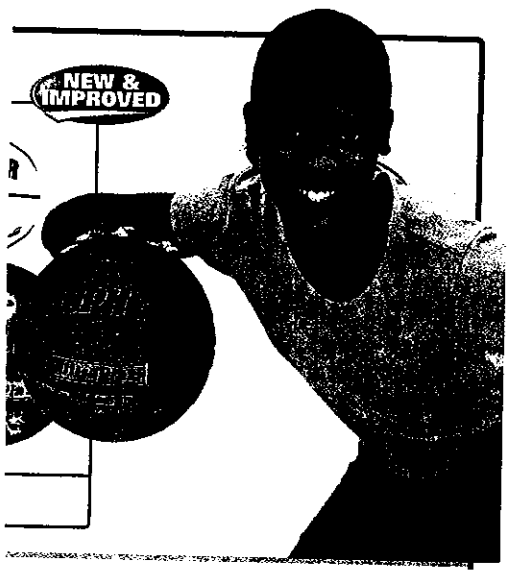
D is for



ing [redacted]477-5075 toll free fax 1-800-845-1535

Dot-to-Dot

D is for

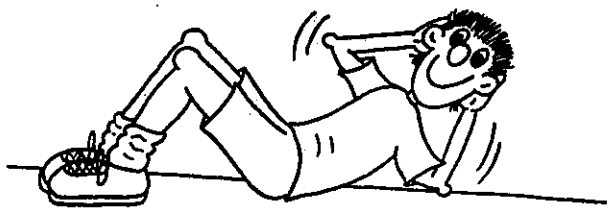




Dribble

(10 times each)

E is for Exercise



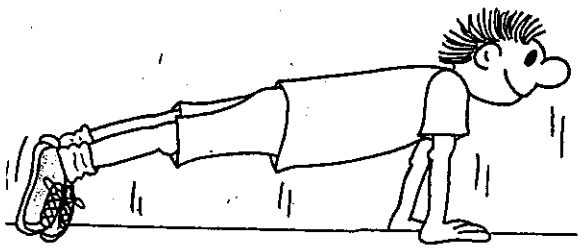
ABDOMINAL CURLS



ARM CIRCLES



KNEE LIFTS



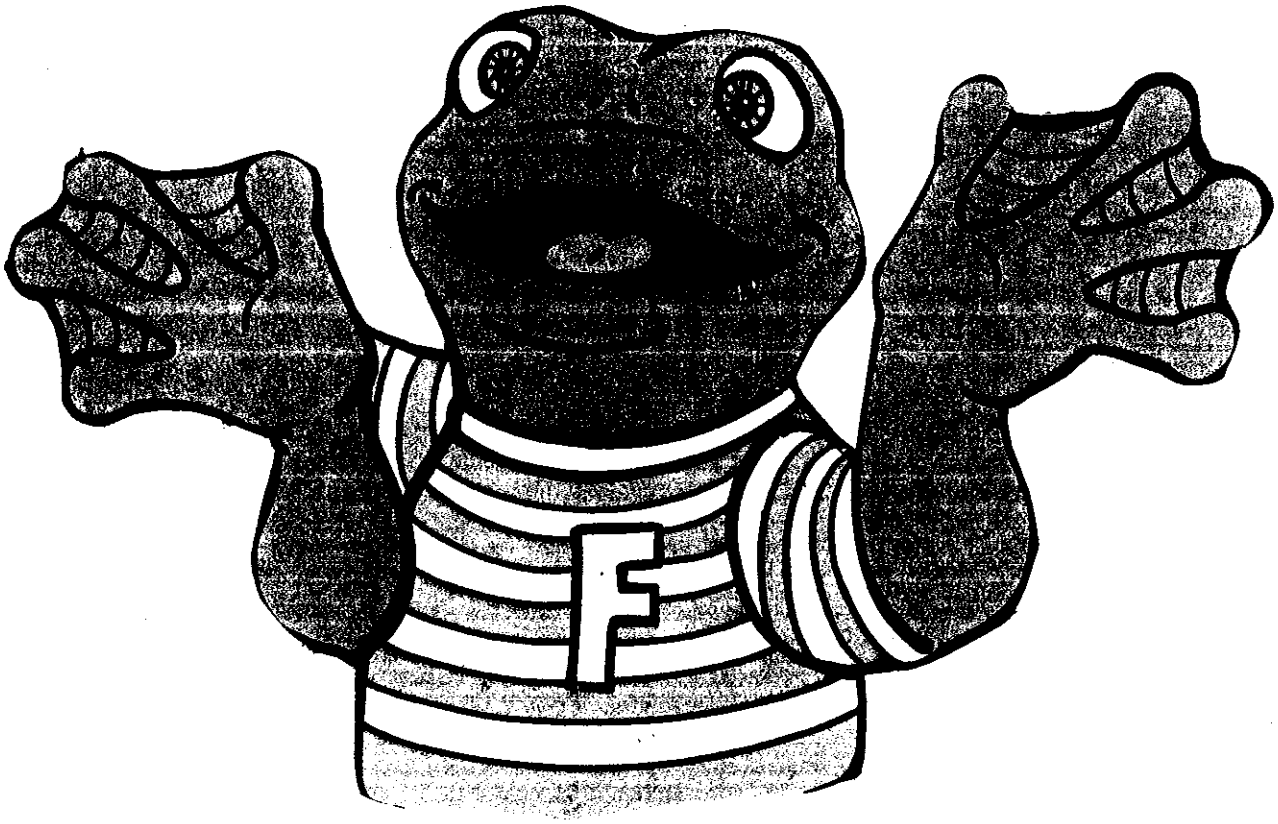
PUSH-UPS



SQUATS

F

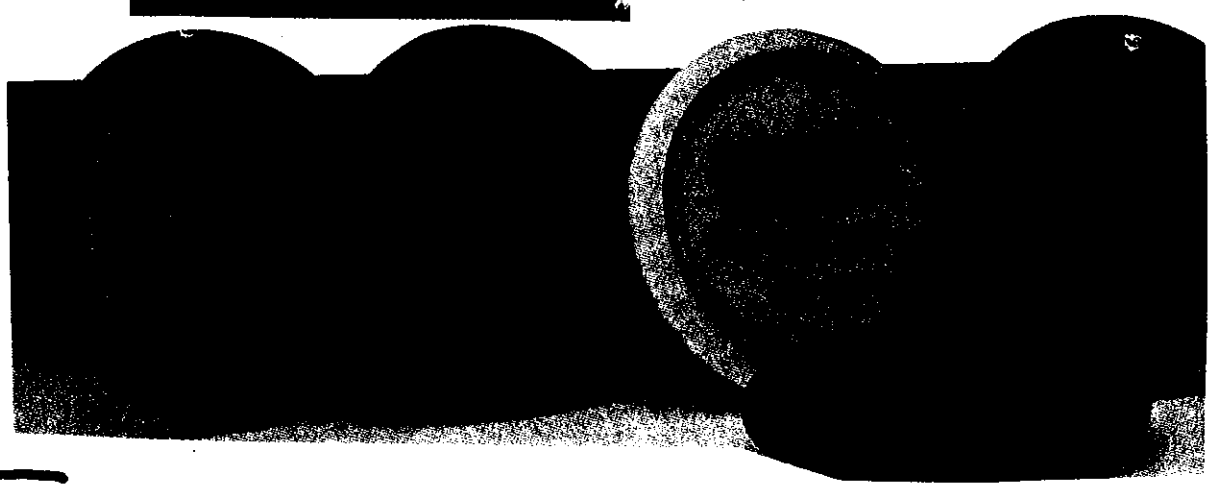
is for



Froggie Fun

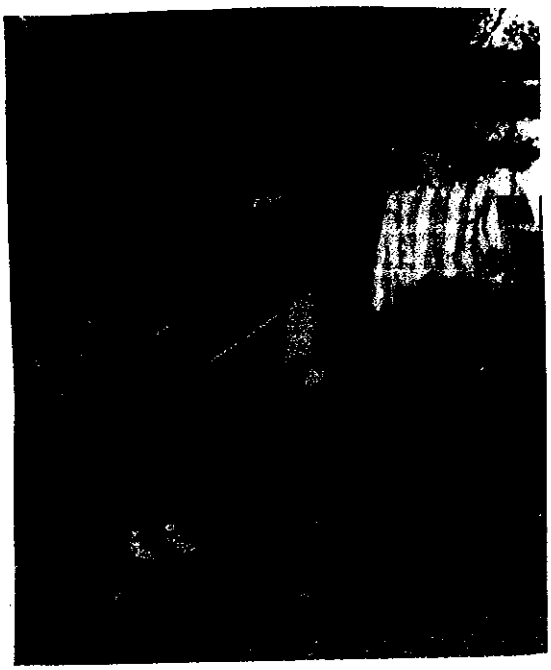
F is for





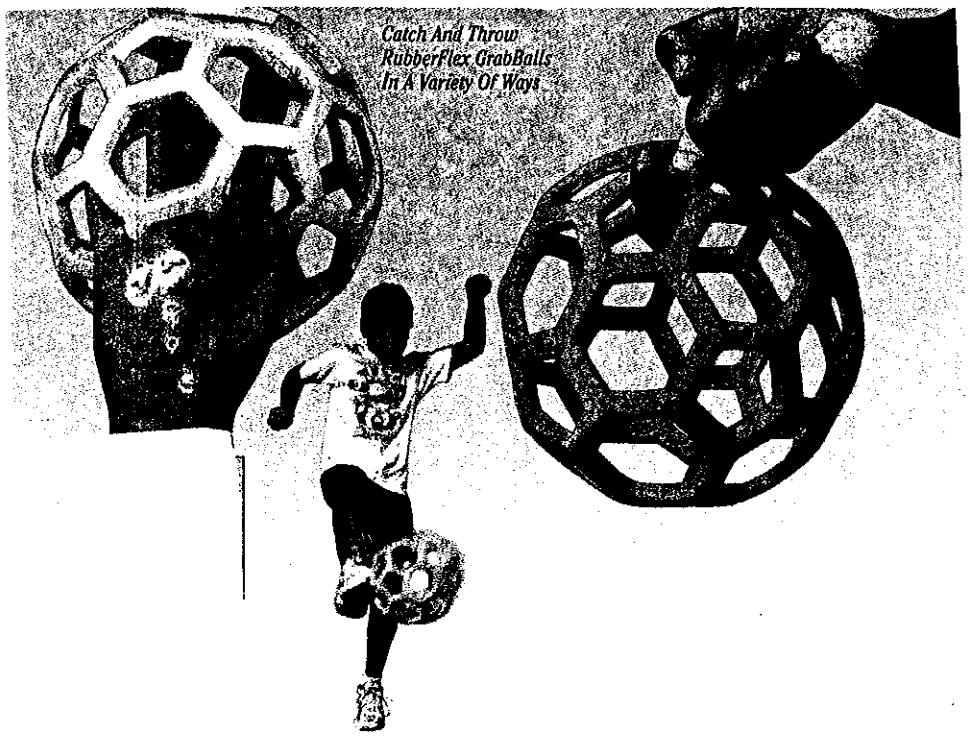
Foam Frisbee

G is for



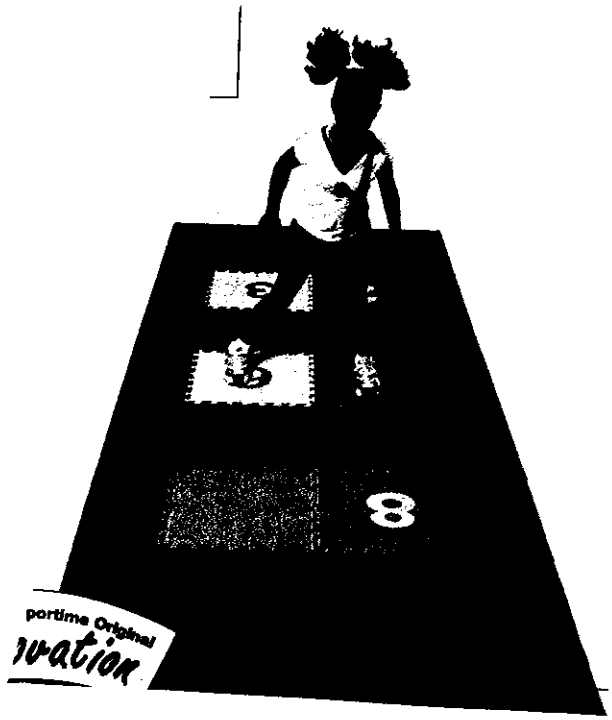
Gym-I-Nee

G is for



Grab Ball

H is for



Hopscotch

H is for



Hula Hoop

I is for



Individual Stunts

I is for

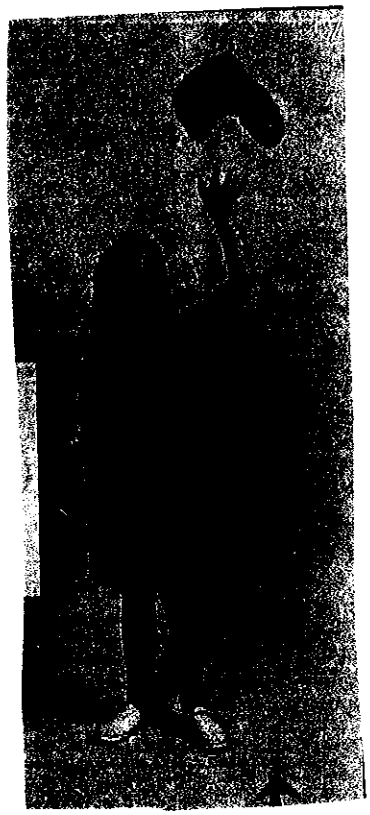




Instant Exercise

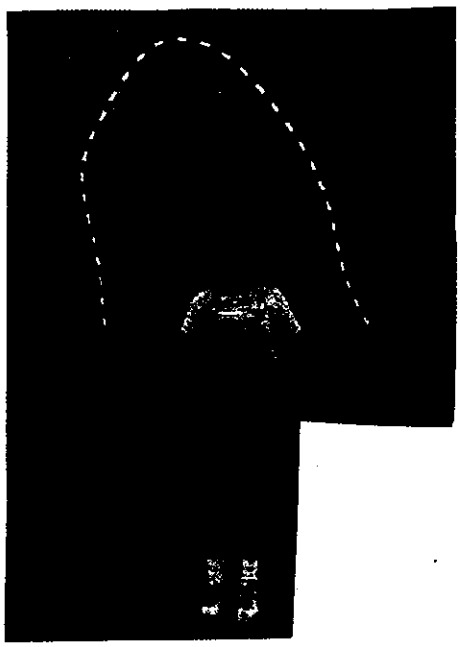
J is for





Juggling

J is for



Karen 26

Jump for the Stars