(10 times each)

E



ABDOMINAL CURLS

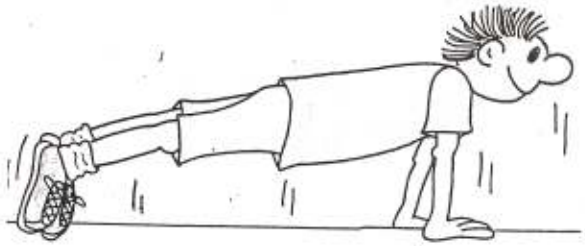
E is for



ARM CIRCLES



KNEE LIFTS



PUSH-UPS



SQUATS

Exercise

(10 times each)

E is for Exercise



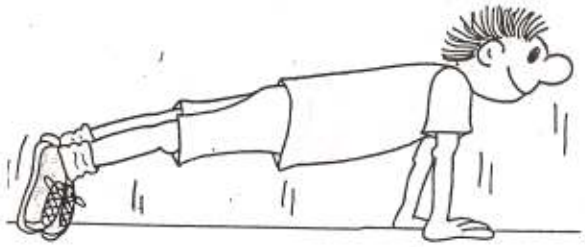
ABDOMINAL CURLS



ARM CIRCLES



KNEE LIFTS



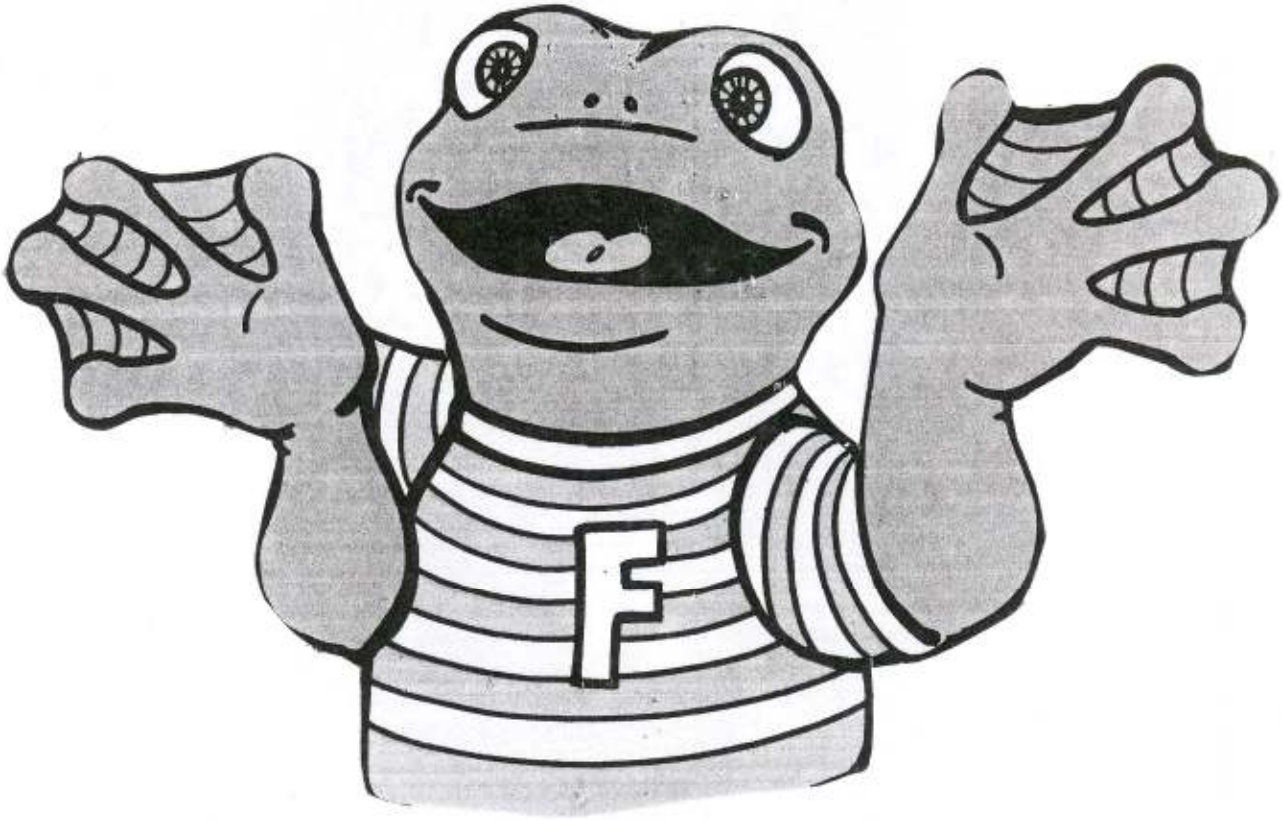
PUSH-UPS



SQUATS

F

F is for



Froggie Fun

F is for





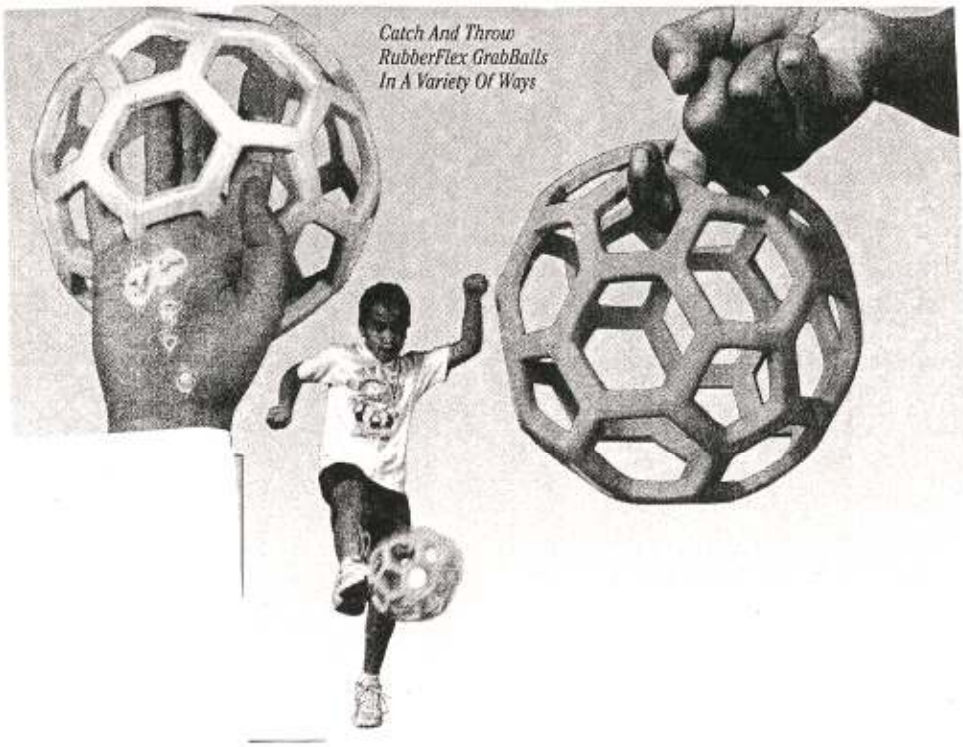
Foam Frisbee

G is for



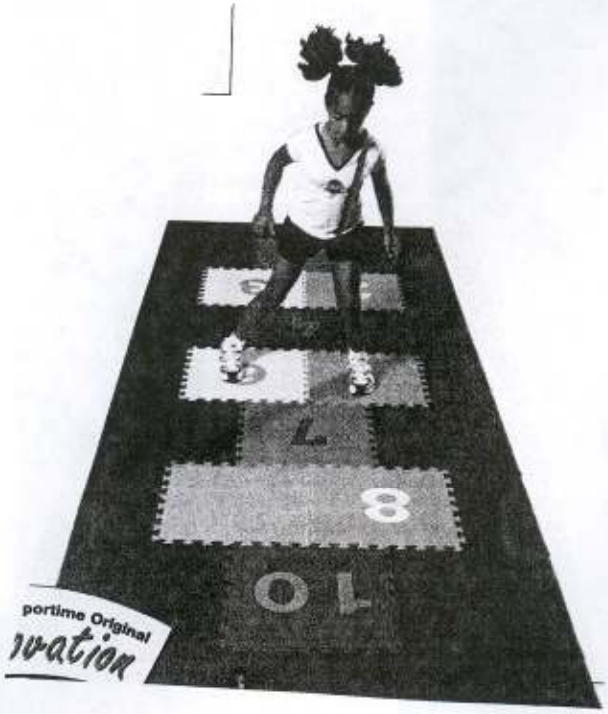
Gym-I-Nee

G is for



Grab Ball

H is for



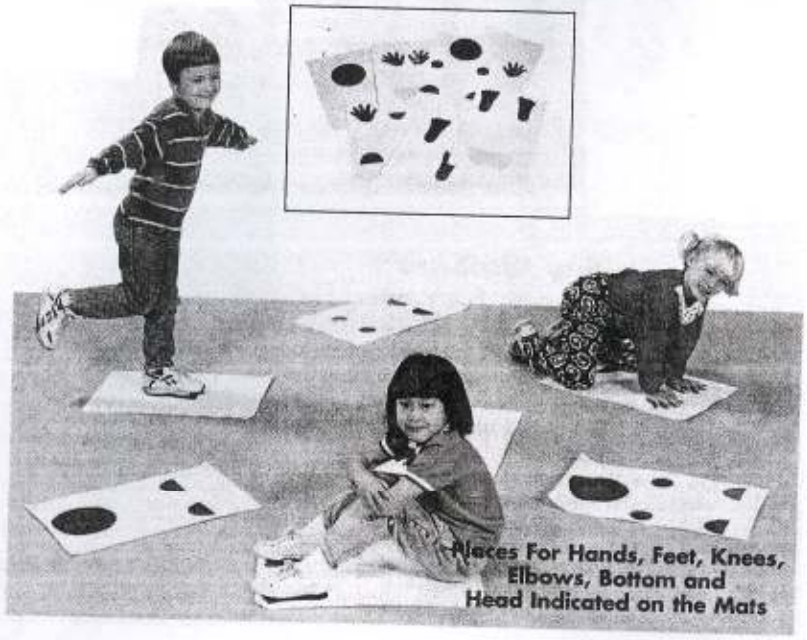
Hopscotch

H is for



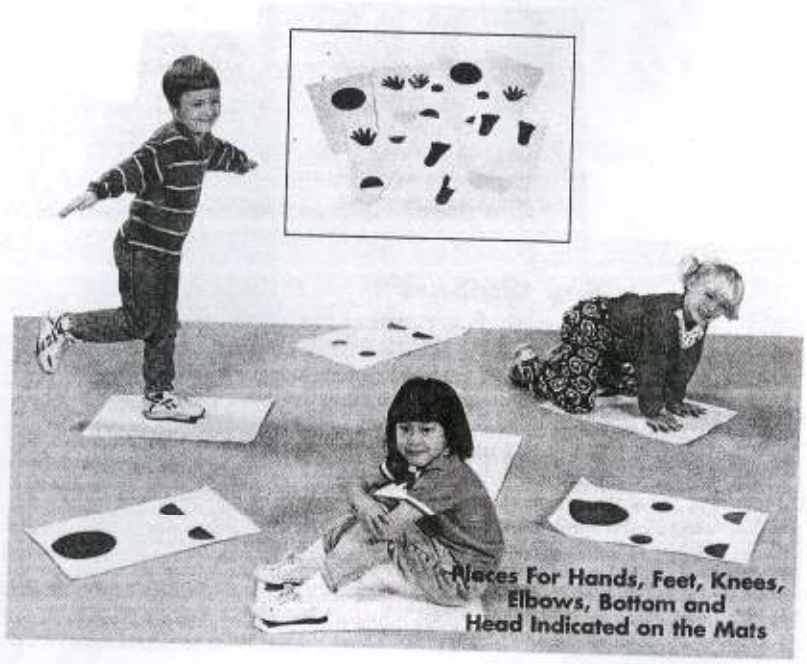
Hula Hoop

I is for



Individual Stunts

I is for



Individual Stunts

I is for





Instant Exercise

J is for





Juggling

J is for



Karen 26

Jump for the Stars

K is for



Kooshball and Glove