

1. Sprint on the spot

- then balance with 1 body part touching the floor

2. Star jumps

- then balance with 2
body parts touching the
floor**

3. Kangaroo jumps

- then balance with 3 body parts touching the floor

4. Sumo Squats

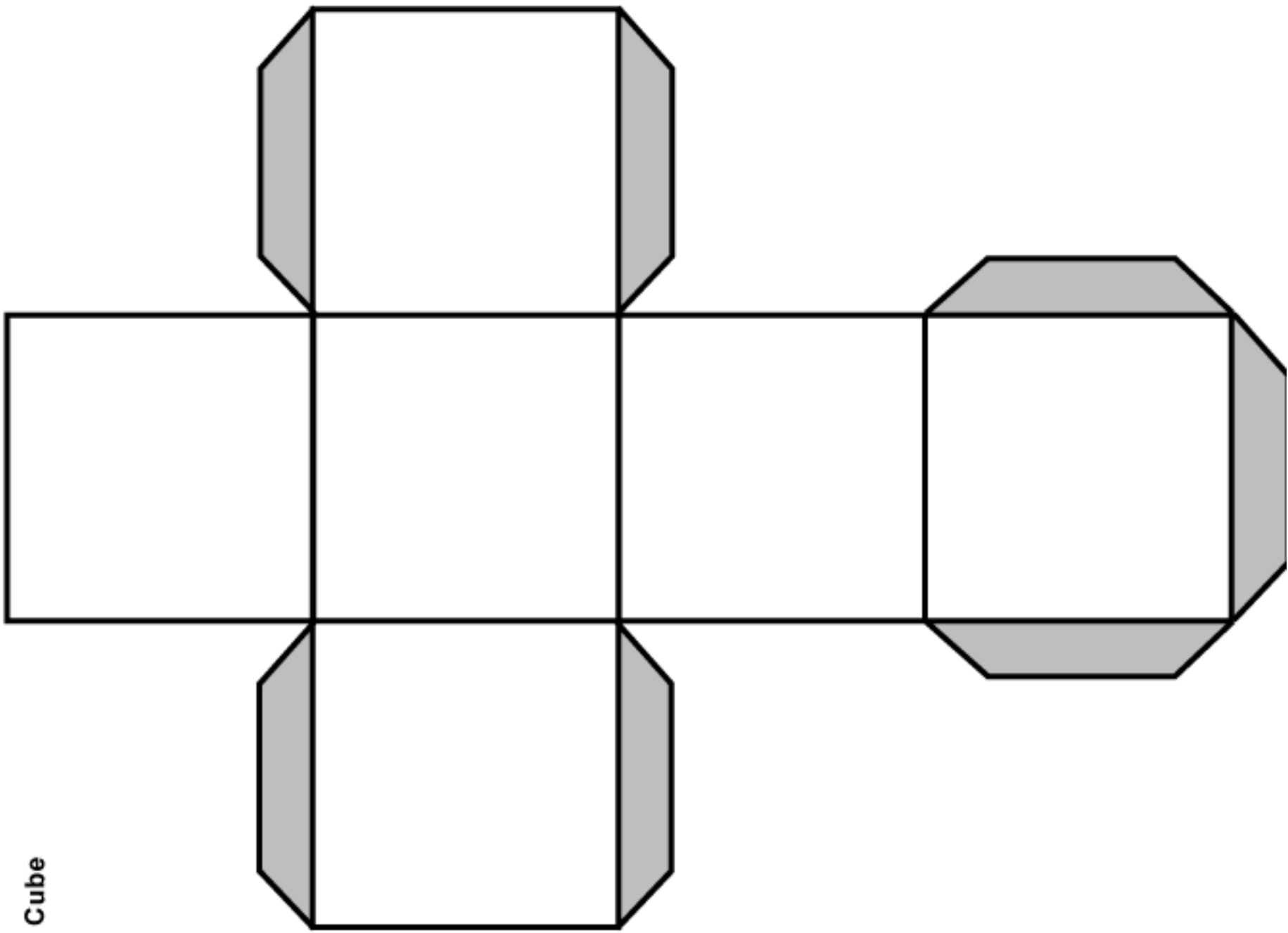
- **then balance with 4 body parts touching the floor**

5. Spotty dogs

- **then balance with 5
body parts touching the
floor**

6. Burpees

- **then balance with 6
body parts touching the
floor**



Cube

