

Crab Walk



Crab walk from one side of the gym to the other.

Arm Circles



Do 25 large arm circles forwards.

Then do 25 more large arm circles backwards.

Hopping on 1 Foot



Hop on one foot and count to ten.

Hop on the other foot and count backwards from 10.

Run on the Spot



Run on the spot for 60 seconds!