

# BEGINNER PLAN



**1 MIN** Stretching  
(reach to toes,  
arm circles)



**2 MINS** Animal walks  
(bear crawl, crab walk)



**2 MINS**  
Freeze dance  
or follow-  
the-leader



**1 MIN** Jump in  
place or march

**TIP:** Play a favorite song  
while exercising!



**Kids  
Fitness  
Gear**