

Move ABCs

A

Arm Circles
Airplane Pose

B

Bear Crawl
Boat Pose

C

Calf Raises
Child's Pose

D

Downward Dog
Dance in Place

E

Elephant Stomps
Elbow to Knee

F

Flutter Kick
Frog Jumps

G

Giant Leaps
Gorilla Pose

H

High Knees
Hula Hoop

I

Ice Skate
Inch Worm

J

Jumping
Jacks
Jump Rope

K

Kickbox
Knee Raise

L

Lunges
Laying Twist

M

March
Mountain
Climbers

N

Noisy Steps
Noiseless Steps

O

Overhead
Reaches &
Stretches

P

Plank
Push-Up

Q

Quadricep
Stretch
Quick Feet

R

Run in Place
Ragdoll Pose

S

Squat
Swaying
Tree Pose

T

Tuck Jump
Toe Touches

U

Upper Back
Stretch
Up & Down Jump

V

V-Ups
Very Fast Jumps

W

Wall Sit
Warrior Pose

X

X Jumps
X Crunches

Y

Yoga
Y Arm Raises

Z

Zigzag Slide
Zebra Gallop