

Exercise, Stretch and Balance
Dice Warm Up
Sarah Lowell
SD TOY 2013

1. Ski Jump
2. Tree Pose
3. Mountain Climbers
4. Airplane
5. Jumping Jacks
6. Quadriceps Right and Left
7. Plank
8. Flat Foot Squat and Hold
9. Hamstring Right and Left
10. Crossover Push Ups

*****If your number is higher than 20 then you may skip count by 2's!!!