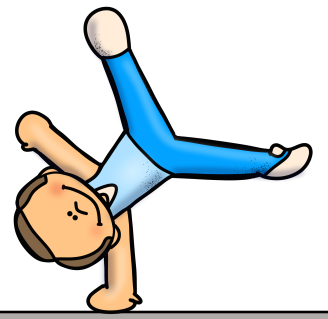


























At Home workouts for: Little Ninjas

May 27th - May 31st

AGES: 4-6



5/27	5/28	5/29	5/30	5/31
CARTWHEEL HOP 	STAR JUMPS (10) 	LOG ROLL 	JUMP FULL TURN, NINJA ROLL 	CANDLESTICKS TO STAND (5) 
BACKWARD NINJA ROLL 	PUSH-UP POSITION WALKS 	JUMP, NINJA ROLL 	HOLLOW HOLD (10 SECS) 	FROG JUMPS (10) 
TUCK JUMPS (5) 	SIT-UPS (5) 	PUSH-UPS (3) 	RUN OUTSIDE AROUND YOUR HOUSE 	JUMP FORWARD AND BACKWARDS OVER AN ANIMAL 
JUMP SIDE TO SIDE OVER A LINE 	JUMP 1 FOOT R&L 	PUPPY TAIL KICK 	JUMP FULL TURN 	FORWARD NINJA ROLL 
RUN IN PLACE (30 SECS) 	JUMP, NINJA ROLL, JUMP 1/2 TURN 	BEAR WALKS FEET ELEVATED 	SPIDER WALK UP WALL 	5 BURPEES 