

- **Side straddle hops or jumping jacks:** From a standing position, jump and land with your legs apart. As you jump out, raise your arms and bend them above your head. Jump back with your legs together and your arms back at your side. Repeat.
- **Push ups:** Facing down, put your hands on the floor in a wide position and straighten your legs. With your heels together, push up with your arms. Repeat.
- **Mountain climbers:** Facing down, put your hands on the floor shoulder-length apart with your legs bent and heels together. Jump one leg forward and the other back. Do the same thing with the alternate leg. Repeat.
- **Bends and thrusts or squat thrusts:** From a standing position, squat down and put your hands on the floor shoulder-length apart. Kick both of your legs out and land them with the heels together. Kick your legs back to the squatting position and stand up. Repeat.
- **Leg lifts:** Lie down on the floor with a flat back and lift both legs with the heels together as high as possible. Repeat.
- **Flutter kicks:** Lie down on the floor with a flat back and lift one leg six inches high and do the same with the alternate leg. Repeat.
- **Crunches:** Lie down on the floor with a flat back. Bend the legs and keep them shoulder-length apart. Cross your arms. Without moving your legs, lift your upper body up and stop before the elbows touch the knees. Recline back down. Repeat.