


	<p>3</p>	<p>10</p>	
<p>8</p>	<p>High knees</p>	<p>Burpees</p>	<p>7</p>
<p>Tiptoe like you're running past a snake</p>		<p>Jumping Jacks</p>	
	<p>9</p>	<p>5</p>	
<p>Move your feet like you're skating on ice</p>		<p>Reach up as if you are grabbing balloons from the air</p>	
<p>4</p>	<p>Jog on the spot as if you're being chased by a bear</p>	<p>2</p>	<p>March in place and play the drums as if you are in a marching band</p>