

## Move It!

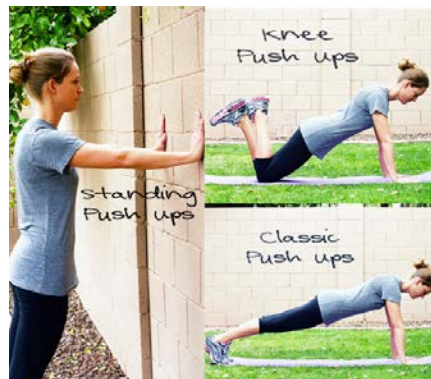
- 10 squat touchdowns



- 10 high knee steps



- 10 wall or floor pushups



- 10 pogo hops



- 10 inchworms

