

Animal Aerobics

PowerUp your body while having fun doing these wild animal aerobics! They're even more fun to do outside at a park or when hiking on a trail.



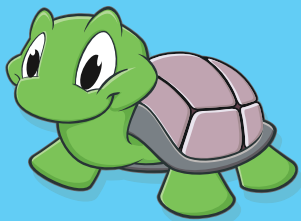
Red Fox Pounce

Jump straight
up 10 times



Crayfish Crunch

Do 10 sit-ups



Wood Turtle Stomp

Stomp your feet 10 times

Eagle Eye Fly
Stretch your arms out
like eagle wings and
pretend to fly

