

WORKOUT

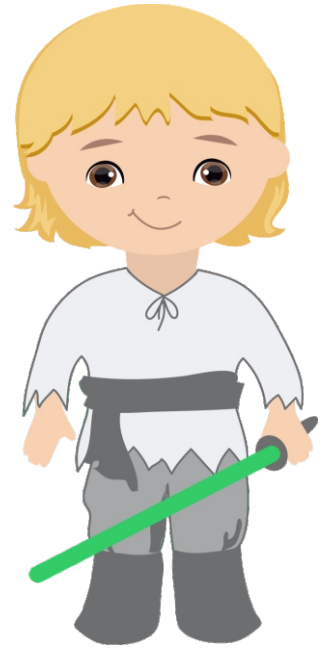
PERFORM 10 OF EACH EXERCISE.

SQUATS

TOE TOUCHES

ARM CIRCLES

RUN IN PLACE



WALK BACKWARDS

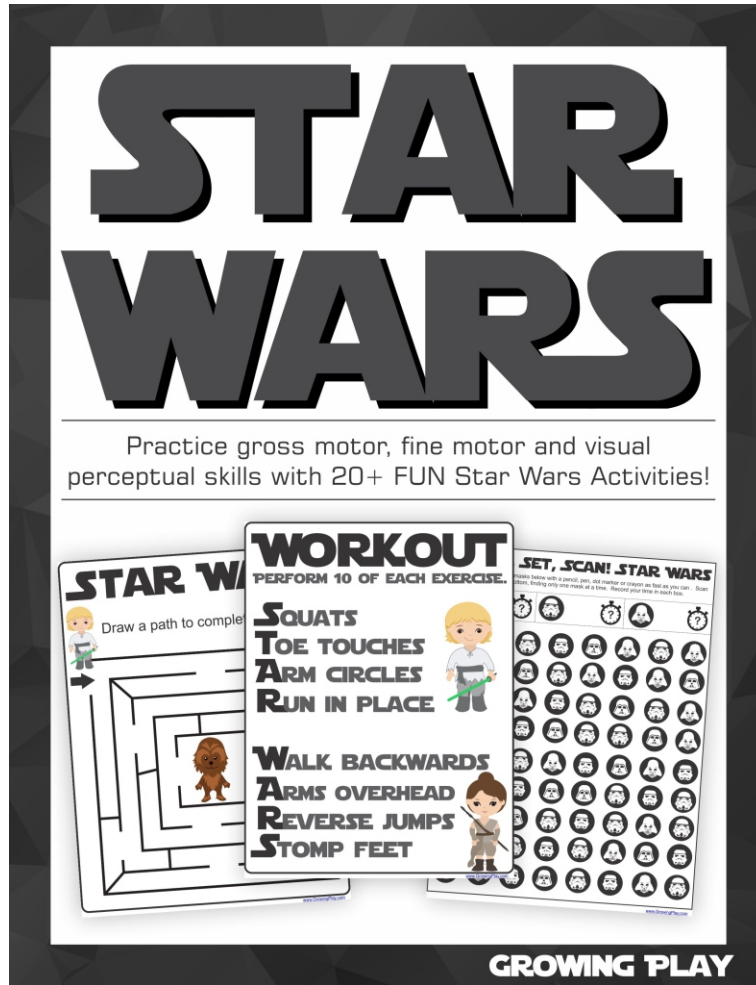
ARMS OVERHEAD

REVERSE JUMPS

STOMP FEET



Go to www.YourTherapySource.com for the complete packet.



Growing Play - A Division of Your Therapy Source, Inc.
43 South Main Street
Schaghticoke, NY 12154
www.yourtherapysource.com

Copyright © 2018 by Your Therapy Source, Inc. All rights reserved.

Visit
www.GrowingPlay.com
for more printables games and puzzles.

Publisher's Note: The publisher and author has made every attempt to make sure that the information in this book is correct and up to date. All physical activities require approval from a child's pediatrician. The author or the publisher will not be liable for any impairment, damage, accident or loss that may occur from any of the suggested activities in this book.

Terms of Use: The electronic books from Your Therapy Source Inc/ Growing Play are copyrighted by Your Therapy Source Inc. This book can only be used by the original purchaser. The files may not be reproduced or transferred to others in print or electronically. All rights reserved.

Go to <https://www.growingplay.com/growing-play-content-license/> for complete content license information and <https://www.growingplay.com/growing-play-website-terms-use/> for complete Terms of Use.

If you are not the original purchaser, download the item at www.GrowingPlay.com before making any copies.

Clipart by ScrapWorld2010 and Accaliadigital.