

Exercise Shuffle!

Cut out square

1 SECOND ARM CIRCLES 30	2 SECOND STRETCH 30	DANCE PARTY
8 10 JUMPING JACKS	3 10 TRUNK TWISTS	
7 10 MOUNTAIN CLIMBERS	4 10 SQUATS	
9 30 SECOND PLANK	5 30 SECOND RUN	PLAY OUTSIDE
JOG IN PLACE		

See back for folding instructions

Directions:

1. Cut out the square
2. Fold the square in half to form a rectangle, then fold it in half again to form a square.
3. Unfold the paper.
4. Fold the square in half on the diagonal to form a big triangle, then fold it in half again to form a smaller triangle.
5. Unfold the paper and place the square flat with printed side (with numbers) down.
6. Fold the four corners up evenly into the middle of the square.
7. Flip over the new smaller square you have created (folded side down).
8. Fold the four corners of the new smaller square up evenly into the middle of the square.
9. Fold the new tiny square in half to make a rectangle (with numbers to the inside).
10. Slide thumbs and forefingers under the flaps on the outside of the rectangle and move back and forth to play.

To Play:

1. Select one of the first 4 choices.
2. Move the paper back and forth as you spell out the activity.
3. Then, select a number from the choices.
4. Move the paper back and forth that many times.
5. Then, select another number from the choices.
6. Lift up the flap and do the activity listed below that number.