

	10 & Under (10 minute workout)	11 & Up (15 minute workout)
2	10 Jumping jacks	1 min jumping jacks
3	10 supermans	1 min squat pulse
4	30 seconds run in place	1 min crunches
5	10 streamline squats	1 min wall sits
6	10 streamline jumps	1 min flutter kicks
7	10 lunges (5 each leg)	30 sec v-ups
8	30 seconds butt kicks	30 sec burpees
9	10 arm circles	30 sec plank
10	10 arm circles reverse	30 sec streamline jumps
11	10 sit-ups	30 sec single leg sit up (right and left)
12	5 pushups	30 arm circles
doubles	30 SECOND DANCE PARTY!!!	Water break in addition to exercise