

# Contents

## Group I

1. Walking, Jogging And Running.....	8
2. Jogging Up A Hill.....	8
3. Running Down A Hill.....	8
4. Stretching Right Leg.....	9
5. Stretching Left Leg.....	9
6. Jumping (Left-Hand Pizzicato).....	9
7. Press-Ups.....	10
8. Up On Tiptoes.....	10
9. Rolling.....	10
10. Jumping.....	11
11. Stretching Up.....	11
12. Fit As A Fiddle.....	11

## Group II

1. Walking And Jogging.....	12
2. Hopping.....	12
3. Deep Knee Bend.....	12
4. Running On Tiptoe.....	13
5. Rocking.....	13
6. Swaying.....	13
7. Cartwheels.....	14
8. High Stepping.....	14
9. Forward Rolls.....	14
10. Jumping.....	15
11. Climbing A Ladder.....	15
12. Fit As A Fiddle.....	15

## Group III

1. Walking Up A Hill, Running Down.....	16
2. Rocking.....	16
3. Bouncing A Ball.....	17
4. Throwing A Ball.....	17
5. Rolling A Ball.....	18
6. Deep Knee Bend.....	18
7. Giant Steps.....	18
8. Jogging.....	19
9. Swaying.....	19
10. Climbing A Ladder.....	19
11. Swinging Arms.....	20
12. Fit As A Fiddle.....	20

## Group IV

1. Deep Breaths.....	21
2. Up On Tiptoes.....	21
3. Stretch And Bend .....	21
4. A Clever Trick .....	22
5. Leg Work (Lying Down).....	22
6. Twisting The Swing, Then It Unwinds.....	22
7. Swinging Arms .....	23
8. Handsprings .....	23
9. Rolling .....	24
10. Hopscotch .....	24
11. Cartwheels .....	25
12. Fit As A Fiddle .....	25

## Group V

1. Up And Down The Slide .....	26
2. Baby Steps.....	26
3. On Tiptoes .....	27
4. Touching Toes .....	27
5. Deep Breaths.....	28
6. Hopping .....	28
7. Jogging Up A Hill On A Sunny Day, Then A Cloudy Day .....	29
8. Walking On A Sunny Day, Then A Cloudy Day .....	29
9. Climbing Further Up The Hill .....	30
10. Marching .....	30
11. A Clever Trick .....	31
12. Fit As A Fiddle .....	31

CD Track Listing.....	32
-----------------------	----