

CONTENTS

GROUP I	<ul style="list-style-type: none"> 1. Wake Up and Stretch 2. Brushing Teeth 3. Going Down Stairs 4. Chinning Yourself 5. Walking 6. Running 7. Jumping 8. Backward Bend 9. Fling Out Arms and Back 10. Cartwheels 11. The Push-Up 12. Fit as a Fiddle and Ready to Go 	1
GROUP II	<ul style="list-style-type: none"> 1. Deep Breathing 2. Brushing Teeth 3. The Broad Jump 4. Chinning Yourself 5. Climbing (<i>in place</i>) 6. The Splits 7. O-Leary 8. Leap Frog 9. Jump the River 10. Whirling 11. Going Up Stairs 12. Fit as a Fiddle and Ready to Go 	9
GROUP III	<ul style="list-style-type: none"> 1. Wake Up and Stretch 2. Deep Breathing 3. Jumping Feet Apart and Flinging Arms Out 4. Crossing Leg Over (<i>lying down</i>) 5. Chinning Yourself 6. Tip-toe Running (<i>in place</i>) 7. Kicking Right Leg 8. Kicking Left Leg 9. Jumping Like a Frog (<i>both feet at once</i>) 10. Running 11. Cartwheels 12. Fit as a Fiddle and Ready to Go 	15
GROUP IV	<ul style="list-style-type: none"> 1. Deep Breathing 2. Cartwheels 3. Walking on Stilts 4. Walking a Tightrope 5. Chinning Yourself 6. Going Up and Down a Rope 7. Skipping 8. Running 9. Turning Right Leg Around in a Circle 10. Turning Left Leg Around in a Circle 11. Hanging by Your Knees 12. Fit as a Fiddle and Ready to Go 	22
GROUP V	<ul style="list-style-type: none"> 1. Deep Breathing 2. Sliding Down a Pole (<i>a little bit at a time</i>) 3. Chinning Yourself 4. Cartwheels 5. Bicycle Exercise 6. The Splits 7. Up and Down the Stairs 8. Running Down a Hill 9. Deep Knee Bend 10. Leap Frog 11. Climbing 12. Fit as a Fiddle and Ready to Go 	28