MINI BOOK

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| 10 | 1. Walking | 1 | 22 | 1. Walking on a Sunny Day | 37 |
| 10 | 2. Hopping | 2 | 22 | 2. Walking on a Cloudy Day | 38 |
| 10 | 3. Bouncing a Ball with Right Hand | 3 | 22 | 3. Skipping on a Sunny Day | 39 |
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| 11 | 5. Rolling | 5 | 23 | 5. Deep Breathing on a Sunny Day | 41 |
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| 12 | 8. Deep Breathing | 8 | 24 | 8. Cartwheels | 44 |
| 12 | 9. Hammering with Right Hand | 9 | 24 | 9. Leap Frog | 45 |
| 13 | 10. Hammering with Left Hand | 10 | 25 | 10. Tightrope Walking | 46 |
| 13 | 11. Walking in a Water Puddle in Boots | 11 | 25 | 11. Walking on Tiptoes | 47 |
| 13 | 12. Fit as a Fiddle and Ready to Go | 12 | 25 | 12. Fit as a Fiddle and Ready to Go | 48 |
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| 14 | 2. Flinging Arms Out and Back | 14 | 26 | 2. In a Swing | 50 |
| 14 | 3. Touching Toes | 15 | 26 | 3. Teeter-Totter | 51 |
| 15 | 4. Kicking Right Leg Up | 16 | 27 | 4. Whirly Gig Ride | 52 |
| 15 | 5. Kicking Left Leg Up | 17 | 27 | 5. Swimming | 53 |
| 15 | 6. Backward Bend | 18 | 27 | 6. Going Down a Slide | 54 |
| 16 | 7. Stretching Legs Out and Back | 19 | 28 | 7. Climbing Monkey Bars | 55 |
| | (sitting down) | 797.7 | 28 | 8. Hanging by Knees on Acting Bar | 56 |
| 16 | 8. Skipping | 20 | 28 | 9. Walking on Trapeze Rings | 57 |
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| 17 | 10. Jump Rope | 22 | 29 | 11. Tether Ball | 59 |
| 17 | 11. Walking Down a Hill | 23 | 29 | 12. Fit as a Fiddle and Ready to Go | 60 |
| 17 | 12. Fit as a Fiddle and Ready to Go | 24 | | A TANAH MANAGAMATAN MANAGAMATA | |
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| 18 | 1. The Splits | 25 | | | |
| 18 | 2. Deep Breathing | 26 | | | |
| 18 | Wide Walk (Stiff-Legged) | 27 | | | |
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| 19 | 5. Left Knee Up and Back (Lying Down) | 29 | | 1 17 | |

6. Both Knees Up and Back (Lying Down)

7. Backward Bend

8. Twirling to the Right

10. Jumping Over a Bench

11. Jumping Off a Big Box

12. Fit as a Fiddle and Ready to Go

9. Twirling to the Left



PREPARATORY BOOK

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| 32 | | Running | 62 | 46 | | Walking on a Sunny, then a Cloudy Day | 98 |
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| 33 | | The Splits | 65 | | | then a Cloudy Day | |
| 34 | | Deep Breathing | 66 | 48 | 5. | Jumping on a Sunny, then a Cloudy Day | 101 |
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| 35 | | Hopping on Right Foot | 69 | 49 | 8. | Wiggling Toes | 104 |
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| 36 | | Standing on Head | 71 | 50 | 10. | Peeking Between Knees | 106 |
| 36 | | Fit as a Fiddle and Ready to Go | 72 | 51 | 11. | Bouncing a Ball | 107 |
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| 38 | | Climbing Up a Ladder | 76 | | | Up a Hill | 10.00 |
| 38 | | Going Down a Ladder | 77 | 53 | | Running Up a Hill | 111 |
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| 38 | | Hanging from Bar by Right Hand | 79 | 55 | | Cartwheels Up a Hill | 113 |
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| 39 | | Playing with a Yo-Yo | 82 | 56 | | Spinning a Big Top | 116 |
| 40 | | Swinging | 83 | 57 | | Rolling a Hoop | 117 |
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| 42 | | Jumping Rope (Slow, and "Red Pepper") | 89 | | | | |
| 43 | | Rocking | 90 | | | | |

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7. Round and Round in a Swing

Sitting Up and Lying Down
Fit as a Fiddle and Ready to Go

8. Jump the River

9. Climbing

10. Ping Pong

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BOOK 1

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| 62 | 1. Walking and Running | 121 | 76 | 1. Morning Stretch | 157 |
| 62 | 2. Skipping | 122 | 76 | 2. Climbing (in place) | 158 |
| 62 | 3. Hopping | 123 | 77 | 3. Tiptoe Running (in place) | 159 |
| 63 | 4. Deep Breathing | 124 | 77 | 4. Running | 160 |
| 63 | 5. Deep Knee Bend | 125 | 78 | 5. Cartwheels | 161 |
| 63 | 6. Stretching | 126 | 78 | 6. Touching Toes | 162 |
| 64 | 7. Stretching Right Leg Up | 127 | 79 | 7. Hopping | 163 |
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| 64 | 9. Cartwheels | 129 | 80 | 9. Giant Steps | 165 |
| 65 | 10. The Splits | 130 | 80 | 10. Flinging Arms Out and Back | 166 |
| 65 | 11. Standing on Head | 131 | 81 | 11. Standing on Head | 167 |
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| 66 | 2. Walking | 134 | 82 | 2. Touching Toes | 170 |
| 66 | 3. Running | 135 | 83 | 3. Hopping | 171 |
| 67 | 4. High Stepping | 136 | 83 | Climbing a Ladder | 172 |
| 67 | 5. Jumping | 137 | 84 | 5. Jumping Rope (Slow, and "Red Pep | |
| 67 | 6. Kicking Right Leg | 138 | 84 | 6. Swinging Arms | 174 |
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| 68 | 8. The Splits | 140 | 85 | 8. Walking Like a Duck | 176 |
| 68 | 9. Leg Work (lying down) | 141 | 86 | 9. Bear Walk | 177 |
| 69 | 10. Sitting Up and Lying Down | 142 | 87 | 10. Sliding Down the Bannister | 178 |
| 69 | 11. A Hard Trick | 143 | 87 | 11. A Hard Trick | 179 |
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| 71 | 2. Rolling | 146 | | | |
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| 72 | 4. Tiptoe Running (in place) | 148 | | 7) \ <\ | Λ |
| 73 | 5. Baby Steps | 149 | - 1 | | /- |
| 73 | 6. Giant Steps | 150 | | \full_ | 3 |

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7. Jumping Rope

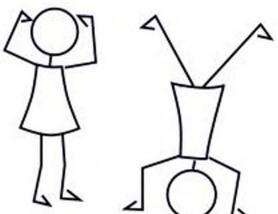
9. Touching Toes

10. Ballet Exercise

12. Fit as a Fiddle and Ready to Go

11. The Splits

8. Somersaults



BOOK 2

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| 93 | | Brushing Teeth | 182 | 113 | 2. | Cartwheels | 218 |
| 94 | | Going Down Stairs | 183 | 114 | 3. | Walking on Stilts | 219 |
| 94 | 4. | Chinning Yourself | 184 | 114 | 4. | Walking a Tightrope | 220 |
| 95 | 5. | Walking | 185 | 115 | 5. | Chinning Yourself | 221 |
| 95 | 6. | Running | 186 | 115 | 6. | Going Up and Down a Rope | 222 |
| 96 | 7. | Jumping | 187 | 116 | 7. | Skipping | 223 |
| 96 | 8. | Backward Bend | 188 | 116 | 8. | Running | 224 |
| 97 | 9. | Flinging Arms Out and Back | 189 | 117 | 9. | Turning Right Leg Around in a Circle | 225 |
| 97 | 10. | Cartwheels | 190 | 117 | 10. | Turning Left Leg Around in a Circle | 226 |
| 98 | 11. | The Push-Up | 191 | 118 | 11. | Hanging by Your Knees | 227 |
| 99 | 12. | Fit as a Fiddle and Ready to Go | 192 | 118 | 12. | Fit as a Fiddle and Ready to Go | 228 |
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| 100 | -15 | Deep Breathing | 193 | 119 | 1. | Deep Breathing | 229 |
| 100 | | Brushing Teeth | 194 | 119 | | Sliding Down a Pole | 230 |
| 101 | | The Broad Jump | 195 | | - | (a little bit at a time) | 75.0 |
| 101 | | Chinning Yourself | 196 | 120 | 3. | Chinning Yourself | 231 |
| 102 | | Climbing (in place) | 197 | 120 | 4. | Cartwheels | 232 |
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| 104 | | Jump the River | 201 | 122 | 8. | Running Down a Hill | 236 |
| 104 | | Whirling | 202 | 123 | 9. | Deep Knee Bend | 237 |
| 105 | | Going Up Stairs | 203 | 123 | 10. | Leap Frog | 238 |
| 105 | | Fit as a Fiddle and Ready to Go | 204 | 124 | 11. | Climbing | 239 |
| | | | 100000 | 125 | 12. | Fit as a Fiddle and Ready to Go | 240 |
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| 106 | 1. | Wake Up and Stretch | 205 | | | | |
| 107 | | Deep Breathing | 206 | | | | |
| 107 | 3. | Jumping Feet Apart and Flinging Arms Out | 207 | | | | |
| 108 | 4. | Crossing Leg Over (lying down) | 208 | | | | |
| 108 | 5. | Chinning Yourself | 209 | | | | |
| 109 | 6. | Tiptoe Running (in place) | 210 | | | /// | |

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7. Kicking Right Leg

9. Jumping Like a Frog (both feet at once)

12. Fit as a Fiddle and Ready to Go

8. Kicking Left Leg

10. Running

11. Cartwheels

