

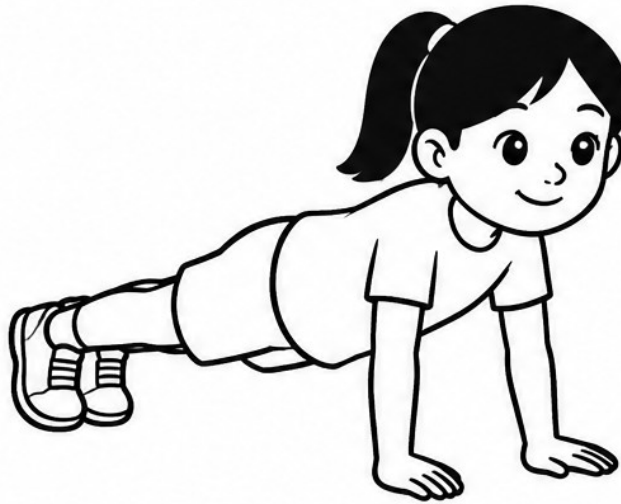
Trace the words. Then color the picture.

Name _____ Date _____

Basic Exercise Moves



Jumping



Push-Up

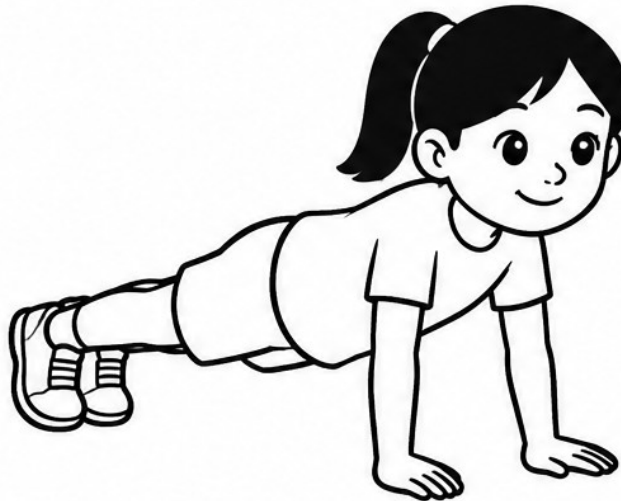


Squat

Basic Exercise Moves



Jumping



Push-Up



Squat

Basic Exercise Moves



Jumping



Push-Up



Squat