





 bird pose	 bridge pose	 candle pose
 cat pose	 cobra pose	 dog pose
 fish pose	 frog pose	 lion pose

F (Frequency)	I (Intensity)	T (Time)	T (Type)
10 Jumping Jacks 	5 Push Ups 	10 Squats 	15 Second Plank 
5 Sit ups 	Balance for 10 Seconds 	V Sit-ups 	5 Long Jumps 
Crab Walk 	5 Inch Worms 	10 Arm Circles 	10 Shoulder Taps 
Flutter Kicks 	10 Mountain Climbers 	Walking Lunges 	10 Second Bosu Ball Balance 