



Moko the Gorilla

# EXERCISE ACTION STATIONS

It's time to get our muscles working! Follow the loop and try the exercise at each action station. Set the stopwatch on your phone so you know when it's time to switch to the next station. Ready, set, let's go!

## ONE-MINUTE CHALLENGES

1

### Jump Side to Side

Hop on one leg to the right, then hop on the other leg to the left.

2

### Dancy Party

Spin, sway and whirl like you're listening to your favorite song.

5

### Bicep Curls

With elbows at sides, curl your fists to your shoulders and back again slowly.

### Arm Circles

Do small circles forward for 30 seconds, then do circles backwards.

4

### Knee Lifters

Lift up knees as high as you can and touch your opposite elbow.

3

## 30-SECOND CHALLENGES

6

### Run in Place

Stand up tall, pump your arms and move your feet like you're running.

7

### Head, Shoulders, Knees and Toes

Sing this kid song as you move through the motions as fast as you can.

10

### Side Leg Raises

Lie on your side and lift your leg without bending at the knee or stand and lift each leg out to the side..

9

### Bear Crawl

Crawl on your hands and feet with your knees off the ground.

8

### Jumping Jacks

Jump your feet apart and clap your hands over your head.



mindful