

Fitivities Activities and Modifications Videos



Hand Shuffle



Knee Raises



Quick Jumps



Standing Crunch



Invisible Jump Rope



Lunge



Grasshopper



Jog in Place



Jumping Jacks



Squats



Leg Circles



Foot Dance



Shadow Box



Twist Dance



Hand to Toe Touch



Tippy Toe Walk



Plank Hold



Can-Can Crab



Arm Circles



Jump to the Sky