

F	I	T	G	O
F13 Raise the Roof	I24 Step Touch	T34 4 Point Star Hops	G50 Scissor Jumps	O68 Disco Move
F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G55 Airplane Arms	O63 Sprinkler
F12 Jogging Sky Rolls	I21 Jumping Rope	FREE	G45 Cross Crawl	O66 High Five 2 People
F7 Head-2-Toe Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O60 Plie
F6 Mountain Climbers	I26 Pound the Ground	T36 Squat & Kick	G54 Jig Dance	O70 TV Converter Squat

F	I	T	G	O
F6 Mountain Climbers	I21 Jumping Rope	T37 High Jumper	G53 Back Crawl Jog	O66 High Five 2 People
F9 Boxer Jog	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O67 Touch 2 People in Blue
F1 Chicken Jacks	I20 Jump & Twist	FREE	G59 Sky Reach	O60 Plie
F15 Plus Sign Jumps	I24 Step Touch	T38 Coffee Grinder	G50 Scissor Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I22 Rocking Horse	T34 4 Point Star Hops	G51 5 Dot Hops	O68 Disco Move

F	I	T	G	O
F13 Raise the Roof	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O63 Sprinkler
F12 Jogging Sky Rolls	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O65 Toe Touch
F9 Boxer Jog	I18 Flurry	FREE	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I20 Jump & Twist	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T42 Pogo	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F15 Plus Sign Jumps	I25 Pulling Weeds	T36 Squat & Kick	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F9 Boxer Jog	I24 Step Touch	FREE	G49 Lollipop Jumps	O65 Toe Touch
F5 Row Twisters	I18 Flurry	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive
F6 Mountain Climbers	I19 Squat-Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O62 Funky Monkey

F	I	T	G	O
F7 Head-2-Toe Jumps	I18 Flurry	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T38 Coffee Grinder	G54 Jig Dance	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I22 Rocking Horse	T34 4 Point Star Hops	G49 Lollipop Jumps	O63 Sprinkler
F6 Mountain Climbers	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I20 Jump & Twist	T34 4 Point Star Hops	G54 Jig Dance	O63 Sprinkler
F9 Boxer Jog	I26 Pound the Ground	T42 Pogo	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I24 Step Touch	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O60 Plie
F14 V-Jumps	I21 Jumping Rope	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch

F	I	T	G	O
F9 Boxer Jog	I20 Jump & Twist	T44 1/4 Turns	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F1 Chicken Jacks	I18 Flurry	T37 High Jumper	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I21 Jumping Rope	FREE	G48 Wounded Duck	O62 Funky Monkey
F6 Mountain Climbers	I25 Pulling Weeds	T33 Skier Jumps	G51 5 Dot Hops	O64 Ophea Hand Jive
F14 V-Jumps	I19 Squat-Jumps	T34 4 Point Star Hops	G49 Lollipop Jumps	O65 Toe Touch

F	I	T	G	O
F7 Head-2-Toe Jumps	I26 Pound the Ground	T42 Pogo	G48 Wounded Duck	O60 Plie
F5 Row Twisters	I25 Pulling Weeds	T38 Coffee Grinder	G51 5 Dot Hops	O70 TV Converter Squat
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G55 Airplane Arms	O65 Toe Touch
F9 Boxer Jog	I29 Flutter Kicks	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F6 Mountain Climbers	I21 Jumping Rope	T33 Skier Jumps	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I26 Pound the Ground	T38 Coffee Grinder	G59 Sky Reach	O65 Toe Touch
F15 Plus Sign Jumps	I19 Squat-Jumps	T35 Speed Skater	G50 Scissor Jumps	O64 Ophea Hand Jive
F1 Chicken Jacks	I20 Jump & Twist	FREE	G49 Lollipop Jumps	O68 Disco Move
F12 Jogging Sky Rolls	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F14 V-Jumps	I18 Flurry	T34 4 Point Star Hops	G45 Cross Crawl	O60 Plie

F	I	T	G	O
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G48 Wounded Duck	O62 Funky Monkey
F12 Jogging Sky Rolls	I18 Flurry	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O63 Sprinkler
F6 Mountain Climbers	I21 Jumping Rope	T37 High Jumper	G54 Jig Dance	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I19 Squat-Jumps	T43 Front Crawl Jog	G53 Back Crawl Jog	O68 Disco Move

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F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I24 Step Touch	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	FREE	G50 Scissor Jumps	O65 Toe Touch
F12 Jogging Sky Rolls	I18 Flurry	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive

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F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O67 Touch 2 People in Blue
F14 V-Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O71 Shimmy Shake
F1 Chicken Jacks	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O66 High Five 2 People
F5 Row Twisters	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O65 Toe Touch

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F5 Row Twisters	I22 Rocking Horse	T35 Speed Skater	G54 Jig Dance	O66 High Five 2 People
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O60 Plie
F9 Boxer Jog	I18 Flurry	FREE	G52 Punch Up-Down & Jump	O63 Sprinkler
F14 V-Jumps	I25 Pulling Weeds	T42 Pogo	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F9 Boxer Jog	I22 Rocking Horse	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F15 Plus Sign Jumps	I26 Pound the Ground	FREE	G49 Lollipop Jumps	O68 Disco Move
F1 Chicken Jacks	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I18 Flurry	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F6 Mountain Climbers	I19 Squat-Jumps	FREE	G54 Jig Dance	O66 High Five 2 People
F12 Jogging Sky Rolls	I22 Rocking Horse	T44 1/4 Turns	G55 Airplane Arms	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I20 Jump & Twist	T36 Squat & Kick	G45 Cross Crawl	O67 Touch 2 People in Blue

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F6 Mountain Climbers	I21 Jumping Rope	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch
F5 Row Twisters	I16 Bell Jumps	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F14 V-Jumps	I25 Pulling Weeds	FREE	G49 Lollipop Jumps	O62 Funky Monkey
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F11 Swinging Leg Lifts	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O71 Shimmy Shake

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F7 Head-2-Toe Jumps	I19 Squat-Jumps	T42 Pogo	G45 Cross Crawl	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G50 Scissor Jumps	O71 Shimmy Shake
F11 Swinging Leg Lifts	I24 Step Touch	FREE	G51 5 Dot Hops	O65 Toe Touch
F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G48 Wounded Duck	O66 High Five 2 People
F15 Plus Sign Jumps	I20 Jump & Twist	T36 Squat & Kick	G53 Back Crawl Jog	O67 Touch 2 People in Blue

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F13 Raise the Roof	I18 Flurry	T35 Speed Skater	G50 Scissor Jumps	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T44 1/4 Turns	G45 Cross Crawl	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I29 Flutter Kicks	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I24 Step Touch	T36 Squat & Kick	G52 Punch Up-Down & Jump	O65 Toe Touch
F14 V-Jumps	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O64 Ophea Hand Jive

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F7 Head-2-Toe Jumps	I18 Flurry	T34 4 Point Star Hops	G51 5 Dot Hops	O71 Shimmy Shake
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F11 Swinging Leg Lifts	I22 Rocking Horse	FREE	G45 Cross Crawl	O62 Funky Monkey
F9 Boxer Jog	I29 Flutter Kicks	T42 Pogo	G48 Wounded Duck	O60 Plie
F14 V-Jumps	I21 Jumping Rope	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch

F	I	T	G	O
F13 Raise the Roof	I26 Pound the Ground	T43 Front Crawl Jog	G53 Back Crawl Jog	O63 Sprinkler
F14 V-Jumps	I21 Jumping Rope	T38 Coffee Grinder	G50 Scissor Jumps	O60 Plie
F15 Plus Sign Jumps	I18 Flurry	FREE	G55 Airplane Arms	O68 Disco Move
F6 Mountain Climbers	I24 Step Touch	T33 Skier Jumps	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I16 Bell Jumps	T42 Pogo	G50 Scissor Jumps	O71 Shimmy Shake
F11 Swinging Leg Lifts	I21 Jumping Rope	T38 Coffee Grinder	G53 Back Crawl Jog	O63 Sprinkler
F5 Row Twisters	I18 Flurry	FREE	G45 Cross Crawl	O65 Toe Touch
F15 Plus Sign Jumps	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I25 Pulling Weeds	T44 1/4 Turns	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive

F	I	T	G	O
F13 Raise the Roof	I25 Pulling Weeds	T42 Pogo	G59 Sky Reach	O71 Shimmy Shake
F9 Boxer Jog	I26 Pound the Ground	T37 High Jumper	G54 Jig Dance	O67 Touch 2 People in Blue
F6 Mountain Climbers	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O60 Plie
F15 Plus Sign Jumps	I18 Flurry	T36 Squat & Kick	G45 Cross Crawl	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I19 Squat-Jumps	T35 Speed Skater	G50 Scissor Jumps	O66 High Five 2 People

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F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G50 Scissor Jumps	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I26 Pound the Ground	FREE	G59 Sky Reach	O65 Toe Touch
F9 Boxer Jog	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
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F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F14 V-Jumps	I26 Pound the Ground	T33 Skier Jumps	G49 Lollipop Jumps	O60 Plie

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F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue
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F6 Mountain Climbers	I25 Pulling Weeds	FREE	G50 Scissor Jumps	O66 High Five 2 People
F9 Boxer Jog	I26 Pound the Ground	T38 Coffee Grinder	G45 Cross Crawl	O71 Shimmy Shake
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F11 Swinging Leg Lifts	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O66 High Five 2 People
F1 Chicken Jacks	I26 Pound the Ground	T37 High Jumper	G59 Sky Reach	O67 Touch 2 People in Blue

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F13 Raise the Roof	I29 Flutter Kicks	FREE	G49 Lollipop Jumps	O71 Shimmy Shake
F5 Row Twisters	I19 Squat-Jumps	T43 Front Crawl Jog	G54 Jig Dance	O65 Toe Touch
F7 Head-2-Toe Jumps	I24 Step Touch	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue

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F14 V-Jumps	I16 Bell Jumps	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	T37 High Jumper	G59 Sky Reach	O67 Touch 2 People in Blue
F5 Row Twisters	I29 Flutter Kicks	FREE	G45 Cross Crawl	O63 Sprinkler
F6 Mountain Climbers	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O68 Disco Move
F11 Swinging Leg Lifts	I21 Jumping Rope	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey

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F13 Raise the Roof	I24 Step Touch	T34 4 Point Star Hops	G48 Wounded Duck	O66 High Five 2 People
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F11 Swinging Leg Lifts	I26 Pound the Ground	T34 4 Point Star Hops	G49 Lollipop Jumps	O63 Sprinkler
F5 Row Twisters	I29 Flutter Kicks	T44 1/4 Turns	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive

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F6 Mountain Climbers	I22 Rocking Horse	T43 Front Crawl Jog	G53 Back Crawl Jog	O65 Toe Touch

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F1 Chicken Jacks	I22 Rocking Horse	T44 1/4 Turns	G48 Wounded Duck	O65 Toe Touch
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F7 Head-2-Toe Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O71 Shimmy Shake

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F13 Raise the Roof	I18 Flurry	FREE	G53 Back Crawl Jog	O60 Plie
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F	I	T	G	O
F1 Chicken Jacks	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G51 5 Dot Hops	O65 Toe Touch
F13 Raise the Roof	I25 Pulling Weeds	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O60 Plie
F9 Boxer Jog	I24 Step Touch	FREE	G59 Sky Reach	O68 Disco Move
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G49 Lollipop Jumps	O63 Sprinkler
F11 Swinging Leg Lifts	I29 Flutter Kicks	T42 Pogo	G53 Back Crawl Jog	O64 Ophea Hand Jive

F	I	T	G	O
F11 Swinging Leg Lifts	I26 Pound the Ground	T37 High Jumper	G55 Airplane Arms	O70 TV Converter Squat
F15 Plus Sign Jumps	I16 Bell Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O64 Ophea Hand Jive
F5 Row Twisters	I25 Pulling Weeds	FREE	G45 Cross Crawl	O65 Toe Touch
F1 Chicken Jacks	I20 Jump & Twist	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F9 Boxer Jog	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G51 5 Dot Hops	O63 Sprinkler

F	I	T	G	O
F6 Mountain Climbers	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I21 Jumping Rope	FREE	G54 Jig Dance	O65 Toe Touch
F1 Chicken Jacks	I19 Squat-Jumps	T35 Speed Skater	G45 Cross Crawl	O71 Shimmy Shake
F14 V-Jumps	I26 Pound the Ground	T44 1/4 Turns	G48 Wounded Duck	O60 Plie

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T37 High Jumper	G55 Airplane Arms	O60 Plie
F12 Jogging Sky Rolls	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O70 TV Converter Squat
F15 Plus Sign Jumps	I25 Pulling Weeds	FREE	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F13 Raise the Roof	I29 Flutter Kicks	T42 Pogo	G45 Cross Crawl	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	T34 4 Point Star Hops	G48 Wounded Duck	O67 Touch 2 People in Blue

F	I	T	G	O
F5 Row Twisters	I16 Bell Jumps	T37 High Jumper	G45 Cross Crawl	O64 Ophea Hand Jive
F14 V-Jumps	I18 Flurry	T43 Front Crawl Jog	G50 Scissor Jumps	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F1 Chicken Jacks	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I22 Rocking Horse	T44 1/4 Turns	G48 Wounded Duck	O62 Funky Monkey

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T37 High Jumper	G48 Wounded Duck	O63 Sprinkler
F15 Plus Sign Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O64 Ophea Hand Jive
F6 Mountain Climbers	I16 Bell Jumps	FREE	G59 Sky Reach	O68 Disco Move
F11 Swinging Leg Lifts	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F1 Chicken Jacks	I25 Pulling Weeds	T33 Skier Jumps	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F6 Mountain Climbers	I21 Jumping Rope	T35 Speed Skater	G53 Back Crawl Jog	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O62 Funky Monkey
F5 Row Twisters	I18 Flurry	FREE	G48 Wounded Duck	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T33 Skier Jumps	G52 Punch Up-Down & Jump	O63 Sprinkler
F11 Swinging Leg Lifts	I29 Flutter Kicks	T43 Front Crawl Jog	G50 Scissor Jumps	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I24 Step Touch	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F6 Mountain Climbers	I26 Pound the Ground	T34 4 Point Star Hops	G49 Lollipop Jumps	O66 High Five 2 People
F7 Head-2-Toe Jumps	I21 Jumping Rope	FREE	G50 Scissor Jumps	O68 Disco Move
F13 Raise the Roof	I18 Flurry	T38 Coffee Grinder	G48 Wounded Duck	O70 TV Converter Squat
F14 V-Jumps	I19 Squat-Jumps	T33 Skier Jumps	G54 Jig Dance	O65 Toe Touch

F	I	T	G	O
F13 Raise the Roof	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O68 Disco Move
F1 Chicken Jacks	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I20 Jump & Twist	FREE	G52 Punch Up-Down & Jump	O60 Plie
F11 Swinging Leg Lifts	I26 Pound the Ground	T44 1/4 Turns	G49 Lollipop Jumps	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F1 Chicken Jacks	I19 Squat-Jumps	T44 1/4 Turns	G53 Back Crawl Jog	O71 Shimmy Shake
F9 Boxer Jog	I29 Flutter Kicks	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G48 Wounded Duck	O62 Funky Monkey
F15 Plus Sign Jumps	I25 Pulling Weeds	T38 Coffee Grinder	G59 Sky Reach	O68 Disco Move
F7 Head-2-Toe Jumps	I20 Jump & Twist	T37 High Jumper	G50 Scissor Jumps	O70 TV Converter Squat

F	I	T	G	O
F12 Jogging Sky Rolls	I21 Jumping Rope	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O60 Plie
F6 Mountain Climbers	I20 Jump & Twist	T37 High Jumper	G45 Cross Crawl	O62 Funky Monkey
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G55 Airplane Arms	O63 Sprinkler
F14 V-Jumps	I19 Squat-Jumps	T42 Pogo	G54 Jig Dance	O67 Touch 2 People in Blue
F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G51 5 Dot Hops	O71 Shimmy Shake

F	I	T	G	O
F9 Boxer Jog	I20 Jump & Twist	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F5 Row Twisters	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I29 Flutter Kicks	FREE	G54 Jig Dance	O63 Sprinkler
F11 Swinging Leg Lifts	I18 Flurry	T37 High Jumper	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F1 Chicken Jacks	I19 Squat-Jumps	T42 Pogo	G59 Sky Reach	O64 Ophea Hand Jive

F	I	T	G	O
F7 Head-2-Toe Jumps	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O71 Shimmy Shake
F14 V-Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G48 Wounded Duck	O65 Toe Touch
F5 Row Twisters	I25 Pulling Weeds	FREE	G59 Sky Reach	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	T36 Squat & Kick	G45 Cross Crawl	O63 Sprinkler
F11 Swinging Leg Lifts	I19 Squat-Jumps	T35 Speed Skater	G51 5 Dot Hops	O60 Plie

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F11 Swinging Leg Lifts	I20 Jump & Twist	T38 Coffee Grinder	G59 Sky Reach	O65 Toe Touch
F13 Raise the Roof	I29 Flutter Kicks	T33 Skier Jumps	G54 Jig Dance	O63 Sprinkler
F14 V-Jumps	I26 Pound the Ground	FREE	G52 Punch Up-Down & Jump	O60 Plie
F9 Boxer Jog	I16 Bell Jumps	T34 4 Point Star Hops	G51 5 Dot Hops	O67 Touch 2 People in Blue
F1 Chicken Jacks	I24 Step Touch	T37 High Jumper	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I29 Flutter Kicks	T38 Coffee Grinder	G55 Airplane Arms	O71 Shimmy Shake
F6 Mountain Climbers	I22 Rocking Horse	T42 Pogo	G53 Back Crawl Jog	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	FREE	G51 5 Dot Hops	O66 High Five 2 People
F15 Plus Sign Jumps	I19 Squat-Jumps	T44 1/4 Turns	G59 Sky Reach	O70 TV Converter Squat
F5 Row Twisters	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O63 Sprinkler

F	I	T	G	O
F6 Mountain Climbers	I26 Pound the Ground	T33 Skier Jumps	G54 Jig Dance	O66 High Five 2 People
F14 V-Jumps	I18 Flurry	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O70 TV Converter Squat
F11 Swinging Leg Lifts	I20 Jump & Twist	FREE	G45 Cross Crawl	O64 Ophea Hand Jive
F13 Raise the Roof	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	T36 Squat & Kick	G52 Punch Up-Down & Jump	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I16 Bell Jumps	T33 Skier Jumps	G48 Wounded Duck	O62 Funky Monkey
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G50 Scissor Jumps	O68 Disco Move
F5 Row Twisters	I22 Rocking Horse	FREE	G45 Cross Crawl	O63 Sprinkler
F6 Mountain Climbers	I20 Jump & Twist	T38 Coffee Grinder	G59 Sky Reach	O71 Shimmy Shake
F11 Swinging Leg Lifts	I24 Step Touch	T37 High Jumper	G49 Lollipop Jumps	O60 Plie

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F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O66 High Five 2 People
F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G45 Cross Crawl	O62 Funky Monkey
F1 Chicken Jacks	I24 Step Touch	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O65 Toe Touch
F15 Plus Sign Jumps	I16 Bell Jumps	T44 1/4 Turns	G48 Wounded Duck	O71 Shimmy Shake

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O65 Toe Touch
F12 Jogging Sky Rolls	I26 Pound the Ground	T37 High Jumper	G59 Sky Reach	O62 Funky Monkey
F9 Boxer Jog	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O68 Disco Move
F6 Mountain Climbers	I20 Jump & Twist	T36 Squat & Kick	G54 Jig Dance	O60 Plie
F1 Chicken Jacks	I29 Flutter Kicks	T42 Pogo	G51 5 Dot Hops	O70 TV Converter Squat

F	I	T	G	O
F6 Mountain Climbers	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
F1 Chicken Jacks	I24 Step Touch	T36 Squat & Kick	G48 Wounded Duck	O65 Toe Touch
F5 Row Twisters	I22 Rocking Horse	FREE	G59 Sky Reach	O71 Shimmy Shake
F15 Plus Sign Jumps	I21 Jumping Rope	T33 Skier Jumps	G53 Back Crawl Jog	O68 Disco Move
F13 Raise the Roof	I18 Flurry	T44 1/4 Turns	G45 Cross Crawl	O62 Funky Monkey

F	I	T	G	O
F6 Mountain Climbers	I18 Flurry	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch
F14 V-Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G51 5 Dot Hops	O71 Shimmy Shake
F11 Swinging Leg Lifts	I29 Flutter Kicks	FREE	G54 Jig Dance	O67 Touch 2 People in Blue
F12 Jogging Sky Rolls	I24 Step Touch	T42 Pogo	G59 Sky Reach	O60 Plie
F5 Row Twisters	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F15 Plus Sign Jumps	I29 Flutter Kicks	T35 Speed Skater	G54 Jig Dance	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	FREE	G53 Back Crawl Jog	O63 Sprinkler
F13 Raise the Roof	I22 Rocking Horse	T33 Skier Jumps	G59 Sky Reach	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T37 High Jumper	G48 Wounded Duck	O71 Shimmy Shake

F	I	T	G	O
F13 Raise the Roof	I18 Flurry	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G59 Sky Reach	O62 Funky Monkey
F1 Chicken Jacks	I19 Squat-Jumps	FREE	G55 Airplane Arms	O65 Toe Touch
F7 Head-2-Toe Jumps	I20 Jump & Twist	T43 Front Crawl Jog	G49 Lollipop Jumps	O64 Ophea Hand Jive
F5 Row Twisters	I25 Pulling Weeds	T35 Speed Skater	G45 Cross Crawl	O60 Plie

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T44 1/4 Turns	G50 Scissor Jumps	O68 Disco Move
F1 Chicken Jacks	I18 Flurry	T34 4 Point Star Hops	G48 Wounded Duck	O67 Touch 2 People in Blue
F12 Jogging Sky Rolls	I24 Step Touch	FREE	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I16 Bell Jumps	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O62 Funky Monkey

F	I	T	G	O
F5 Row Twisters	I26 Pound the Ground	T43 Front Crawl Jog	G54 Jig Dance	O60 Plie
F7 Head-2-Toe Jumps	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O68 Disco Move
F11 Swinging Leg Lifts	I16 Bell Jumps	FREE	G48 Wounded Duck	O70 TV Converter Squat
F15 Plus Sign Jumps	I22 Rocking Horse	T37 High Jumper	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G50 Scissor Jumps	O71 Shimmy Shake

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G50 Scissor Jumps	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	T35 Speed Skater	G55 Airplane Arms	O60 Plie
F5 Row Twisters	I16 Bell Jumps	FREE	G49 Lollipop Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I26 Pound the Ground	T36 Squat & Kick	G45 Cross Crawl	O67 Touch 2 People in Blue
F6 Mountain Climbers	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O63 Sprinkler

F	I	T	G	O
F15 Plus Sign Jumps	I26 Pound the Ground	T42 Pogo	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O62 Funky Monkey
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O60 Plie
F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G50 Scissor Jumps	O66 High Five 2 People
F13 Raise the Roof	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O68 Disco Move

F	I	T	G	O
F14 V-Jumps	I21 Jumping Rope	T33 Skier Jumps	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I24 Step Touch	T44 1/4 Turns	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I19 Squat-Jumps	T42 Pogo	G50 Scissor Jumps	O67 Touch 2 People in Blue
F5 Row Twisters	I26 Pound the Ground	T37 High Jumper	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I29 Flutter Kicks	T34 4 Point Star Hops	G54 Jig Dance	O68 Disco Move
F15 Plus Sign Jumps	I16 Bell Jumps	T44 1/4 Turns	G48 Wounded Duck	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	FREE	G45 Cross Crawl	O60 Plie
F13 Raise the Roof	I25 Pulling Weeds	T42 Pogo	G55 Airplane Arms	O63 Sprinkler
F7 Head-2-Toe Jumps	I20 Jump & Twist	T37 High Jumper	G49 Lollipop Jumps	O67 Touch 2 People in Blue

F	I	T	G	O
F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O62 Funky Monkey
F9 Boxer Jog	I29 Flutter Kicks	T33 Skier Jumps	G53 Back Crawl Jog	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	FREE	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I25 Pulling Weeds	T37 High Jumper	G50 Scissor Jumps	O60 Plie
F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G48 Wounded Duck	O68 Disco Move

F	I	T	G	O
F14 V-Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O68 Disco Move
F6 Mountain Climbers	I22 Rocking Horse	T42 Pogo	G45 Cross Crawl	O63 Sprinkler
F15 Plus Sign Jumps	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O62 Funky Monkey
F13 Raise the Roof	I29 Flutter Kicks	T33 Skier Jumps	G59 Sky Reach	O70 TV Converter Squat
F12 Jogging Sky Rolls	I20 Jump & Twist	T37 High Jumper	G50 Scissor Jumps	O60 Plie

F	I	T	G	O
F14 V-Jumps	I20 Jump & Twist	T36 Squat & Kick	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I18 Flurry	T44 1/4 Turns	G48 Wounded Duck	O70 TV Converter Squat
F5 Row Twisters	I16 Bell Jumps	FREE	G54 Jig Dance	O65 Toe Touch
F7 Head-2-Toe Jumps	I21 Jumping Rope	T35 Speed Skater	G51 5 Dot Hops	O67 Touch 2 People in Blue
F13 Raise the Roof	I24 Step Touch	T38 Coffee Grinder	G59 Sky Reach	O63 Sprinkler

F	I	T	G	O
F1 Chicken Jacks	I24 Step Touch	T44 1/4 Turns	G45 Cross Crawl	O71 Shimmy Shake
F5 Row Twisters	I21 Jumping Rope	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I20 Jump & Twist	FREE	G51 5 Dot Hops	O64 Ophea Hand Jive
F6 Mountain Climbers	I19 Squat-Jumps	T37 High Jumper	G55 Airplane Arms	O65 Toe Touch
F15 Plus Sign Jumps	I22 Rocking Horse	T36 Squat & Kick	G53 Back Crawl Jog	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I29 Flutter Kicks	T38 Coffee Grinder	G50 Scissor Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G48 Wounded Duck	O66 High Five 2 People
F7 Head-2-Toe Jumps	I20 Jump & Twist	T35 Speed Skater	G59 Sky Reach	O70 TV Converter Squat
F1 Chicken Jacks	I18 Flurry	T33 Skier Jumps	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue

F	I	T	G	O
F14 V-Jumps	I16 Bell Jumps	T35 Speed Skater	G50 Scissor Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I26 Pound the Ground	T44 1/4 Turns	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I19 Squat-Jumps	FREE	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I29 Flutter Kicks	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O60 Plie
F7 Head-2-Toe Jumps	I24 Step Touch	T33 Skier Jumps	G51 5 Dot Hops	O66 High Five 2 People

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F13 Raise the Roof	I24 Step Touch	T37 High Jumper	G48 Wounded Duck	O64 Ophea Hand Jive
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F14 V-Jumps	I16 Bell Jumps	T34 4 Point Star Hops	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F1 Chicken Jacks	I22 Rocking Horse	T35 Speed Skater	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G54 Jig Dance	O60 Plie
F5 Row Twisters	I21 Jumping Rope	FREE	G52 Punch Up-Down & Jump	O63 Sprinkler
F12 Jogging Sky Rolls	I18 Flurry	T36 Squat & Kick	G59 Sky Reach	O65 Toe Touch
F6 Mountain Climbers	I26 Pound the Ground	T43 Front Crawl Jog	G50 Scissor Jumps	O67 Touch 2 People in Blue

F	I	T	G	O
F13 Raise the Roof	I24 Step Touch	T34 4 Point Star Hops	G51 5 Dot Hops	O70 TV Converter Squat
F15 Plus Sign Jumps	I29 Flutter Kicks	T43 Front Crawl Jog	G53 Back Crawl Jog	O62 Funky Monkey
F14 V-Jumps	I18 Flurry	FREE	G54 Jig Dance	O60 Plie
F5 Row Twisters	I19 Squat-Jumps	T36 Squat & Kick	G55 Airplane Arms	O64 Ophea Hand Jive
F6 Mountain Climbers	I16 Bell Jumps	T33 Skier Jumps	G59 Sky Reach	O67 Touch 2 People in Blue

F	I	T	G	O
F5 Row Twisters	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O66 High Five 2 People
F6 Mountain Climbers	I20 Jump & Twist	T42 Pogo	G55 Airplane Arms	O63 Sprinkler
F9 Boxer Jog	I16 Bell Jumps	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F1 Chicken Jacks	I25 Pulling Weeds	T34 4 Point Star Hops	G49 Lollipop Jumps	O62 Funky Monkey
F11 Swinging Leg Lifts	I26 Pound the Ground	T36 Squat & Kick	G50 Scissor Jumps	O71 Shimmy Shake

F	I	T	G	O
F12 Jogging Sky Rolls	I16 Bell Jumps	T42 Pogo	G49 Lollipop Jumps	O63 Sprinkler
F7 Head-2-Toe Jumps	I18 Flurry	T36 Squat & Kick	G52 Punch Up-Down & Jump	O68 Disco Move
F11 Swinging Leg Lifts	I19 Squat-Jumps	FREE	G55 Airplane Arms	O64 Ophea Hand Jive
F14 V-Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O67 Touch 2 People in Blue
F13 Raise the Roof	I24 Step Touch	T43 Front Crawl Jog	G54 Jig Dance	O71 Shimmy Shake

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F12 Jogging Sky Rolls	I21 Jumping Rope	T37 High Jumper	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F5 Row Twisters	I24 Step Touch	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch
F13 Raise the Roof	I26 Pound the Ground	FREE	G59 Sky Reach	O66 High Five 2 People
F15 Plus Sign Jumps	I16 Bell Jumps	T38 Coffee Grinder	G55 Airplane Arms	O63 Sprinkler
F6 Mountain Climbers	I18 Flurry	T33 Skier Jumps	G54 Jig Dance	O67 Touch 2 People in Blue

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F1 Chicken Jacks	I25 Pulling Weeds	FREE	G54 Jig Dance	O68 Disco Move
F9 Boxer Jog	I26 Pound the Ground	T44 1/4 Turns	G52 Punch Up-Down & Jump	O66 High Five 2 People
F13 Raise the Roof	I19 Squat-Jumps	T42 Pogo	G59 Sky Reach	O71 Shimmy Shake

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F14 V-Jumps	I16 Bell Jumps	T36 Squat & Kick	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
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F5 Row Twisters	I25 Pulling Weeds	T34 4 Point Star Hops	G48 Wounded Duck	O70 TV Converter Squat
F15 Plus Sign Jumps	I24 Step Touch	FREE	G49 Lollipop Jumps	O71 Shimmy Shake
F13 Raise the Roof	I19 Squat-Jumps	T33 Skier Jumps	G52 Punch Up-Down & Jump	O66 High Five 2 People
F6 Mountain Climbers	I20 Jump & Twist	T42 Pogo	G50 Scissor Jumps	O63 Sprinkler

F	I	T	G	O
F15 Plus Sign Jumps	I25 Pulling Weeds	T42 Pogo	G52 Punch Up-Down & Jump	O62 Funky Monkey
F14 V-Jumps	I16 Bell Jumps	T34 4 Point Star Hops	G50 Scissor Jumps	O71 Shimmy Shake
F9 Boxer Jog	I19 Squat-Jumps	FREE	G54 Jig Dance	O68 Disco Move
F5 Row Twisters	I18 Flurry	T35 Speed Skater	G45 Cross Crawl	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch

F	I	T	G	O
F6 Mountain Climbers	I26 Pound the Ground	T33 Skier Jumps	G52 Punch Up-Down & Jump	O65 Toe Touch
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G53 Back Crawl Jog	O60 Plie
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G59 Sky Reach	O63 Sprinkler
F13 Raise the Roof	I24 Step Touch	T37 High Jumper	G48 Wounded Duck	O71 Shimmy Shake
F14 V-Jumps	I25 Pulling Weeds	T35 Speed Skater	G54 Jig Dance	O62 Funky Monkey

F	I	T	G	O
F1 Chicken Jacks	I22 Rocking Horse	T42 Pogo	G48 Wounded Duck	O62 Funky Monkey
F6 Mountain Climbers	I26 Pound the Ground	T37 High Jumper	G45 Cross Crawl	O63 Sprinkler
F5 Row Twisters	I18 Flurry	FREE	G49 Lollipop Jumps	O60 Plie
F15 Plus Sign Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F13 Raise the Roof	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch
F1 Chicken Jacks	I18 Flurry	T44 1/4 Turns	G48 Wounded Duck	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I24 Step Touch	FREE	G50 Scissor Jumps	O67 Touch 2 People in Blue
F14 V-Jumps	I16 Bell Jumps	T36 Squat & Kick	G51 5 Dot Hops	O66 High Five 2 People
F5 Row Twisters	I20 Jump & Twist	T34 4 Point Star Hops	G54 Jig Dance	O60 Plie

F	I	T	G	O
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G51 5 Dot Hops	O67 Touch 2 People in Blue
F5 Row Twisters	I16 Bell Jumps	T34 4 Point Star Hops	G50 Scissor Jumps	O65 Toe Touch
F6 Mountain Climbers	I21 Jumping Rope	FREE	G48 Wounded Duck	O71 Shimmy Shake
F1 Chicken Jacks	I29 Flutter Kicks	T42 Pogo	G55 Airplane Arms	O70 TV Converter Squat
F12 Jogging Sky Rolls	I25 Pulling Weeds	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey

F	I	T	G	O
F13 Raise the Roof	I22 Rocking Horse	T35 Speed Skater	G54 Jig Dance	O70 TV Converter Squat
F11 Swinging Leg Lifts	I20 Jump & Twist	T43 Front Crawl Jog	G51 5 Dot Hops	O63 Sprinkler
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G59 Sky Reach	O62 Funky Monkey
F12 Jogging Sky Rolls	I16 Bell Jumps	T36 Squat & Kick	G45 Cross Crawl	O68 Disco Move
F5 Row Twisters	I19 Squat-Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O60 Plie

F	I	T	G	O
F6 Mountain Climbers	I18 Flurry	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F1 Chicken Jacks	I26 Pound the Ground	T35 Speed Skater	G53 Back Crawl Jog	O63 Sprinkler
F14 V-Jumps	I20 Jump & Twist	FREE	G54 Jig Dance	O62 Funky Monkey
F11 Swinging Leg Lifts	I29 Flutter Kicks	T33 Skier Jumps	G48 Wounded Duck	O70 TV Converter Squat
F12 Jogging Sky Rolls	I22 Rocking Horse	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O71 Shimmy Shake

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T35 Speed Skater	G45 Cross Crawl	O70 TV Converter Squat
F1 Chicken Jacks	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F9 Boxer Jog	I29 Flutter Kicks	FREE	G51 5 Dot Hops	O62 Funky Monkey
F14 V-Jumps	I25 Pulling Weeds	T37 High Jumper	G54 Jig Dance	O63 Sprinkler
F11 Swinging Leg Lifts	I16 Bell Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O71 Shimmy Shake

F	I	T	G	O
F5 Row Twisters	I16 Bell Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G51 5 Dot Hops	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	FREE	G59 Sky Reach	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O67 Touch 2 People in Blue
F13 Raise the Roof	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O70 TV Converter Squat

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T37 High Jumper	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I20 Jump & Twist	T35 Speed Skater	G45 Cross Crawl	O62 Funky Monkey
F5 Row Twisters	I26 Pound the Ground	FREE	G50 Scissor Jumps	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T44 1/4 Turns	G55 Airplane Arms	O60 Plie
F9 Boxer Jog	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O66 High Five 2 People

F	I	T	G	O
F11 Swinging Leg Lifts	I18 Flurry	T35 Speed Skater	G53 Back Crawl Jog	O64 Ophea Hand Jive
F13 Raise the Roof	I20 Jump & Twist	T37 High Jumper	G49 Lollipop Jumps	O63 Sprinkler
F5 Row Twisters	I25 Pulling Weeds	FREE	G54 Jig Dance	O67 Touch 2 People in Blue
F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O60 Plie
F15 Plus Sign Jumps	I29 Flutter Kicks	T36 Squat & Kick	G55 Airplane Arms	O66 High Five 2 People

F	I	T	G	O
F15 Plus Sign Jumps	I18 Flurry	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
F7 Head-2-Toe Jumps	I24 Step Touch	T42 Pogo	G52 Punch Up-Down & Jump	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	FREE	G45 Cross Crawl	O71 Shimmy Shake
F5 Row Twisters	I22 Rocking Horse	T43 Front Crawl Jog	G55 Airplane Arms	O63 Sprinkler
F6 Mountain Climbers	I20 Jump & Twist	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O66 High Five 2 People

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F13 Raise the Roof	I18 Flurry	T35 Speed Skater	G53 Back Crawl Jog	O66 High Five 2 People
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F7 Head-2-Toe Jumps	I19 Squat-Jumps	FREE	G54 Jig Dance	O62 Funky Monkey
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F11 Swinging Leg Lifts	I22 Rocking Horse	T33 Skier Jumps	G55 Airplane Arms	O71 Shimmy Shake

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F9 Boxer Jog	I19 Squat-Jumps	T44 1/4 Turns	G50 Scissor Jumps	O71 Shimmy Shake
F13 Raise the Roof	I20 Jump & Twist	T33 Skier Jumps	G54 Jig Dance	O64 Ophea Hand Jive
F1 Chicken Jacks	I18 Flurry	FREE	G51 5 Dot Hops	O66 High Five 2 People
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O68 Disco Move

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F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G59 Sky Reach	O63 Sprinkler
F14 V-Jumps	I26 Pound the Ground	FREE	G48 Wounded Duck	O68 Disco Move
F9 Boxer Jog	I21 Jumping Rope	T44 1/4 Turns	G51 5 Dot Hops	O66 High Five 2 People
F1 Chicken Jacks	I24 Step Touch	T42 Pogo	G50 Scissor Jumps	O65 Toe Touch

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F1 Chicken Jacks	I20 Jump & Twist	FREE	G55 Airplane Arms	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	T38 Coffee Grinder	G59 Sky Reach	O63 Sprinkler
F5 Row Twisters	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O71 Shimmy Shake

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F1 Chicken Jacks	I22 Rocking Horse	T43 Front Crawl Jog	G55 Airplane Arms	O71 Shimmy Shake
F13 Raise the Roof	I29 Flutter Kicks	T36 Squat & Kick	G52 Punch Up-Down & Jump	O60 Plie
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F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G54 Jig Dance	O63 Sprinkler

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F11 Swinging Leg Lifts	I18 Flurry	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
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F9 Boxer Jog	I22 Rocking Horse	FREE	G45 Cross Crawl	O71 Shimmy Shake
F14 V-Jumps	I19 Squat-Jumps	T37 High Jumper	G55 Airplane Arms	O67 Touch 2 People in Blue
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F12 Jogging Sky Rolls	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F11 Swinging Leg Lifts	I20 Jump & Twist	T33 Skier Jumps	G53 Back Crawl Jog	O62 Funky Monkey
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F5 Row Twisters	I19 Squat-Jumps	T37 High Jumper	G54 Jig Dance	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T38 Coffee Grinder	G48 Wounded Duck	O70 TV Converter Squat

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F5 Row Twisters	I19 Squat-Jumps	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
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F15 Plus Sign Jumps	I25 Pulling Weeds	T35 Speed Skater	G55 Airplane Arms	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I21 Jumping Rope	T44 1/4 Turns	G53 Back Crawl Jog	O60 Plie

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T42 Pogo	G50 Scissor Jumps	O68 Disco Move
F5 Row Twisters	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F14 V-Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O65 Toe Touch
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F6 Mountain Climbers	I29 Flutter Kicks	FREE	G51 5 Dot Hops	O71 Shimmy Shake
F15 Plus Sign Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O62 Funky Monkey
F1 Chicken Jacks	I16 Bell Jumps	T35 Speed Skater	G54 Jig Dance	O66 High Five 2 People

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F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G49 Lollipop Jumps	O68 Disco Move
F13 Raise the Roof	I20 Jump & Twist	T33 Skier Jumps	G54 Jig Dance	O62 Funky Monkey
F9 Boxer Jog	I22 Rocking Horse	FREE	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I26 Pound the Ground	T43 Front Crawl Jog	G50 Scissor Jumps	O63 Sprinkler
F14 V-Jumps	I18 Flurry	T38 Coffee Grinder	G48 Wounded Duck	O60 Plie

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F7 Head-2-Toe Jumps	I26 Pound the Ground	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F11 Swinging Leg Lifts	I22 Rocking Horse	T42 Pogo	G59 Sky Reach	O66 High Five 2 People
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F9 Boxer Jog	I16 Bell Jumps	FREE	G53 Back Crawl Jog	O66 High Five 2 People
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G59 Sky Reach	O63 Sprinkler
F11 Swinging Leg Lifts	I24 Step Touch	T35 Speed Skater	G48 Wounded Duck	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O68 Disco Move
F1 Chicken Jacks	I24 Step Touch	T36 Squat & Kick	G50 Scissor Jumps	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I18 Flurry	FREE	G49 Lollipop Jumps	O63 Sprinkler
F12 Jogging Sky Rolls	I20 Jump & Twist	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
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F6 Mountain Climbers	I18 Flurry	T34 4 Point Star Hops	G49 Lollipop Jumps	O68 Disco Move
F9 Boxer Jog	I21 Jumping Rope	T36 Squat & Kick	G55 Airplane Arms	O63 Sprinkler

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F7 Head-2-Toe Jumps	I24 Step Touch	T44 1/4 Turns	G51 5 Dot Hops	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I26 Pound the Ground	T37 High Jumper	G55 Airplane Arms	O66 High Five 2 People
F15 Plus Sign Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O70 TV Converter Squat
F12 Jogging Sky Rolls	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O68 Disco Move
F1 Chicken Jacks	I18 Flurry	T43 Front Crawl Jog	G49 Lollipop Jumps	O71 Shimmy Shake

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F6 Mountain Climbers	I21 Jumping Rope	T42 Pogo	G53 Back Crawl Jog	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O63 Sprinkler

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F6 Mountain Climbers	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O66 High Five 2 People

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F5 Row Twisters	I19 Squat-Jumps	T35 Speed Skater	G54 Jig Dance	O60 Plie
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F1 Chicken Jacks	I20 Jump & Twist	T36 Squat & Kick	G59 Sky Reach	O68 Disco Move

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F1 Chicken Jacks	I24 Step Touch	T38 Coffee Grinder	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F11 Swinging Leg Lifts	I18 Flurry	FREE	G50 Scissor Jumps	O65 Toe Touch
F7 Head-2-Toe Jumps	I26 Pound the Ground	T34 4 Point Star Hops	G48 Wounded Duck	O70 TV Converter Squat
F15 Plus Sign Jumps	I21 Jumping Rope	T44 1/4 Turns	G51 5 Dot Hops	O62 Funky Monkey

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F13 Raise the Roof	I22 Rocking Horse	T37 High Jumper	G55 Airplane Arms	O60 Plie
F7 Head-2-Toe Jumps	I18 Flurry	T44 1/4 Turns	G59 Sky Reach	O67 Touch 2 People in Blue
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F6 Mountain Climbers	I19 Squat-Jumps	T38 Coffee Grinder	G49 Lollipop Jumps	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	T43 Front Crawl Jog	G50 Scissor Jumps	O71 Shimmy Shake

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F12 Jogging Sky Rolls	I21 Jumping Rope	FREE	G45 Cross Crawl	O66 High Five 2 People
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F1 Chicken Jacks	I20 Jump & Twist	FREE	G59 Sky Reach	O60 Plie
F15 Plus Sign Jumps	I24 Step Touch	T38 Coffee Grinder	G50 Scissor Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I22 Rocking Horse	T34 4 Point Star Hops	G51 5 Dot Hops	O68 Disco Move

F	I	T	G	O
F13 Raise the Roof	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O63 Sprinkler
F12 Jogging Sky Rolls	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O65 Toe Touch
F9 Boxer Jog	I18 Flurry	FREE	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I20 Jump & Twist	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T42 Pogo	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F15 Plus Sign Jumps	I25 Pulling Weeds	T36 Squat & Kick	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F9 Boxer Jog	I24 Step Touch	FREE	G49 Lollipop Jumps	O65 Toe Touch
F5 Row Twisters	I18 Flurry	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive
F6 Mountain Climbers	I19 Squat-Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O62 Funky Monkey

F	I	T	G	O
F7 Head-2-Toe Jumps	I18 Flurry	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T38 Coffee Grinder	G54 Jig Dance	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I22 Rocking Horse	T34 4 Point Star Hops	G49 Lollipop Jumps	O63 Sprinkler
F6 Mountain Climbers	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I20 Jump & Twist	T34 4 Point Star Hops	G54 Jig Dance	O63 Sprinkler
F9 Boxer Jog	I26 Pound the Ground	T42 Pogo	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I24 Step Touch	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O60 Plie
F14 V-Jumps	I21 Jumping Rope	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch

F	I	T	G	O
F9 Boxer Jog	I20 Jump & Twist	T44 1/4 Turns	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F1 Chicken Jacks	I18 Flurry	T37 High Jumper	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I21 Jumping Rope	FREE	G48 Wounded Duck	O62 Funky Monkey
F6 Mountain Climbers	I25 Pulling Weeds	T33 Skier Jumps	G51 5 Dot Hops	O64 Ophea Hand Jive
F14 V-Jumps	I19 Squat-Jumps	T34 4 Point Star Hops	G49 Lollipop Jumps	O65 Toe Touch

F	I	T	G	O
F7 Head-2-Toe Jumps	I26 Pound the Ground	T42 Pogo	G48 Wounded Duck	O60 Plie
F5 Row Twisters	I25 Pulling Weeds	T38 Coffee Grinder	G51 5 Dot Hops	O70 TV Converter Squat
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G55 Airplane Arms	O65 Toe Touch
F9 Boxer Jog	I29 Flutter Kicks	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F6 Mountain Climbers	I21 Jumping Rope	T33 Skier Jumps	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I26 Pound the Ground	T38 Coffee Grinder	G59 Sky Reach	O65 Toe Touch
F15 Plus Sign Jumps	I19 Squat-Jumps	T35 Speed Skater	G50 Scissor Jumps	O64 Ophea Hand Jive
F1 Chicken Jacks	I20 Jump & Twist	FREE	G49 Lollipop Jumps	O68 Disco Move
F12 Jogging Sky Rolls	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F14 V-Jumps	I18 Flurry	T34 4 Point Star Hops	G45 Cross Crawl	O60 Plie

F	I	T	G	O
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G48 Wounded Duck	O62 Funky Monkey
F12 Jogging Sky Rolls	I18 Flurry	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O63 Sprinkler
F6 Mountain Climbers	I21 Jumping Rope	T37 High Jumper	G54 Jig Dance	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I19 Squat-Jumps	T43 Front Crawl Jog	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I24 Step Touch	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	FREE	G50 Scissor Jumps	O65 Toe Touch
F12 Jogging Sky Rolls	I18 Flurry	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O67 Touch 2 People in Blue
F14 V-Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O71 Shimmy Shake
F1 Chicken Jacks	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O66 High Five 2 People
F5 Row Twisters	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O65 Toe Touch

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T35 Speed Skater	G54 Jig Dance	O66 High Five 2 People
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O60 Plie
F9 Boxer Jog	I18 Flurry	FREE	G52 Punch Up-Down & Jump	O63 Sprinkler
F14 V-Jumps	I25 Pulling Weeds	T42 Pogo	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F9 Boxer Jog	I22 Rocking Horse	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F15 Plus Sign Jumps	I26 Pound the Ground	FREE	G49 Lollipop Jumps	O68 Disco Move
F1 Chicken Jacks	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I18 Flurry	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F6 Mountain Climbers	I19 Squat-Jumps	FREE	G54 Jig Dance	O66 High Five 2 People
F12 Jogging Sky Rolls	I22 Rocking Horse	T44 1/4 Turns	G55 Airplane Arms	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I20 Jump & Twist	T36 Squat & Kick	G45 Cross Crawl	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I21 Jumping Rope	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch
F5 Row Twisters	I16 Bell Jumps	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F14 V-Jumps	I25 Pulling Weeds	FREE	G49 Lollipop Jumps	O62 Funky Monkey
F7 Head-2-Toe Jumps	I20 Jump & Twist	T36 Squat & Kick	G51 5 Dot Hops	O60 Plie
F11 Swinging Leg Lifts	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O71 Shimmy Shake

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T42 Pogo	G45 Cross Crawl	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G50 Scissor Jumps	O71 Shimmy Shake
F11 Swinging Leg Lifts	I24 Step Touch	FREE	G51 5 Dot Hops	O65 Toe Touch
F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G48 Wounded Duck	O66 High Five 2 People
F15 Plus Sign Jumps	I20 Jump & Twist	T36 Squat & Kick	G53 Back Crawl Jog	O67 Touch 2 People in Blue

F	I	T	G	O
F13 Raise the Roof	I18 Flurry	T35 Speed Skater	G50 Scissor Jumps	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T44 1/4 Turns	G45 Cross Crawl	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I29 Flutter Kicks	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I24 Step Touch	T36 Squat & Kick	G52 Punch Up-Down & Jump	O65 Toe Touch
F14 V-Jumps	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O64 Ophea Hand Jive

F	I	T	G	O
F7 Head-2-Toe Jumps	I18 Flurry	T34 4 Point Star Hops	G51 5 Dot Hops	O71 Shimmy Shake
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F11 Swinging Leg Lifts	I22 Rocking Horse	FREE	G45 Cross Crawl	O62 Funky Monkey
F9 Boxer Jog	I29 Flutter Kicks	T42 Pogo	G48 Wounded Duck	O60 Plie
F14 V-Jumps	I21 Jumping Rope	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch

F	I	T	G	O
F13 Raise the Roof	I26 Pound the Ground	T43 Front Crawl Jog	G53 Back Crawl Jog	O63 Sprinkler
F14 V-Jumps	I21 Jumping Rope	T38 Coffee Grinder	G50 Scissor Jumps	O60 Plie
F15 Plus Sign Jumps	I18 Flurry	FREE	G55 Airplane Arms	O68 Disco Move
F6 Mountain Climbers	I24 Step Touch	T33 Skier Jumps	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I16 Bell Jumps	T42 Pogo	G50 Scissor Jumps	O71 Shimmy Shake
F11 Swinging Leg Lifts	I21 Jumping Rope	T38 Coffee Grinder	G53 Back Crawl Jog	O63 Sprinkler
F5 Row Twisters	I18 Flurry	FREE	G45 Cross Crawl	O65 Toe Touch
F15 Plus Sign Jumps	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I25 Pulling Weeds	T44 1/4 Turns	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive

F	I	T	G	O
F13 Raise the Roof	I25 Pulling Weeds	T42 Pogo	G59 Sky Reach	O71 Shimmy Shake
F9 Boxer Jog	I26 Pound the Ground	T37 High Jumper	G54 Jig Dance	O67 Touch 2 People in Blue
F6 Mountain Climbers	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O60 Plie
F15 Plus Sign Jumps	I18 Flurry	T36 Squat & Kick	G45 Cross Crawl	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I19 Squat-Jumps	T35 Speed Skater	G50 Scissor Jumps	O66 High Five 2 People

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G50 Scissor Jumps	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I26 Pound the Ground	FREE	G59 Sky Reach	O65 Toe Touch
F9 Boxer Jog	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
F12 Jogging Sky Rolls	I16 Bell Jumps	T34 4 Point Star Hops	G45 Cross Crawl	O64 Ophea Hand Jive

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F12 Jogging Sky Rolls	I29 Flutter Kicks	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F5 Row Twisters	I21 Jumping Rope	T38 Coffee Grinder	G51 5 Dot Hops	O65 Toe Touch
F11 Swinging Leg Lifts	I22 Rocking Horse	FREE	G54 Jig Dance	O70 TV Converter Squat
F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F14 V-Jumps	I26 Pound the Ground	T33 Skier Jumps	G49 Lollipop Jumps	O60 Plie

F	I	T	G	O
F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F13 Raise the Roof	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O62 Funky Monkey
F12 Jogging Sky Rolls	I24 Step Touch	FREE	G55 Airplane Arms	O66 High Five 2 People
F6 Mountain Climbers	I29 Flutter Kicks	T33 Skier Jumps	G54 Jig Dance	O70 TV Converter Squat
F1 Chicken Jacks	I22 Rocking Horse	T44 1/4 Turns	G52 Punch Up-Down & Jump	O68 Disco Move

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F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G55 Airplane Arms	O71 Shimmy Shake
F9 Boxer Jog	I20 Jump & Twist	T35 Speed Skater	G59 Sky Reach	O67 Touch 2 People in Blue
F1 Chicken Jacks	I22 Rocking Horse	FREE	G48 Wounded Duck	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I26 Pound the Ground	T38 Coffee Grinder	G51 5 Dot Hops	O62 Funky Monkey
F5 Row Twisters	I18 Flurry	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat

F	I	T	G	O
F11 Swinging Leg Lifts	I22 Rocking Horse	T35 Speed Skater	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I21 Jumping Rope	T36 Squat & Kick	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I25 Pulling Weeds	FREE	G50 Scissor Jumps	O66 High Five 2 People
F9 Boxer Jog	I26 Pound the Ground	T38 Coffee Grinder	G45 Cross Crawl	O71 Shimmy Shake
F14 V-Jumps	I18 Flurry	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O68 Disco Move

F	I	T	G	O
F14 V-Jumps	I24 Step Touch	T38 Coffee Grinder	G55 Airplane Arms	O62 Funky Monkey
F15 Plus Sign Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G48 Wounded Duck	O71 Shimmy Shake
F12 Jogging Sky Rolls	I16 Bell Jumps	FREE	G49 Lollipop Jumps	O65 Toe Touch
F11 Swinging Leg Lifts	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O66 High Five 2 People
F1 Chicken Jacks	I26 Pound the Ground	T37 High Jumper	G59 Sky Reach	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T36 Squat & Kick	G48 Wounded Duck	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I16 Bell Jumps	T42 Pogo	G45 Cross Crawl	O60 Plie
F13 Raise the Roof	I29 Flutter Kicks	FREE	G49 Lollipop Jumps	O71 Shimmy Shake
F5 Row Twisters	I19 Squat-Jumps	T43 Front Crawl Jog	G54 Jig Dance	O65 Toe Touch
F7 Head-2-Toe Jumps	I24 Step Touch	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue

F	I	T	G	O
F14 V-Jumps	I16 Bell Jumps	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	T37 High Jumper	G59 Sky Reach	O67 Touch 2 People in Blue
F5 Row Twisters	I29 Flutter Kicks	FREE	G45 Cross Crawl	O63 Sprinkler
F6 Mountain Climbers	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O68 Disco Move
F11 Swinging Leg Lifts	I21 Jumping Rope	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey

F	I	T	G	O
F13 Raise the Roof	I24 Step Touch	T34 4 Point Star Hops	G48 Wounded Duck	O66 High Five 2 People
F12 Jogging Sky Rolls	I18 Flurry	T44 1/4 Turns	G49 Lollipop Jumps	O70 TV Converter Squat
F11 Swinging Leg Lifts	I16 Bell Jumps	FREE	G51 5 Dot Hops	O62 Funky Monkey
F15 Plus Sign Jumps	I29 Flutter Kicks	T37 High Jumper	G59 Sky Reach	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T36 Squat & Kick	G53 Back Crawl Jog	O64 Ophea Hand Jive

F	I	T	G	O
F11 Swinging Leg Lifts	I18 Flurry	T36 Squat & Kick	G49 Lollipop Jumps	O66 High Five 2 People
F5 Row Twisters	I29 Flutter Kicks	T43 Front Crawl Jog	G50 Scissor Jumps	O65 Toe Touch
F6 Mountain Climbers	I25 Pulling Weeds	FREE	G55 Airplane Arms	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T44 1/4 Turns	G52 Punch Up-Down & Jump	O60 Plie
F14 V-Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue

F	I	T	G	O
F13 Raise the Roof	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
F14 V-Jumps	I16 Bell Jumps	T37 High Jumper	G54 Jig Dance	O60 Plie
F7 Head-2-Toe Jumps	I20 Jump & Twist	FREE	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I26 Pound the Ground	T34 4 Point Star Hops	G49 Lollipop Jumps	O63 Sprinkler
F5 Row Twisters	I29 Flutter Kicks	T44 1/4 Turns	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive

F	I	T	G	O
F5 Row Twisters	I20 Jump & Twist	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F12 Jogging Sky Rolls	I26 Pound the Ground	T33 Skier Jumps	G45 Cross Crawl	O67 Touch 2 People in Blue
F15 Plus Sign Jumps	I21 Jumping Rope	FREE	G50 Scissor Jumps	O66 High Five 2 People
F7 Head-2-Toe Jumps	I18 Flurry	T42 Pogo	G48 Wounded Duck	O71 Shimmy Shake
F6 Mountain Climbers	I22 Rocking Horse	T43 Front Crawl Jog	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F12 Jogging Sky Rolls	I16 Bell Jumps	T42 Pogo	G49 Lollipop Jumps	O68 Disco Move
F1 Chicken Jacks	I22 Rocking Horse	T44 1/4 Turns	G48 Wounded Duck	O65 Toe Touch
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G53 Back Crawl Jog	O60 Plie
F11 Swinging Leg Lifts	I24 Step Touch	T35 Speed Skater	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	T43 Front Crawl Jog	G59 Sky Reach	O67 Touch 2 People in Blue

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F7 Head-2-Toe Jumps	I20 Jump & Twist	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O60 Plie
F15 Plus Sign Jumps	I16 Bell Jumps	T38 Coffee Grinder	G51 5 Dot Hops	O71 Shimmy Shake
F14 V-Jumps	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O63 Sprinkler
F6 Mountain Climbers	I18 Flurry	T36 Squat & Kick	G48 Wounded Duck	O65 Toe Touch
F12 Jogging Sky Rolls	I24 Step Touch	T43 Front Crawl Jog	G49 Lollipop Jumps	O66 High Five 2 People

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F15 Plus Sign Jumps	I18 Flurry	T43 Front Crawl Jog	G59 Sky Reach	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I16 Bell Jumps	T35 Speed Skater	G53 Back Crawl Jog	O63 Sprinkler
F6 Mountain Climbers	I22 Rocking Horse	FREE	G50 Scissor Jumps	O70 TV Converter Squat
F5 Row Twisters	I25 Pulling Weeds	T42 Pogo	G55 Airplane Arms	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O71 Shimmy Shake

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F7 Head-2-Toe Jumps	I26 Pound the Ground	T43 Front Crawl Jog	G54 Jig Dance	O68 Disco Move
F12 Jogging Sky Rolls	I18 Flurry	T37 High Jumper	G45 Cross Crawl	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I24 Step Touch	FREE	G49 Lollipop Jumps	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
F15 Plus Sign Jumps	I16 Bell Jumps	T38 Coffee Grinder	G59 Sky Reach	O64 Ophea Hand Jive

F	I	T	G	O
F1 Chicken Jacks	I18 Flurry	T38 Coffee Grinder	G59 Sky Reach	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O68 Disco Move
F5 Row Twisters	I19 Squat-Jumps	FREE	G45 Cross Crawl	O70 TV Converter Squat
F11 Swinging Leg Lifts	I25 Pulling Weeds	T36 Squat & Kick	G50 Scissor Jumps	O71 Shimmy Shake
F14 V-Jumps	I22 Rocking Horse	T44 1/4 Turns	G52 Punch Up-Down & Jump	O65 Toe Touch

F	I	T	G	O
F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O63 Sprinkler
F5 Row Twisters	I21 Jumping Rope	T38 Coffee Grinder	G51 5 Dot Hops	O65 Toe Touch
F14 V-Jumps	I29 Flutter Kicks	FREE	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I16 Bell Jumps	T35 Speed Skater	G48 Wounded Duck	O68 Disco Move
F12 Jogging Sky Rolls	I24 Step Touch	T33 Skier Jumps	G45 Cross Crawl	O66 High Five 2 People

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F1 Chicken Jacks	I26 Pound the Ground	T33 Skier Jumps	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I16 Bell Jumps	T35 Speed Skater	G54 Jig Dance	O62 Funky Monkey
F13 Raise the Roof	I18 Flurry	FREE	G53 Back Crawl Jog	O60 Plie
F9 Boxer Jog	I21 Jumping Rope	T38 Coffee Grinder	G51 5 Dot Hops	O66 High Five 2 People
F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G59 Sky Reach	O65 Toe Touch

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F1 Chicken Jacks	I22 Rocking Horse	T42 Pogo	G51 5 Dot Hops	O67 Touch 2 People in Blue
F12 Jogging Sky Rolls	I19 Squat-Jumps	T33 Skier Jumps	G49 Lollipop Jumps	O68 Disco Move
F9 Boxer Jog	I29 Flutter Kicks	FREE	G59 Sky Reach	O71 Shimmy Shake
F11 Swinging Leg Lifts	I26 Pound the Ground	T34 4 Point Star Hops	G50 Scissor Jumps	O62 Funky Monkey
F6 Mountain Climbers	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O66 High Five 2 People

F	I	T	G	O
F5 Row Twisters	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch
F7 Head-2-Toe Jumps	I22 Rocking Horse	T37 High Jumper	G49 Lollipop Jumps	O68 Disco Move
F12 Jogging Sky Rolls	I26 Pound the Ground	FREE	G59 Sky Reach	O63 Sprinkler
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G51 5 Dot Hops	O71 Shimmy Shake
F1 Chicken Jacks	I24 Step Touch	T38 Coffee Grinder	G53 Back Crawl Jog	O62 Funky Monkey

F	I	T	G	O
F1 Chicken Jacks	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G51 5 Dot Hops	O65 Toe Touch
F13 Raise the Roof	I25 Pulling Weeds	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O60 Plie
F9 Boxer Jog	I24 Step Touch	FREE	G59 Sky Reach	O68 Disco Move
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G49 Lollipop Jumps	O63 Sprinkler
F11 Swinging Leg Lifts	I29 Flutter Kicks	T42 Pogo	G53 Back Crawl Jog	O64 Ophea Hand Jive

F	I	T	G	O
F11 Swinging Leg Lifts	I26 Pound the Ground	T37 High Jumper	G55 Airplane Arms	O70 TV Converter Squat
F15 Plus Sign Jumps	I16 Bell Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O64 Ophea Hand Jive
F5 Row Twisters	I25 Pulling Weeds	FREE	G45 Cross Crawl	O65 Toe Touch
F1 Chicken Jacks	I20 Jump & Twist	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F9 Boxer Jog	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G51 5 Dot Hops	O63 Sprinkler

F	I	T	G	O
F6 Mountain Climbers	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I21 Jumping Rope	FREE	G54 Jig Dance	O65 Toe Touch
F1 Chicken Jacks	I19 Squat-Jumps	T35 Speed Skater	G45 Cross Crawl	O71 Shimmy Shake
F14 V-Jumps	I26 Pound the Ground	T44 1/4 Turns	G48 Wounded Duck	O60 Plie

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T37 High Jumper	G55 Airplane Arms	O60 Plie
F12 Jogging Sky Rolls	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O70 TV Converter Squat
F15 Plus Sign Jumps	I25 Pulling Weeds	FREE	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F13 Raise the Roof	I29 Flutter Kicks	T42 Pogo	G45 Cross Crawl	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	T34 4 Point Star Hops	G48 Wounded Duck	O67 Touch 2 People in Blue

F	I	T	G	O
F5 Row Twisters	I16 Bell Jumps	T37 High Jumper	G45 Cross Crawl	O64 Ophea Hand Jive
F14 V-Jumps	I18 Flurry	T43 Front Crawl Jog	G50 Scissor Jumps	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F1 Chicken Jacks	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I22 Rocking Horse	T44 1/4 Turns	G48 Wounded Duck	O62 Funky Monkey

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T37 High Jumper	G48 Wounded Duck	O63 Sprinkler
F15 Plus Sign Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O64 Ophea Hand Jive
F6 Mountain Climbers	I16 Bell Jumps	FREE	G59 Sky Reach	O68 Disco Move
F11 Swinging Leg Lifts	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F1 Chicken Jacks	I25 Pulling Weeds	T33 Skier Jumps	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F6 Mountain Climbers	I21 Jumping Rope	T35 Speed Skater	G53 Back Crawl Jog	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O62 Funky Monkey
F5 Row Twisters	I18 Flurry	FREE	G48 Wounded Duck	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T33 Skier Jumps	G52 Punch Up-Down & Jump	O63 Sprinkler
F11 Swinging Leg Lifts	I29 Flutter Kicks	T43 Front Crawl Jog	G50 Scissor Jumps	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I24 Step Touch	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F6 Mountain Climbers	I26 Pound the Ground	T34 4 Point Star Hops	G49 Lollipop Jumps	O66 High Five 2 People
F7 Head-2-Toe Jumps	I21 Jumping Rope	FREE	G50 Scissor Jumps	O68 Disco Move
F13 Raise the Roof	I18 Flurry	T38 Coffee Grinder	G48 Wounded Duck	O70 TV Converter Squat
F14 V-Jumps	I19 Squat-Jumps	T33 Skier Jumps	G54 Jig Dance	O65 Toe Touch

F	I	T	G	O
F13 Raise the Roof	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O68 Disco Move
F1 Chicken Jacks	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I20 Jump & Twist	FREE	G52 Punch Up-Down & Jump	O60 Plie
F11 Swinging Leg Lifts	I26 Pound the Ground	T44 1/4 Turns	G49 Lollipop Jumps	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F1 Chicken Jacks	I19 Squat-Jumps	T44 1/4 Turns	G53 Back Crawl Jog	O71 Shimmy Shake
F9 Boxer Jog	I29 Flutter Kicks	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G48 Wounded Duck	O62 Funky Monkey
F15 Plus Sign Jumps	I25 Pulling Weeds	T38 Coffee Grinder	G59 Sky Reach	O68 Disco Move
F7 Head-2-Toe Jumps	I20 Jump & Twist	T37 High Jumper	G50 Scissor Jumps	O70 TV Converter Squat

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F12 Jogging Sky Rolls	I21 Jumping Rope	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O60 Plie
F6 Mountain Climbers	I20 Jump & Twist	T37 High Jumper	G45 Cross Crawl	O62 Funky Monkey
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G55 Airplane Arms	O63 Sprinkler
F14 V-Jumps	I19 Squat-Jumps	T42 Pogo	G54 Jig Dance	O67 Touch 2 People in Blue
F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G51 5 Dot Hops	O71 Shimmy Shake

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F9 Boxer Jog	I20 Jump & Twist	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F5 Row Twisters	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I29 Flutter Kicks	FREE	G54 Jig Dance	O63 Sprinkler
F11 Swinging Leg Lifts	I18 Flurry	T37 High Jumper	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F1 Chicken Jacks	I19 Squat-Jumps	T42 Pogo	G59 Sky Reach	O64 Ophea Hand Jive

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F7 Head-2-Toe Jumps	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O71 Shimmy Shake
F14 V-Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G48 Wounded Duck	O65 Toe Touch
F5 Row Twisters	I25 Pulling Weeds	FREE	G59 Sky Reach	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	T36 Squat & Kick	G45 Cross Crawl	O63 Sprinkler
F11 Swinging Leg Lifts	I19 Squat-Jumps	T35 Speed Skater	G51 5 Dot Hops	O60 Plie

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F11 Swinging Leg Lifts	I20 Jump & Twist	T38 Coffee Grinder	G59 Sky Reach	O65 Toe Touch
F13 Raise the Roof	I29 Flutter Kicks	T33 Skier Jumps	G54 Jig Dance	O63 Sprinkler
F14 V-Jumps	I26 Pound the Ground	FREE	G52 Punch Up-Down & Jump	O60 Plie
F9 Boxer Jog	I16 Bell Jumps	T34 4 Point Star Hops	G51 5 Dot Hops	O67 Touch 2 People in Blue
F1 Chicken Jacks	I24 Step Touch	T37 High Jumper	G53 Back Crawl Jog	O70 TV Converter Squat

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F9 Boxer Jog	I29 Flutter Kicks	T38 Coffee Grinder	G55 Airplane Arms	O71 Shimmy Shake
F6 Mountain Climbers	I22 Rocking Horse	T42 Pogo	G53 Back Crawl Jog	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	FREE	G51 5 Dot Hops	O66 High Five 2 People
F15 Plus Sign Jumps	I19 Squat-Jumps	T44 1/4 Turns	G59 Sky Reach	O70 TV Converter Squat
F5 Row Twisters	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O63 Sprinkler

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F6 Mountain Climbers	I26 Pound the Ground	T33 Skier Jumps	G54 Jig Dance	O66 High Five 2 People
F14 V-Jumps	I18 Flurry	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O70 TV Converter Squat
F11 Swinging Leg Lifts	I20 Jump & Twist	FREE	G45 Cross Crawl	O64 Ophea Hand Jive
F13 Raise the Roof	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	T36 Squat & Kick	G52 Punch Up-Down & Jump	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I16 Bell Jumps	T33 Skier Jumps	G48 Wounded Duck	O62 Funky Monkey
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G50 Scissor Jumps	O68 Disco Move
F5 Row Twisters	I22 Rocking Horse	FREE	G45 Cross Crawl	O63 Sprinkler
F6 Mountain Climbers	I20 Jump & Twist	T38 Coffee Grinder	G59 Sky Reach	O71 Shimmy Shake
F11 Swinging Leg Lifts	I24 Step Touch	T37 High Jumper	G49 Lollipop Jumps	O60 Plie

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F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G45 Cross Crawl	O62 Funky Monkey
F1 Chicken Jacks	I24 Step Touch	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
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F15 Plus Sign Jumps	I16 Bell Jumps	T44 1/4 Turns	G48 Wounded Duck	O71 Shimmy Shake

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F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O65 Toe Touch
F12 Jogging Sky Rolls	I26 Pound the Ground	T37 High Jumper	G59 Sky Reach	O62 Funky Monkey
F9 Boxer Jog	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O68 Disco Move
F6 Mountain Climbers	I20 Jump & Twist	T36 Squat & Kick	G54 Jig Dance	O60 Plie
F1 Chicken Jacks	I29 Flutter Kicks	T42 Pogo	G51 5 Dot Hops	O70 TV Converter Squat

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F6 Mountain Climbers	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
F1 Chicken Jacks	I24 Step Touch	T36 Squat & Kick	G48 Wounded Duck	O65 Toe Touch
F5 Row Twisters	I22 Rocking Horse	FREE	G59 Sky Reach	O71 Shimmy Shake
F15 Plus Sign Jumps	I21 Jumping Rope	T33 Skier Jumps	G53 Back Crawl Jog	O68 Disco Move
F13 Raise the Roof	I18 Flurry	T44 1/4 Turns	G45 Cross Crawl	O62 Funky Monkey

F	I	T	G	O
F6 Mountain Climbers	I18 Flurry	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch
F14 V-Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G51 5 Dot Hops	O71 Shimmy Shake
F11 Swinging Leg Lifts	I29 Flutter Kicks	FREE	G54 Jig Dance	O67 Touch 2 People in Blue
F12 Jogging Sky Rolls	I24 Step Touch	T42 Pogo	G59 Sky Reach	O60 Plie
F5 Row Twisters	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F15 Plus Sign Jumps	I29 Flutter Kicks	T35 Speed Skater	G54 Jig Dance	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	FREE	G53 Back Crawl Jog	O63 Sprinkler
F13 Raise the Roof	I22 Rocking Horse	T33 Skier Jumps	G59 Sky Reach	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T37 High Jumper	G48 Wounded Duck	O71 Shimmy Shake

F	I	T	G	O
F13 Raise the Roof	I18 Flurry	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G59 Sky Reach	O62 Funky Monkey
F1 Chicken Jacks	I19 Squat-Jumps	FREE	G55 Airplane Arms	O65 Toe Touch
F7 Head-2-Toe Jumps	I20 Jump & Twist	T43 Front Crawl Jog	G49 Lollipop Jumps	O64 Ophea Hand Jive
F5 Row Twisters	I25 Pulling Weeds	T35 Speed Skater	G45 Cross Crawl	O60 Plie

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T44 1/4 Turns	G50 Scissor Jumps	O68 Disco Move
F1 Chicken Jacks	I18 Flurry	T34 4 Point Star Hops	G48 Wounded Duck	O67 Touch 2 People in Blue
F12 Jogging Sky Rolls	I24 Step Touch	FREE	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I16 Bell Jumps	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O62 Funky Monkey

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F5 Row Twisters	I26 Pound the Ground	T43 Front Crawl Jog	G54 Jig Dance	O60 Plie
F7 Head-2-Toe Jumps	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O68 Disco Move
F11 Swinging Leg Lifts	I16 Bell Jumps	FREE	G48 Wounded Duck	O70 TV Converter Squat
F15 Plus Sign Jumps	I22 Rocking Horse	T37 High Jumper	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G50 Scissor Jumps	O71 Shimmy Shake

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G50 Scissor Jumps	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	T35 Speed Skater	G55 Airplane Arms	O60 Plie
F5 Row Twisters	I16 Bell Jumps	FREE	G49 Lollipop Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I26 Pound the Ground	T36 Squat & Kick	G45 Cross Crawl	O67 Touch 2 People in Blue
F6 Mountain Climbers	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O63 Sprinkler

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F15 Plus Sign Jumps	I26 Pound the Ground	T42 Pogo	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O62 Funky Monkey
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O60 Plie
F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G50 Scissor Jumps	O66 High Five 2 People
F13 Raise the Roof	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O68 Disco Move

F	I	T	G	O
F14 V-Jumps	I21 Jumping Rope	T33 Skier Jumps	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I24 Step Touch	T44 1/4 Turns	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I19 Squat-Jumps	T42 Pogo	G50 Scissor Jumps	O67 Touch 2 People in Blue
F5 Row Twisters	I26 Pound the Ground	T37 High Jumper	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I29 Flutter Kicks	T34 4 Point Star Hops	G54 Jig Dance	O68 Disco Move
F15 Plus Sign Jumps	I16 Bell Jumps	T44 1/4 Turns	G48 Wounded Duck	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	FREE	G45 Cross Crawl	O60 Plie
F13 Raise the Roof	I25 Pulling Weeds	T42 Pogo	G55 Airplane Arms	O63 Sprinkler
F7 Head-2-Toe Jumps	I20 Jump & Twist	T37 High Jumper	G49 Lollipop Jumps	O67 Touch 2 People in Blue

F	I	T	G	O
F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O62 Funky Monkey
F9 Boxer Jog	I29 Flutter Kicks	T33 Skier Jumps	G53 Back Crawl Jog	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	FREE	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I25 Pulling Weeds	T37 High Jumper	G50 Scissor Jumps	O60 Plie
F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G48 Wounded Duck	O68 Disco Move

F	I	T	G	O
F14 V-Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O68 Disco Move
F6 Mountain Climbers	I22 Rocking Horse	T42 Pogo	G45 Cross Crawl	O63 Sprinkler
F15 Plus Sign Jumps	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O62 Funky Monkey
F13 Raise the Roof	I29 Flutter Kicks	T33 Skier Jumps	G59 Sky Reach	O70 TV Converter Squat
F12 Jogging Sky Rolls	I20 Jump & Twist	T37 High Jumper	G50 Scissor Jumps	O60 Plie

F	I	T	G	O
F14 V-Jumps	I20 Jump & Twist	T36 Squat & Kick	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I18 Flurry	T44 1/4 Turns	G48 Wounded Duck	O70 TV Converter Squat
F5 Row Twisters	I16 Bell Jumps	FREE	G54 Jig Dance	O65 Toe Touch
F7 Head-2-Toe Jumps	I21 Jumping Rope	T35 Speed Skater	G51 5 Dot Hops	O67 Touch 2 People in Blue
F13 Raise the Roof	I24 Step Touch	T38 Coffee Grinder	G59 Sky Reach	O63 Sprinkler

F	I	T	G	O
F1 Chicken Jacks	I24 Step Touch	T44 1/4 Turns	G45 Cross Crawl	O71 Shimmy Shake
F5 Row Twisters	I21 Jumping Rope	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I20 Jump & Twist	FREE	G51 5 Dot Hops	O64 Ophea Hand Jive
F6 Mountain Climbers	I19 Squat-Jumps	T37 High Jumper	G55 Airplane Arms	O65 Toe Touch
F15 Plus Sign Jumps	I22 Rocking Horse	T36 Squat & Kick	G53 Back Crawl Jog	O67 Touch 2 People in Blue

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F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I29 Flutter Kicks	T38 Coffee Grinder	G50 Scissor Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G48 Wounded Duck	O66 High Five 2 People
F7 Head-2-Toe Jumps	I20 Jump & Twist	T35 Speed Skater	G59 Sky Reach	O70 TV Converter Squat
F1 Chicken Jacks	I18 Flurry	T33 Skier Jumps	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue

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F14 V-Jumps	I16 Bell Jumps	T35 Speed Skater	G50 Scissor Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I26 Pound the Ground	T44 1/4 Turns	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I19 Squat-Jumps	FREE	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I29 Flutter Kicks	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O60 Plie
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F5 Row Twisters	I21 Jumping Rope	FREE	G52 Punch Up-Down & Jump	O63 Sprinkler
F12 Jogging Sky Rolls	I18 Flurry	T36 Squat & Kick	G59 Sky Reach	O65 Toe Touch
F6 Mountain Climbers	I26 Pound the Ground	T43 Front Crawl Jog	G50 Scissor Jumps	O67 Touch 2 People in Blue

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F13 Raise the Roof	I24 Step Touch	T34 4 Point Star Hops	G51 5 Dot Hops	O70 TV Converter Squat
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F9 Boxer Jog	I16 Bell Jumps	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F1 Chicken Jacks	I25 Pulling Weeds	T34 4 Point Star Hops	G49 Lollipop Jumps	O62 Funky Monkey
F11 Swinging Leg Lifts	I26 Pound the Ground	T36 Squat & Kick	G50 Scissor Jumps	O71 Shimmy Shake

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F12 Jogging Sky Rolls	I16 Bell Jumps	T42 Pogo	G49 Lollipop Jumps	O63 Sprinkler
F7 Head-2-Toe Jumps	I18 Flurry	T36 Squat & Kick	G52 Punch Up-Down & Jump	O68 Disco Move
F11 Swinging Leg Lifts	I19 Squat-Jumps	FREE	G55 Airplane Arms	O64 Ophea Hand Jive
F14 V-Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O67 Touch 2 People in Blue
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F12 Jogging Sky Rolls	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch

F	I	T	G	O
F6 Mountain Climbers	I26 Pound the Ground	T33 Skier Jumps	G52 Punch Up-Down & Jump	O65 Toe Touch
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G53 Back Crawl Jog	O60 Plie
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G59 Sky Reach	O63 Sprinkler
F13 Raise the Roof	I24 Step Touch	T37 High Jumper	G48 Wounded Duck	O71 Shimmy Shake
F14 V-Jumps	I25 Pulling Weeds	T35 Speed Skater	G54 Jig Dance	O62 Funky Monkey

F	I	T	G	O
F1 Chicken Jacks	I22 Rocking Horse	T42 Pogo	G48 Wounded Duck	O62 Funky Monkey
F6 Mountain Climbers	I26 Pound the Ground	T37 High Jumper	G45 Cross Crawl	O63 Sprinkler
F5 Row Twisters	I18 Flurry	FREE	G49 Lollipop Jumps	O60 Plie
F15 Plus Sign Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F13 Raise the Roof	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch
F1 Chicken Jacks	I18 Flurry	T44 1/4 Turns	G48 Wounded Duck	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I24 Step Touch	FREE	G50 Scissor Jumps	O67 Touch 2 People in Blue
F14 V-Jumps	I16 Bell Jumps	T36 Squat & Kick	G51 5 Dot Hops	O66 High Five 2 People
F5 Row Twisters	I20 Jump & Twist	T34 4 Point Star Hops	G54 Jig Dance	O60 Plie

F	I	T	G	O
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G51 5 Dot Hops	O67 Touch 2 People in Blue
F5 Row Twisters	I16 Bell Jumps	T34 4 Point Star Hops	G50 Scissor Jumps	O65 Toe Touch
F6 Mountain Climbers	I21 Jumping Rope	FREE	G48 Wounded Duck	O71 Shimmy Shake
F1 Chicken Jacks	I29 Flutter Kicks	T42 Pogo	G55 Airplane Arms	O70 TV Converter Squat
F12 Jogging Sky Rolls	I25 Pulling Weeds	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey

F	I	T	G	O
F13 Raise the Roof	I22 Rocking Horse	T35 Speed Skater	G54 Jig Dance	O70 TV Converter Squat
F11 Swinging Leg Lifts	I20 Jump & Twist	T43 Front Crawl Jog	G51 5 Dot Hops	O63 Sprinkler
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G59 Sky Reach	O62 Funky Monkey
F12 Jogging Sky Rolls	I16 Bell Jumps	T36 Squat & Kick	G45 Cross Crawl	O68 Disco Move
F5 Row Twisters	I19 Squat-Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O60 Plie

F	I	T	G	O
F6 Mountain Climbers	I18 Flurry	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F1 Chicken Jacks	I26 Pound the Ground	T35 Speed Skater	G53 Back Crawl Jog	O63 Sprinkler
F14 V-Jumps	I20 Jump & Twist	FREE	G54 Jig Dance	O62 Funky Monkey
F11 Swinging Leg Lifts	I29 Flutter Kicks	T33 Skier Jumps	G48 Wounded Duck	O70 TV Converter Squat
F12 Jogging Sky Rolls	I22 Rocking Horse	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O71 Shimmy Shake

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T35 Speed Skater	G45 Cross Crawl	O70 TV Converter Squat
F1 Chicken Jacks	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F9 Boxer Jog	I29 Flutter Kicks	FREE	G51 5 Dot Hops	O62 Funky Monkey
F14 V-Jumps	I25 Pulling Weeds	T37 High Jumper	G54 Jig Dance	O63 Sprinkler
F11 Swinging Leg Lifts	I16 Bell Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O71 Shimmy Shake

F	I	T	G	O
F5 Row Twisters	I16 Bell Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G51 5 Dot Hops	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	FREE	G59 Sky Reach	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O67 Touch 2 People in Blue
F13 Raise the Roof	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O70 TV Converter Squat

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T37 High Jumper	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I20 Jump & Twist	T35 Speed Skater	G45 Cross Crawl	O62 Funky Monkey
F5 Row Twisters	I26 Pound the Ground	FREE	G50 Scissor Jumps	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T44 1/4 Turns	G55 Airplane Arms	O60 Plie
F9 Boxer Jog	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O66 High Five 2 People

F	I	T	G	O
F11 Swinging Leg Lifts	I18 Flurry	T35 Speed Skater	G53 Back Crawl Jog	O64 Ophea Hand Jive
F13 Raise the Roof	I20 Jump & Twist	T37 High Jumper	G49 Lollipop Jumps	O63 Sprinkler
F5 Row Twisters	I25 Pulling Weeds	FREE	G54 Jig Dance	O67 Touch 2 People in Blue
F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O60 Plie
F15 Plus Sign Jumps	I29 Flutter Kicks	T36 Squat & Kick	G55 Airplane Arms	O66 High Five 2 People

F	I	T	G	O
F15 Plus Sign Jumps	I18 Flurry	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
F7 Head-2-Toe Jumps	I24 Step Touch	T42 Pogo	G52 Punch Up-Down & Jump	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	FREE	G45 Cross Crawl	O71 Shimmy Shake
F5 Row Twisters	I22 Rocking Horse	T43 Front Crawl Jog	G55 Airplane Arms	O63 Sprinkler
F6 Mountain Climbers	I20 Jump & Twist	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O66 High Five 2 People

F	I	T	G	O
F13 Raise the Roof	I18 Flurry	T35 Speed Skater	G53 Back Crawl Jog	O66 High Five 2 People
F5 Row Twisters	I25 Pulling Weeds	T36 Squat & Kick	G48 Wounded Duck	O65 Toe Touch
F7 Head-2-Toe Jumps	I19 Squat-Jumps	FREE	G54 Jig Dance	O62 Funky Monkey
F14 V-Jumps	I16 Bell Jumps	T34 4 Point Star Hops	G51 5 Dot Hops	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I22 Rocking Horse	T33 Skier Jumps	G55 Airplane Arms	O71 Shimmy Shake

F	I	T	G	O
F9 Boxer Jog	I19 Squat-Jumps	T44 1/4 Turns	G50 Scissor Jumps	O71 Shimmy Shake
F13 Raise the Roof	I20 Jump & Twist	T33 Skier Jumps	G54 Jig Dance	O64 Ophea Hand Jive
F1 Chicken Jacks	I18 Flurry	FREE	G51 5 Dot Hops	O66 High Five 2 People
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O68 Disco Move

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F13 Raise the Roof	I25 Pulling Weeds	T37 High Jumper	G52 Punch Up-Down & Jump	O60 Plie
F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G59 Sky Reach	O63 Sprinkler
F14 V-Jumps	I26 Pound the Ground	FREE	G48 Wounded Duck	O68 Disco Move
F9 Boxer Jog	I21 Jumping Rope	T44 1/4 Turns	G51 5 Dot Hops	O66 High Five 2 People
F1 Chicken Jacks	I24 Step Touch	T42 Pogo	G50 Scissor Jumps	O65 Toe Touch

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F1 Chicken Jacks	I20 Jump & Twist	FREE	G55 Airplane Arms	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	T38 Coffee Grinder	G59 Sky Reach	O63 Sprinkler
F5 Row Twisters	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O71 Shimmy Shake

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F1 Chicken Jacks	I22 Rocking Horse	T43 Front Crawl Jog	G55 Airplane Arms	O71 Shimmy Shake
F13 Raise the Roof	I29 Flutter Kicks	T36 Squat & Kick	G52 Punch Up-Down & Jump	O60 Plie
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F7 Head-2-Toe Jumps	I22 Rocking Horse	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O70 TV Converter Squat

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F6 Mountain Climbers	I16 Bell Jumps	T36 Squat & Kick	G54 Jig Dance	O67 Touch 2 People in Blue
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F12 Jogging Sky Rolls	I25 Pulling Weeds	T34 4 Point Star Hops	G51 5 Dot Hops	O66 High Five 2 People
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F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G54 Jig Dance	O63 Sprinkler

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F11 Swinging Leg Lifts	I18 Flurry	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
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F9 Boxer Jog	I22 Rocking Horse	FREE	G45 Cross Crawl	O71 Shimmy Shake
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F5 Row Twisters	I19 Squat-Jumps	T37 High Jumper	G54 Jig Dance	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T38 Coffee Grinder	G48 Wounded Duck	O70 TV Converter Squat

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F5 Row Twisters	I19 Squat-Jumps	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F11 Swinging Leg Lifts	I22 Rocking Horse	T37 High Jumper	G49 Lollipop Jumps	O66 High Five 2 People
F1 Chicken Jacks	I18 Flurry	FREE	G51 5 Dot Hops	O62 Funky Monkey
F15 Plus Sign Jumps	I25 Pulling Weeds	T35 Speed Skater	G55 Airplane Arms	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I21 Jumping Rope	T44 1/4 Turns	G53 Back Crawl Jog	O60 Plie

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T42 Pogo	G50 Scissor Jumps	O68 Disco Move
F5 Row Twisters	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F14 V-Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O65 Toe Touch
F1 Chicken Jacks	I20 Jump & Twist	T36 Squat & Kick	G45 Cross Crawl	O62 Funky Monkey
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F14 V-Jumps	I25 Pulling Weeds	T36 Squat & Kick	G50 Scissor Jumps	O65 Toe Touch
F6 Mountain Climbers	I29 Flutter Kicks	FREE	G51 5 Dot Hops	O71 Shimmy Shake
F15 Plus Sign Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O62 Funky Monkey
F1 Chicken Jacks	I16 Bell Jumps	T35 Speed Skater	G54 Jig Dance	O66 High Five 2 People

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F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G49 Lollipop Jumps	O68 Disco Move
F13 Raise the Roof	I20 Jump & Twist	T33 Skier Jumps	G54 Jig Dance	O62 Funky Monkey
F9 Boxer Jog	I22 Rocking Horse	FREE	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I26 Pound the Ground	T43 Front Crawl Jog	G50 Scissor Jumps	O63 Sprinkler
F14 V-Jumps	I18 Flurry	T38 Coffee Grinder	G48 Wounded Duck	O60 Plie

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F7 Head-2-Toe Jumps	I26 Pound the Ground	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F11 Swinging Leg Lifts	I22 Rocking Horse	T42 Pogo	G59 Sky Reach	O66 High Five 2 People
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F13 Raise the Roof	I21 Jumping Rope	T37 High Jumper	G48 Wounded Duck	O62 Funky Monkey
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F1 Chicken Jacks	I18 Flurry	T33 Skier Jumps	G52 Punch Up-Down & Jump	O65 Toe Touch
F6 Mountain Climbers	I26 Pound the Ground	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
F9 Boxer Jog	I16 Bell Jumps	FREE	G53 Back Crawl Jog	O66 High Five 2 People
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G59 Sky Reach	O63 Sprinkler
F11 Swinging Leg Lifts	I24 Step Touch	T35 Speed Skater	G48 Wounded Duck	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O68 Disco Move
F1 Chicken Jacks	I24 Step Touch	T36 Squat & Kick	G50 Scissor Jumps	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I18 Flurry	FREE	G49 Lollipop Jumps	O63 Sprinkler
F12 Jogging Sky Rolls	I20 Jump & Twist	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
F14 V-Jumps	I19 Squat-Jumps	T33 Skier Jumps	G59 Sky Reach	O62 Funky Monkey

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F6 Mountain Climbers	I18 Flurry	T34 4 Point Star Hops	G49 Lollipop Jumps	O68 Disco Move
F9 Boxer Jog	I21 Jumping Rope	T36 Squat & Kick	G55 Airplane Arms	O63 Sprinkler

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F7 Head-2-Toe Jumps	I24 Step Touch	T44 1/4 Turns	G51 5 Dot Hops	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I26 Pound the Ground	T37 High Jumper	G55 Airplane Arms	O66 High Five 2 People
F15 Plus Sign Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O70 TV Converter Squat
F12 Jogging Sky Rolls	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O68 Disco Move
F1 Chicken Jacks	I18 Flurry	T43 Front Crawl Jog	G49 Lollipop Jumps	O71 Shimmy Shake

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F6 Mountain Climbers	I21 Jumping Rope	T42 Pogo	G53 Back Crawl Jog	O64 Ophea Hand Jive
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F6 Mountain Climbers	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O66 High Five 2 People

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F11 Swinging Leg Lifts	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	T35 Speed Skater	G54 Jig Dance	O60 Plie
F6 Mountain Climbers	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O67 Touch 2 People in Blue
F15 Plus Sign Jumps	I21 Jumping Rope	T37 High Jumper	G53 Back Crawl Jog	O62 Funky Monkey
F1 Chicken Jacks	I20 Jump & Twist	T36 Squat & Kick	G59 Sky Reach	O68 Disco Move

F	I	T	G	O
F1 Chicken Jacks	I24 Step Touch	T38 Coffee Grinder	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F11 Swinging Leg Lifts	I18 Flurry	FREE	G50 Scissor Jumps	O65 Toe Touch
F7 Head-2-Toe Jumps	I26 Pound the Ground	T34 4 Point Star Hops	G48 Wounded Duck	O70 TV Converter Squat
F15 Plus Sign Jumps	I21 Jumping Rope	T44 1/4 Turns	G51 5 Dot Hops	O62 Funky Monkey

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F13 Raise the Roof	I22 Rocking Horse	T37 High Jumper	G55 Airplane Arms	O60 Plie
F7 Head-2-Toe Jumps	I18 Flurry	T44 1/4 Turns	G59 Sky Reach	O67 Touch 2 People in Blue
F5 Row Twisters	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T38 Coffee Grinder	G49 Lollipop Jumps	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	T43 Front Crawl Jog	G50 Scissor Jumps	O71 Shimmy Shake

F	I	T	G	O
F14 V-Jumps	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I16 Bell Jumps	T36 Squat & Kick	G48 Wounded Duck	O68 Disco Move
F13 Raise the Roof	I20 Jump & Twist	FREE	G50 Scissor Jumps	O66 High Five 2 People
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F12 Jogging Sky Rolls	I21 Jumping Rope	FREE	G45 Cross Crawl	O66 High Five 2 People
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F13 Raise the Roof	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O63 Sprinkler
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F11 Swinging Leg Lifts	I19 Squat-Jumps	T42 Pogo	G53 Back Crawl Jog	O68 Disco Move

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F12 Jogging Sky Rolls	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F15 Plus Sign Jumps	I25 Pulling Weeds	T36 Squat & Kick	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F9 Boxer Jog	I24 Step Touch	FREE	G49 Lollipop Jumps	O65 Toe Touch
F5 Row Twisters	I18 Flurry	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive
F6 Mountain Climbers	I19 Squat-Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O62 Funky Monkey

F	I	T	G	O
F7 Head-2-Toe Jumps	I18 Flurry	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T38 Coffee Grinder	G54 Jig Dance	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I22 Rocking Horse	T34 4 Point Star Hops	G49 Lollipop Jumps	O63 Sprinkler
F6 Mountain Climbers	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I20 Jump & Twist	T34 4 Point Star Hops	G54 Jig Dance	O63 Sprinkler
F9 Boxer Jog	I26 Pound the Ground	T42 Pogo	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I24 Step Touch	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O60 Plie
F14 V-Jumps	I21 Jumping Rope	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch

F	I	T	G	O
F9 Boxer Jog	I20 Jump & Twist	T44 1/4 Turns	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F1 Chicken Jacks	I18 Flurry	T37 High Jumper	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I21 Jumping Rope	FREE	G48 Wounded Duck	O62 Funky Monkey
F6 Mountain Climbers	I25 Pulling Weeds	T33 Skier Jumps	G51 5 Dot Hops	O64 Ophea Hand Jive
F14 V-Jumps	I19 Squat-Jumps	T34 4 Point Star Hops	G49 Lollipop Jumps	O65 Toe Touch

F	I	T	G	O
F7 Head-2-Toe Jumps	I26 Pound the Ground	T42 Pogo	G48 Wounded Duck	O60 Plie
F5 Row Twisters	I25 Pulling Weeds	T38 Coffee Grinder	G51 5 Dot Hops	O70 TV Converter Squat
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G55 Airplane Arms	O65 Toe Touch
F9 Boxer Jog	I29 Flutter Kicks	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F6 Mountain Climbers	I21 Jumping Rope	T33 Skier Jumps	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I26 Pound the Ground	T38 Coffee Grinder	G59 Sky Reach	O65 Toe Touch
F15 Plus Sign Jumps	I19 Squat-Jumps	T35 Speed Skater	G50 Scissor Jumps	O64 Ophea Hand Jive
F1 Chicken Jacks	I20 Jump & Twist	FREE	G49 Lollipop Jumps	O68 Disco Move
F12 Jogging Sky Rolls	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F14 V-Jumps	I18 Flurry	T34 4 Point Star Hops	G45 Cross Crawl	O60 Plie

F	I	T	G	O
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G48 Wounded Duck	O62 Funky Monkey
F12 Jogging Sky Rolls	I18 Flurry	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O63 Sprinkler
F6 Mountain Climbers	I21 Jumping Rope	T37 High Jumper	G54 Jig Dance	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I19 Squat-Jumps	T43 Front Crawl Jog	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I24 Step Touch	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	FREE	G50 Scissor Jumps	O65 Toe Touch
F12 Jogging Sky Rolls	I18 Flurry	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O67 Touch 2 People in Blue
F14 V-Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O71 Shimmy Shake
F1 Chicken Jacks	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O66 High Five 2 People
F5 Row Twisters	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O65 Toe Touch

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T35 Speed Skater	G54 Jig Dance	O66 High Five 2 People
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O60 Plie
F9 Boxer Jog	I18 Flurry	FREE	G52 Punch Up-Down & Jump	O63 Sprinkler
F14 V-Jumps	I25 Pulling Weeds	T42 Pogo	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F9 Boxer Jog	I22 Rocking Horse	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F15 Plus Sign Jumps	I26 Pound the Ground	FREE	G49 Lollipop Jumps	O68 Disco Move
F1 Chicken Jacks	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I18 Flurry	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F6 Mountain Climbers	I19 Squat-Jumps	FREE	G54 Jig Dance	O66 High Five 2 People
F12 Jogging Sky Rolls	I22 Rocking Horse	T44 1/4 Turns	G55 Airplane Arms	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I20 Jump & Twist	T36 Squat & Kick	G45 Cross Crawl	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I21 Jumping Rope	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch
F5 Row Twisters	I16 Bell Jumps	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F14 V-Jumps	I25 Pulling Weeds	FREE	G49 Lollipop Jumps	O62 Funky Monkey
F7 Head-2-Toe Jumps	I20 Jump & Twist	T36 Squat & Kick	G51 5 Dot Hops	O60 Plie
F11 Swinging Leg Lifts	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O71 Shimmy Shake

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T42 Pogo	G45 Cross Crawl	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G50 Scissor Jumps	O71 Shimmy Shake
F11 Swinging Leg Lifts	I24 Step Touch	FREE	G51 5 Dot Hops	O65 Toe Touch
F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G48 Wounded Duck	O66 High Five 2 People
F15 Plus Sign Jumps	I20 Jump & Twist	T36 Squat & Kick	G53 Back Crawl Jog	O67 Touch 2 People in Blue

F	I	T	G	O
F13 Raise the Roof	I18 Flurry	T35 Speed Skater	G50 Scissor Jumps	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T44 1/4 Turns	G45 Cross Crawl	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I29 Flutter Kicks	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I24 Step Touch	T36 Squat & Kick	G52 Punch Up-Down & Jump	O65 Toe Touch
F14 V-Jumps	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O64 Ophea Hand Jive

F	I	T	G	O
F7 Head-2-Toe Jumps	I18 Flurry	T34 4 Point Star Hops	G51 5 Dot Hops	O71 Shimmy Shake
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F11 Swinging Leg Lifts	I22 Rocking Horse	FREE	G45 Cross Crawl	O62 Funky Monkey
F9 Boxer Jog	I29 Flutter Kicks	T42 Pogo	G48 Wounded Duck	O60 Plie
F14 V-Jumps	I21 Jumping Rope	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch

F	I	T	G	O
F13 Raise the Roof	I26 Pound the Ground	T43 Front Crawl Jog	G53 Back Crawl Jog	O63 Sprinkler
F14 V-Jumps	I21 Jumping Rope	T38 Coffee Grinder	G50 Scissor Jumps	O60 Plie
F15 Plus Sign Jumps	I18 Flurry	FREE	G55 Airplane Arms	O68 Disco Move
F6 Mountain Climbers	I24 Step Touch	T33 Skier Jumps	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I16 Bell Jumps	T42 Pogo	G50 Scissor Jumps	O71 Shimmy Shake
F11 Swinging Leg Lifts	I21 Jumping Rope	T38 Coffee Grinder	G53 Back Crawl Jog	O63 Sprinkler
F5 Row Twisters	I18 Flurry	FREE	G45 Cross Crawl	O65 Toe Touch
F15 Plus Sign Jumps	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I25 Pulling Weeds	T44 1/4 Turns	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive

F	I	T	G	O
F13 Raise the Roof	I25 Pulling Weeds	T42 Pogo	G59 Sky Reach	O71 Shimmy Shake
F9 Boxer Jog	I26 Pound the Ground	T37 High Jumper	G54 Jig Dance	O67 Touch 2 People in Blue
F6 Mountain Climbers	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O60 Plie
F15 Plus Sign Jumps	I18 Flurry	T36 Squat & Kick	G45 Cross Crawl	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I19 Squat-Jumps	T35 Speed Skater	G50 Scissor Jumps	O66 High Five 2 People

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G50 Scissor Jumps	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I26 Pound the Ground	FREE	G59 Sky Reach	O65 Toe Touch
F9 Boxer Jog	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
F12 Jogging Sky Rolls	I16 Bell Jumps	T34 4 Point Star Hops	G45 Cross Crawl	O64 Ophea Hand Jive

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F12 Jogging Sky Rolls	I29 Flutter Kicks	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F5 Row Twisters	I21 Jumping Rope	T38 Coffee Grinder	G51 5 Dot Hops	O65 Toe Touch
F11 Swinging Leg Lifts	I22 Rocking Horse	FREE	G54 Jig Dance	O70 TV Converter Squat
F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F14 V-Jumps	I26 Pound the Ground	T33 Skier Jumps	G49 Lollipop Jumps	O60 Plie

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F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F13 Raise the Roof	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O62 Funky Monkey
F12 Jogging Sky Rolls	I24 Step Touch	FREE	G55 Airplane Arms	O66 High Five 2 People
F6 Mountain Climbers	I29 Flutter Kicks	T33 Skier Jumps	G54 Jig Dance	O70 TV Converter Squat
F1 Chicken Jacks	I22 Rocking Horse	T44 1/4 Turns	G52 Punch Up-Down & Jump	O68 Disco Move

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F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G55 Airplane Arms	O71 Shimmy Shake
F9 Boxer Jog	I20 Jump & Twist	T35 Speed Skater	G59 Sky Reach	O67 Touch 2 People in Blue
F1 Chicken Jacks	I22 Rocking Horse	FREE	G48 Wounded Duck	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I26 Pound the Ground	T38 Coffee Grinder	G51 5 Dot Hops	O62 Funky Monkey
F5 Row Twisters	I18 Flurry	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat

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F11 Swinging Leg Lifts	I22 Rocking Horse	T35 Speed Skater	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I21 Jumping Rope	T36 Squat & Kick	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I25 Pulling Weeds	FREE	G50 Scissor Jumps	O66 High Five 2 People
F9 Boxer Jog	I26 Pound the Ground	T38 Coffee Grinder	G45 Cross Crawl	O71 Shimmy Shake
F14 V-Jumps	I18 Flurry	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O68 Disco Move

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F14 V-Jumps	I24 Step Touch	T38 Coffee Grinder	G55 Airplane Arms	O62 Funky Monkey
F15 Plus Sign Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G48 Wounded Duck	O71 Shimmy Shake
F12 Jogging Sky Rolls	I16 Bell Jumps	FREE	G49 Lollipop Jumps	O65 Toe Touch
F11 Swinging Leg Lifts	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O66 High Five 2 People
F1 Chicken Jacks	I26 Pound the Ground	T37 High Jumper	G59 Sky Reach	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T36 Squat & Kick	G48 Wounded Duck	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I16 Bell Jumps	T42 Pogo	G45 Cross Crawl	O60 Plie
F13 Raise the Roof	I29 Flutter Kicks	FREE	G49 Lollipop Jumps	O71 Shimmy Shake
F5 Row Twisters	I19 Squat-Jumps	T43 Front Crawl Jog	G54 Jig Dance	O65 Toe Touch
F7 Head-2-Toe Jumps	I24 Step Touch	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue

F	I	T	G	O
F14 V-Jumps	I16 Bell Jumps	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	T37 High Jumper	G59 Sky Reach	O67 Touch 2 People in Blue
F5 Row Twisters	I29 Flutter Kicks	FREE	G45 Cross Crawl	O63 Sprinkler
F6 Mountain Climbers	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O68 Disco Move
F11 Swinging Leg Lifts	I21 Jumping Rope	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey

F	I	T	G	O
F13 Raise the Roof	I24 Step Touch	T34 4 Point Star Hops	G48 Wounded Duck	O66 High Five 2 People
F12 Jogging Sky Rolls	I18 Flurry	T44 1/4 Turns	G49 Lollipop Jumps	O70 TV Converter Squat
F11 Swinging Leg Lifts	I16 Bell Jumps	FREE	G51 5 Dot Hops	O62 Funky Monkey
F15 Plus Sign Jumps	I29 Flutter Kicks	T37 High Jumper	G59 Sky Reach	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T36 Squat & Kick	G53 Back Crawl Jog	O64 Ophea Hand Jive

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F11 Swinging Leg Lifts	I18 Flurry	T36 Squat & Kick	G49 Lollipop Jumps	O66 High Five 2 People
F5 Row Twisters	I29 Flutter Kicks	T43 Front Crawl Jog	G50 Scissor Jumps	O65 Toe Touch
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F7 Head-2-Toe Jumps	I19 Squat-Jumps	T44 1/4 Turns	G52 Punch Up-Down & Jump	O60 Plie
F14 V-Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue

F	I	T	G	O
F13 Raise the Roof	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
F14 V-Jumps	I16 Bell Jumps	T37 High Jumper	G54 Jig Dance	O60 Plie
F7 Head-2-Toe Jumps	I20 Jump & Twist	FREE	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I26 Pound the Ground	T34 4 Point Star Hops	G49 Lollipop Jumps	O63 Sprinkler
F5 Row Twisters	I29 Flutter Kicks	T44 1/4 Turns	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive

F	I	T	G	O
F5 Row Twisters	I20 Jump & Twist	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F12 Jogging Sky Rolls	I26 Pound the Ground	T33 Skier Jumps	G45 Cross Crawl	O67 Touch 2 People in Blue
F15 Plus Sign Jumps	I21 Jumping Rope	FREE	G50 Scissor Jumps	O66 High Five 2 People
F7 Head-2-Toe Jumps	I18 Flurry	T42 Pogo	G48 Wounded Duck	O71 Shimmy Shake
F6 Mountain Climbers	I22 Rocking Horse	T43 Front Crawl Jog	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F12 Jogging Sky Rolls	I16 Bell Jumps	T42 Pogo	G49 Lollipop Jumps	O68 Disco Move
F1 Chicken Jacks	I22 Rocking Horse	T44 1/4 Turns	G48 Wounded Duck	O65 Toe Touch
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G53 Back Crawl Jog	O60 Plie
F11 Swinging Leg Lifts	I24 Step Touch	T35 Speed Skater	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	T43 Front Crawl Jog	G59 Sky Reach	O67 Touch 2 People in Blue

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F7 Head-2-Toe Jumps	I20 Jump & Twist	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O60 Plie
F15 Plus Sign Jumps	I16 Bell Jumps	T38 Coffee Grinder	G51 5 Dot Hops	O71 Shimmy Shake
F14 V-Jumps	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O63 Sprinkler
F6 Mountain Climbers	I18 Flurry	T36 Squat & Kick	G48 Wounded Duck	O65 Toe Touch
F12 Jogging Sky Rolls	I24 Step Touch	T43 Front Crawl Jog	G49 Lollipop Jumps	O66 High Five 2 People

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F11 Swinging Leg Lifts	I16 Bell Jumps	T35 Speed Skater	G53 Back Crawl Jog	O63 Sprinkler
F6 Mountain Climbers	I22 Rocking Horse	FREE	G50 Scissor Jumps	O70 TV Converter Squat
F5 Row Twisters	I25 Pulling Weeds	T42 Pogo	G55 Airplane Arms	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O71 Shimmy Shake

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F7 Head-2-Toe Jumps	I26 Pound the Ground	T43 Front Crawl Jog	G54 Jig Dance	O68 Disco Move
F12 Jogging Sky Rolls	I18 Flurry	T37 High Jumper	G45 Cross Crawl	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I24 Step Touch	FREE	G49 Lollipop Jumps	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
F15 Plus Sign Jumps	I16 Bell Jumps	T38 Coffee Grinder	G59 Sky Reach	O64 Ophea Hand Jive

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F1 Chicken Jacks	I18 Flurry	T38 Coffee Grinder	G59 Sky Reach	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O68 Disco Move
F5 Row Twisters	I19 Squat-Jumps	FREE	G45 Cross Crawl	O70 TV Converter Squat
F11 Swinging Leg Lifts	I25 Pulling Weeds	T36 Squat & Kick	G50 Scissor Jumps	O71 Shimmy Shake
F14 V-Jumps	I22 Rocking Horse	T44 1/4 Turns	G52 Punch Up-Down & Jump	O65 Toe Touch

F	I	T	G	O
F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O63 Sprinkler
F5 Row Twisters	I21 Jumping Rope	T38 Coffee Grinder	G51 5 Dot Hops	O65 Toe Touch
F14 V-Jumps	I29 Flutter Kicks	FREE	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I16 Bell Jumps	T35 Speed Skater	G48 Wounded Duck	O68 Disco Move
F12 Jogging Sky Rolls	I24 Step Touch	T33 Skier Jumps	G45 Cross Crawl	O66 High Five 2 People

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F1 Chicken Jacks	I26 Pound the Ground	T33 Skier Jumps	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I16 Bell Jumps	T35 Speed Skater	G54 Jig Dance	O62 Funky Monkey
F13 Raise the Roof	I18 Flurry	FREE	G53 Back Crawl Jog	O60 Plie
F9 Boxer Jog	I21 Jumping Rope	T38 Coffee Grinder	G51 5 Dot Hops	O66 High Five 2 People
F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G59 Sky Reach	O65 Toe Touch

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F1 Chicken Jacks	I22 Rocking Horse	T42 Pogo	G51 5 Dot Hops	O67 Touch 2 People in Blue
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F9 Boxer Jog	I29 Flutter Kicks	FREE	G59 Sky Reach	O71 Shimmy Shake
F11 Swinging Leg Lifts	I26 Pound the Ground	T34 4 Point Star Hops	G50 Scissor Jumps	O62 Funky Monkey
F6 Mountain Climbers	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O66 High Five 2 People

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F5 Row Twisters	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch
F7 Head-2-Toe Jumps	I22 Rocking Horse	T37 High Jumper	G49 Lollipop Jumps	O68 Disco Move
F12 Jogging Sky Rolls	I26 Pound the Ground	FREE	G59 Sky Reach	O63 Sprinkler
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G51 5 Dot Hops	O71 Shimmy Shake
F1 Chicken Jacks	I24 Step Touch	T38 Coffee Grinder	G53 Back Crawl Jog	O62 Funky Monkey

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F1 Chicken Jacks	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G51 5 Dot Hops	O65 Toe Touch
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F9 Boxer Jog	I24 Step Touch	FREE	G59 Sky Reach	O68 Disco Move
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G49 Lollipop Jumps	O63 Sprinkler
F11 Swinging Leg Lifts	I29 Flutter Kicks	T42 Pogo	G53 Back Crawl Jog	O64 Ophea Hand Jive

F	I	T	G	O
F11 Swinging Leg Lifts	I26 Pound the Ground	T37 High Jumper	G55 Airplane Arms	O70 TV Converter Squat
F15 Plus Sign Jumps	I16 Bell Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O64 Ophea Hand Jive
F5 Row Twisters	I25 Pulling Weeds	FREE	G45 Cross Crawl	O65 Toe Touch
F1 Chicken Jacks	I20 Jump & Twist	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F9 Boxer Jog	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G51 5 Dot Hops	O63 Sprinkler

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F6 Mountain Climbers	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I21 Jumping Rope	FREE	G54 Jig Dance	O65 Toe Touch
F1 Chicken Jacks	I19 Squat-Jumps	T35 Speed Skater	G45 Cross Crawl	O71 Shimmy Shake
F14 V-Jumps	I26 Pound the Ground	T44 1/4 Turns	G48 Wounded Duck	O60 Plie

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T37 High Jumper	G55 Airplane Arms	O60 Plie
F12 Jogging Sky Rolls	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O70 TV Converter Squat
F15 Plus Sign Jumps	I25 Pulling Weeds	FREE	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F13 Raise the Roof	I29 Flutter Kicks	T42 Pogo	G45 Cross Crawl	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	T34 4 Point Star Hops	G48 Wounded Duck	O67 Touch 2 People in Blue

F	I	T	G	O
F5 Row Twisters	I16 Bell Jumps	T37 High Jumper	G45 Cross Crawl	O64 Ophea Hand Jive
F14 V-Jumps	I18 Flurry	T43 Front Crawl Jog	G50 Scissor Jumps	O65 Toe Touch
F9 Boxer Jog	I19 Squat-Jumps	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F1 Chicken Jacks	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I22 Rocking Horse	T44 1/4 Turns	G48 Wounded Duck	O62 Funky Monkey

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T37 High Jumper	G48 Wounded Duck	O63 Sprinkler
F15 Plus Sign Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O64 Ophea Hand Jive
F6 Mountain Climbers	I16 Bell Jumps	FREE	G59 Sky Reach	O68 Disco Move
F11 Swinging Leg Lifts	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F1 Chicken Jacks	I25 Pulling Weeds	T33 Skier Jumps	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F6 Mountain Climbers	I21 Jumping Rope	T35 Speed Skater	G53 Back Crawl Jog	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O62 Funky Monkey
F5 Row Twisters	I18 Flurry	FREE	G48 Wounded Duck	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T33 Skier Jumps	G52 Punch Up-Down & Jump	O63 Sprinkler
F11 Swinging Leg Lifts	I29 Flutter Kicks	T43 Front Crawl Jog	G50 Scissor Jumps	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I24 Step Touch	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F6 Mountain Climbers	I26 Pound the Ground	T34 4 Point Star Hops	G49 Lollipop Jumps	O66 High Five 2 People
F7 Head-2-Toe Jumps	I21 Jumping Rope	FREE	G50 Scissor Jumps	O68 Disco Move
F13 Raise the Roof	I18 Flurry	T38 Coffee Grinder	G48 Wounded Duck	O70 TV Converter Squat
F14 V-Jumps	I19 Squat-Jumps	T33 Skier Jumps	G54 Jig Dance	O65 Toe Touch

F	I	T	G	O
F13 Raise the Roof	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O68 Disco Move
F1 Chicken Jacks	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I20 Jump & Twist	FREE	G52 Punch Up-Down & Jump	O60 Plie
F11 Swinging Leg Lifts	I26 Pound the Ground	T44 1/4 Turns	G49 Lollipop Jumps	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F1 Chicken Jacks	I19 Squat-Jumps	T44 1/4 Turns	G53 Back Crawl Jog	O71 Shimmy Shake
F9 Boxer Jog	I29 Flutter Kicks	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G48 Wounded Duck	O62 Funky Monkey
F15 Plus Sign Jumps	I25 Pulling Weeds	T38 Coffee Grinder	G59 Sky Reach	O68 Disco Move
F7 Head-2-Toe Jumps	I20 Jump & Twist	T37 High Jumper	G50 Scissor Jumps	O70 TV Converter Squat

F	I	T	G	O
F12 Jogging Sky Rolls	I21 Jumping Rope	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O60 Plie
F6 Mountain Climbers	I20 Jump & Twist	T37 High Jumper	G45 Cross Crawl	O62 Funky Monkey
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G55 Airplane Arms	O63 Sprinkler
F14 V-Jumps	I19 Squat-Jumps	T42 Pogo	G54 Jig Dance	O67 Touch 2 People in Blue
F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G51 5 Dot Hops	O71 Shimmy Shake

F	I	T	G	O
F9 Boxer Jog	I20 Jump & Twist	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F5 Row Twisters	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I29 Flutter Kicks	FREE	G54 Jig Dance	O63 Sprinkler
F11 Swinging Leg Lifts	I18 Flurry	T37 High Jumper	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F1 Chicken Jacks	I19 Squat-Jumps	T42 Pogo	G59 Sky Reach	O64 Ophea Hand Jive

F	I	T	G	O
F7 Head-2-Toe Jumps	I26 Pound the Ground	T42 Pogo	G55 Airplane Arms	O71 Shimmy Shake
F14 V-Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G48 Wounded Duck	O65 Toe Touch
F5 Row Twisters	I25 Pulling Weeds	FREE	G59 Sky Reach	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	T36 Squat & Kick	G45 Cross Crawl	O63 Sprinkler
F11 Swinging Leg Lifts	I19 Squat-Jumps	T35 Speed Skater	G51 5 Dot Hops	O60 Plie

F	I	T	G	O
F11 Swinging Leg Lifts	I20 Jump & Twist	T38 Coffee Grinder	G59 Sky Reach	O65 Toe Touch
F13 Raise the Roof	I29 Flutter Kicks	T33 Skier Jumps	G54 Jig Dance	O63 Sprinkler
F14 V-Jumps	I26 Pound the Ground	FREE	G52 Punch Up-Down & Jump	O60 Plie
F9 Boxer Jog	I16 Bell Jumps	T34 4 Point Star Hops	G51 5 Dot Hops	O67 Touch 2 People in Blue
F1 Chicken Jacks	I24 Step Touch	T37 High Jumper	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I29 Flutter Kicks	T38 Coffee Grinder	G55 Airplane Arms	O71 Shimmy Shake
F6 Mountain Climbers	I22 Rocking Horse	T42 Pogo	G53 Back Crawl Jog	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	FREE	G51 5 Dot Hops	O66 High Five 2 People
F15 Plus Sign Jumps	I19 Squat-Jumps	T44 1/4 Turns	G59 Sky Reach	O70 TV Converter Squat
F5 Row Twisters	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O63 Sprinkler

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F6 Mountain Climbers	I26 Pound the Ground	T33 Skier Jumps	G54 Jig Dance	O66 High Five 2 People
F14 V-Jumps	I18 Flurry	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O70 TV Converter Squat
F11 Swinging Leg Lifts	I20 Jump & Twist	FREE	G45 Cross Crawl	O64 Ophea Hand Jive
F13 Raise the Roof	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	T36 Squat & Kick	G52 Punch Up-Down & Jump	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I16 Bell Jumps	T33 Skier Jumps	G48 Wounded Duck	O62 Funky Monkey
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G50 Scissor Jumps	O68 Disco Move
F5 Row Twisters	I22 Rocking Horse	FREE	G45 Cross Crawl	O63 Sprinkler
F6 Mountain Climbers	I20 Jump & Twist	T38 Coffee Grinder	G59 Sky Reach	O71 Shimmy Shake
F11 Swinging Leg Lifts	I24 Step Touch	T37 High Jumper	G49 Lollipop Jumps	O60 Plie

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F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O66 High Five 2 People
F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G45 Cross Crawl	O62 Funky Monkey
F1 Chicken Jacks	I24 Step Touch	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O65 Toe Touch
F15 Plus Sign Jumps	I16 Bell Jumps	T44 1/4 Turns	G48 Wounded Duck	O71 Shimmy Shake

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F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O65 Toe Touch
F12 Jogging Sky Rolls	I26 Pound the Ground	T37 High Jumper	G59 Sky Reach	O62 Funky Monkey
F9 Boxer Jog	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O68 Disco Move
F6 Mountain Climbers	I20 Jump & Twist	T36 Squat & Kick	G54 Jig Dance	O60 Plie
F1 Chicken Jacks	I29 Flutter Kicks	T42 Pogo	G51 5 Dot Hops	O70 TV Converter Squat

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F6 Mountain Climbers	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O70 TV Converter Squat
F1 Chicken Jacks	I24 Step Touch	T36 Squat & Kick	G48 Wounded Duck	O65 Toe Touch
F5 Row Twisters	I22 Rocking Horse	FREE	G59 Sky Reach	O71 Shimmy Shake
F15 Plus Sign Jumps	I21 Jumping Rope	T33 Skier Jumps	G53 Back Crawl Jog	O68 Disco Move
F13 Raise the Roof	I18 Flurry	T44 1/4 Turns	G45 Cross Crawl	O62 Funky Monkey

F	I	T	G	O
F6 Mountain Climbers	I18 Flurry	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch
F14 V-Jumps	I25 Pulling Weeds	T43 Front Crawl Jog	G51 5 Dot Hops	O71 Shimmy Shake
F11 Swinging Leg Lifts	I29 Flutter Kicks	FREE	G54 Jig Dance	O67 Touch 2 People in Blue
F12 Jogging Sky Rolls	I24 Step Touch	T42 Pogo	G59 Sky Reach	O60 Plie
F5 Row Twisters	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F15 Plus Sign Jumps	I29 Flutter Kicks	T35 Speed Skater	G54 Jig Dance	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	FREE	G53 Back Crawl Jog	O63 Sprinkler
F13 Raise the Roof	I22 Rocking Horse	T33 Skier Jumps	G59 Sky Reach	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T37 High Jumper	G48 Wounded Duck	O71 Shimmy Shake

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F13 Raise the Roof	I18 Flurry	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G59 Sky Reach	O62 Funky Monkey
F1 Chicken Jacks	I19 Squat-Jumps	FREE	G55 Airplane Arms	O65 Toe Touch
F7 Head-2-Toe Jumps	I20 Jump & Twist	T43 Front Crawl Jog	G49 Lollipop Jumps	O64 Ophea Hand Jive
F5 Row Twisters	I25 Pulling Weeds	T35 Speed Skater	G45 Cross Crawl	O60 Plie

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T44 1/4 Turns	G50 Scissor Jumps	O68 Disco Move
F1 Chicken Jacks	I18 Flurry	T34 4 Point Star Hops	G48 Wounded Duck	O67 Touch 2 People in Blue
F12 Jogging Sky Rolls	I24 Step Touch	FREE	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I16 Bell Jumps	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O62 Funky Monkey

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F5 Row Twisters	I26 Pound the Ground	T43 Front Crawl Jog	G54 Jig Dance	O60 Plie
F7 Head-2-Toe Jumps	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O68 Disco Move
F11 Swinging Leg Lifts	I16 Bell Jumps	FREE	G48 Wounded Duck	O70 TV Converter Squat
F15 Plus Sign Jumps	I22 Rocking Horse	T37 High Jumper	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G50 Scissor Jumps	O71 Shimmy Shake

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G50 Scissor Jumps	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	T35 Speed Skater	G55 Airplane Arms	O60 Plie
F5 Row Twisters	I16 Bell Jumps	FREE	G49 Lollipop Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I26 Pound the Ground	T36 Squat & Kick	G45 Cross Crawl	O67 Touch 2 People in Blue
F6 Mountain Climbers	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O63 Sprinkler

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F6 Mountain Climbers	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O62 Funky Monkey
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O60 Plie
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F13 Raise the Roof	I24 Step Touch	T36 Squat & Kick	G49 Lollipop Jumps	O68 Disco Move

F	I	T	G	O
F14 V-Jumps	I21 Jumping Rope	T33 Skier Jumps	G52 Punch Up-Down & Jump	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I24 Step Touch	T44 1/4 Turns	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I19 Squat-Jumps	T42 Pogo	G50 Scissor Jumps	O67 Touch 2 People in Blue
F5 Row Twisters	I26 Pound the Ground	T37 High Jumper	G53 Back Crawl Jog	O70 TV Converter Squat

F	I	T	G	O
F9 Boxer Jog	I29 Flutter Kicks	T34 4 Point Star Hops	G54 Jig Dance	O68 Disco Move
F15 Plus Sign Jumps	I16 Bell Jumps	T44 1/4 Turns	G48 Wounded Duck	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	FREE	G45 Cross Crawl	O60 Plie
F13 Raise the Roof	I25 Pulling Weeds	T42 Pogo	G55 Airplane Arms	O63 Sprinkler
F7 Head-2-Toe Jumps	I20 Jump & Twist	T37 High Jumper	G49 Lollipop Jumps	O67 Touch 2 People in Blue

F	I	T	G	O
F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O62 Funky Monkey
F9 Boxer Jog	I29 Flutter Kicks	T33 Skier Jumps	G53 Back Crawl Jog	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	FREE	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I25 Pulling Weeds	T37 High Jumper	G50 Scissor Jumps	O60 Plie
F13 Raise the Roof	I20 Jump & Twist	T42 Pogo	G48 Wounded Duck	O68 Disco Move

F	I	T	G	O
F14 V-Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O68 Disco Move
F6 Mountain Climbers	I22 Rocking Horse	T42 Pogo	G45 Cross Crawl	O63 Sprinkler
F15 Plus Sign Jumps	I24 Step Touch	FREE	G52 Punch Up-Down & Jump	O62 Funky Monkey
F13 Raise the Roof	I29 Flutter Kicks	T33 Skier Jumps	G59 Sky Reach	O70 TV Converter Squat
F12 Jogging Sky Rolls	I20 Jump & Twist	T37 High Jumper	G50 Scissor Jumps	O60 Plie

F	I	T	G	O
F14 V-Jumps	I20 Jump & Twist	T36 Squat & Kick	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F12 Jogging Sky Rolls	I18 Flurry	T44 1/4 Turns	G48 Wounded Duck	O70 TV Converter Squat
F5 Row Twisters	I16 Bell Jumps	FREE	G54 Jig Dance	O65 Toe Touch
F7 Head-2-Toe Jumps	I21 Jumping Rope	T35 Speed Skater	G51 5 Dot Hops	O67 Touch 2 People in Blue
F13 Raise the Roof	I24 Step Touch	T38 Coffee Grinder	G59 Sky Reach	O63 Sprinkler

F	I	T	G	O
F1 Chicken Jacks	I24 Step Touch	T44 1/4 Turns	G45 Cross Crawl	O71 Shimmy Shake
F5 Row Twisters	I21 Jumping Rope	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I20 Jump & Twist	FREE	G51 5 Dot Hops	O64 Ophea Hand Jive
F6 Mountain Climbers	I19 Squat-Jumps	T37 High Jumper	G55 Airplane Arms	O65 Toe Touch
F15 Plus Sign Jumps	I22 Rocking Horse	T36 Squat & Kick	G53 Back Crawl Jog	O67 Touch 2 People in Blue

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F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I29 Flutter Kicks	T38 Coffee Grinder	G50 Scissor Jumps	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G48 Wounded Duck	O66 High Five 2 People
F7 Head-2-Toe Jumps	I20 Jump & Twist	T35 Speed Skater	G59 Sky Reach	O70 TV Converter Squat
F1 Chicken Jacks	I18 Flurry	T33 Skier Jumps	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue

F	I	T	G	O
F14 V-Jumps	I16 Bell Jumps	T35 Speed Skater	G50 Scissor Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I26 Pound the Ground	T44 1/4 Turns	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I19 Squat-Jumps	FREE	G48 Wounded Duck	O68 Disco Move
F11 Swinging Leg Lifts	I29 Flutter Kicks	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O60 Plie
F7 Head-2-Toe Jumps	I24 Step Touch	T33 Skier Jumps	G51 5 Dot Hops	O66 High Five 2 People

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F14 V-Jumps	I16 Bell Jumps	T34 4 Point Star Hops	G53 Back Crawl Jog	O67 Touch 2 People in Blue
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F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G49 Lollipop Jumps	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G54 Jig Dance	O60 Plie
F5 Row Twisters	I21 Jumping Rope	FREE	G52 Punch Up-Down & Jump	O63 Sprinkler
F12 Jogging Sky Rolls	I18 Flurry	T36 Squat & Kick	G59 Sky Reach	O65 Toe Touch
F6 Mountain Climbers	I26 Pound the Ground	T43 Front Crawl Jog	G50 Scissor Jumps	O67 Touch 2 People in Blue

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F13 Raise the Roof	I24 Step Touch	T34 4 Point Star Hops	G51 5 Dot Hops	O70 TV Converter Squat
F15 Plus Sign Jumps	I29 Flutter Kicks	T43 Front Crawl Jog	G53 Back Crawl Jog	O62 Funky Monkey
F14 V-Jumps	I18 Flurry	FREE	G54 Jig Dance	O60 Plie
F5 Row Twisters	I19 Squat-Jumps	T36 Squat & Kick	G55 Airplane Arms	O64 Ophea Hand Jive
F6 Mountain Climbers	I16 Bell Jumps	T33 Skier Jumps	G59 Sky Reach	O67 Touch 2 People in Blue

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F5 Row Twisters	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O66 High Five 2 People
F6 Mountain Climbers	I20 Jump & Twist	T42 Pogo	G55 Airplane Arms	O63 Sprinkler
F9 Boxer Jog	I16 Bell Jumps	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F1 Chicken Jacks	I25 Pulling Weeds	T34 4 Point Star Hops	G49 Lollipop Jumps	O62 Funky Monkey
F11 Swinging Leg Lifts	I26 Pound the Ground	T36 Squat & Kick	G50 Scissor Jumps	O71 Shimmy Shake

F	I	T	G	O
F12 Jogging Sky Rolls	I16 Bell Jumps	T42 Pogo	G49 Lollipop Jumps	O63 Sprinkler
F7 Head-2-Toe Jumps	I18 Flurry	T36 Squat & Kick	G52 Punch Up-Down & Jump	O68 Disco Move
F11 Swinging Leg Lifts	I19 Squat-Jumps	FREE	G55 Airplane Arms	O64 Ophea Hand Jive
F14 V-Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O67 Touch 2 People in Blue
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F13 Raise the Roof	I26 Pound the Ground	FREE	G59 Sky Reach	O66 High Five 2 People
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F9 Boxer Jog	I26 Pound the Ground	T44 1/4 Turns	G52 Punch Up-Down & Jump	O66 High Five 2 People
F13 Raise the Roof	I19 Squat-Jumps	T42 Pogo	G59 Sky Reach	O71 Shimmy Shake

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F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G59 Sky Reach	O63 Sprinkler
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F5 Row Twisters	I18 Flurry	FREE	G49 Lollipop Jumps	O60 Plie
F15 Plus Sign Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F13 Raise the Roof	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch
F1 Chicken Jacks	I18 Flurry	T44 1/4 Turns	G48 Wounded Duck	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I24 Step Touch	FREE	G50 Scissor Jumps	O67 Touch 2 People in Blue
F14 V-Jumps	I16 Bell Jumps	T36 Squat & Kick	G51 5 Dot Hops	O66 High Five 2 People
F5 Row Twisters	I20 Jump & Twist	T34 4 Point Star Hops	G54 Jig Dance	O60 Plie

F	I	T	G	O
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G51 5 Dot Hops	O67 Touch 2 People in Blue
F5 Row Twisters	I16 Bell Jumps	T34 4 Point Star Hops	G50 Scissor Jumps	O65 Toe Touch
F6 Mountain Climbers	I21 Jumping Rope	FREE	G48 Wounded Duck	O71 Shimmy Shake
F1 Chicken Jacks	I29 Flutter Kicks	T42 Pogo	G55 Airplane Arms	O70 TV Converter Squat
F12 Jogging Sky Rolls	I25 Pulling Weeds	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey

F	I	T	G	O
F13 Raise the Roof	I22 Rocking Horse	T35 Speed Skater	G54 Jig Dance	O70 TV Converter Squat
F11 Swinging Leg Lifts	I20 Jump & Twist	T43 Front Crawl Jog	G51 5 Dot Hops	O63 Sprinkler
F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G59 Sky Reach	O62 Funky Monkey
F12 Jogging Sky Rolls	I16 Bell Jumps	T36 Squat & Kick	G45 Cross Crawl	O68 Disco Move
F5 Row Twisters	I19 Squat-Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O60 Plie

F	I	T	G	O
F6 Mountain Climbers	I18 Flurry	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F1 Chicken Jacks	I26 Pound the Ground	T35 Speed Skater	G53 Back Crawl Jog	O63 Sprinkler
F14 V-Jumps	I20 Jump & Twist	FREE	G54 Jig Dance	O62 Funky Monkey
F11 Swinging Leg Lifts	I29 Flutter Kicks	T33 Skier Jumps	G48 Wounded Duck	O70 TV Converter Squat
F12 Jogging Sky Rolls	I22 Rocking Horse	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O71 Shimmy Shake

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T35 Speed Skater	G45 Cross Crawl	O70 TV Converter Squat
F1 Chicken Jacks	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F9 Boxer Jog	I29 Flutter Kicks	FREE	G51 5 Dot Hops	O62 Funky Monkey
F14 V-Jumps	I25 Pulling Weeds	T37 High Jumper	G54 Jig Dance	O63 Sprinkler
F11 Swinging Leg Lifts	I16 Bell Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O71 Shimmy Shake

F	I	T	G	O
F5 Row Twisters	I16 Bell Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G51 5 Dot Hops	O71 Shimmy Shake
F1 Chicken Jacks	I18 Flurry	FREE	G59 Sky Reach	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O67 Touch 2 People in Blue
F13 Raise the Roof	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O70 TV Converter Squat

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T37 High Jumper	G49 Lollipop Jumps	O63 Sprinkler
F13 Raise the Roof	I20 Jump & Twist	T35 Speed Skater	G45 Cross Crawl	O62 Funky Monkey
F5 Row Twisters	I26 Pound the Ground	FREE	G50 Scissor Jumps	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T44 1/4 Turns	G55 Airplane Arms	O60 Plie
F9 Boxer Jog	I24 Step Touch	T43 Front Crawl Jog	G51 5 Dot Hops	O66 High Five 2 People

F	I	T	G	O
F11 Swinging Leg Lifts	I18 Flurry	T35 Speed Skater	G53 Back Crawl Jog	O64 Ophea Hand Jive
F13 Raise the Roof	I20 Jump & Twist	T37 High Jumper	G49 Lollipop Jumps	O63 Sprinkler
F5 Row Twisters	I25 Pulling Weeds	FREE	G54 Jig Dance	O67 Touch 2 People in Blue
F14 V-Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O60 Plie
F15 Plus Sign Jumps	I29 Flutter Kicks	T36 Squat & Kick	G55 Airplane Arms	O66 High Five 2 People

F	I	T	G	O
F15 Plus Sign Jumps	I18 Flurry	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
F7 Head-2-Toe Jumps	I24 Step Touch	T42 Pogo	G52 Punch Up-Down & Jump	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	FREE	G45 Cross Crawl	O71 Shimmy Shake
F5 Row Twisters	I22 Rocking Horse	T43 Front Crawl Jog	G55 Airplane Arms	O63 Sprinkler
F6 Mountain Climbers	I20 Jump & Twist	T32 Sky-Jump-Hit the Deck	G48 Wounded Duck	O66 High Five 2 People

F	I	T	G	O
F13 Raise the Roof	I18 Flurry	T35 Speed Skater	G53 Back Crawl Jog	O66 High Five 2 People
F5 Row Twisters	I25 Pulling Weeds	T36 Squat & Kick	G48 Wounded Duck	O65 Toe Touch
F7 Head-2-Toe Jumps	I19 Squat-Jumps	FREE	G54 Jig Dance	O62 Funky Monkey
F14 V-Jumps	I16 Bell Jumps	T34 4 Point Star Hops	G51 5 Dot Hops	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I22 Rocking Horse	T33 Skier Jumps	G55 Airplane Arms	O71 Shimmy Shake

F	I	T	G	O
F9 Boxer Jog	I19 Squat-Jumps	T44 1/4 Turns	G50 Scissor Jumps	O71 Shimmy Shake
F13 Raise the Roof	I20 Jump & Twist	T33 Skier Jumps	G54 Jig Dance	O64 Ophea Hand Jive
F1 Chicken Jacks	I18 Flurry	FREE	G51 5 Dot Hops	O66 High Five 2 People
F12 Jogging Sky Rolls	I26 Pound the Ground	T42 Pogo	G52 Punch Up-Down & Jump	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O68 Disco Move

F	I	T	G	O
F13 Raise the Roof	I25 Pulling Weeds	T37 High Jumper	G52 Punch Up-Down & Jump	O60 Plie
F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G59 Sky Reach	O63 Sprinkler
F14 V-Jumps	I26 Pound the Ground	FREE	G48 Wounded Duck	O68 Disco Move
F9 Boxer Jog	I21 Jumping Rope	T44 1/4 Turns	G51 5 Dot Hops	O66 High Five 2 People
F1 Chicken Jacks	I24 Step Touch	T42 Pogo	G50 Scissor Jumps	O65 Toe Touch

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T44 1/4 Turns	G53 Back Crawl Jog	O62 Funky Monkey
F12 Jogging Sky Rolls	I22 Rocking Horse	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F1 Chicken Jacks	I20 Jump & Twist	FREE	G55 Airplane Arms	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	T38 Coffee Grinder	G59 Sky Reach	O63 Sprinkler
F5 Row Twisters	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O71 Shimmy Shake

F	I	T	G	O
F1 Chicken Jacks	I22 Rocking Horse	T43 Front Crawl Jog	G55 Airplane Arms	O71 Shimmy Shake
F13 Raise the Roof	I29 Flutter Kicks	T36 Squat & Kick	G52 Punch Up-Down & Jump	O60 Plie
F15 Plus Sign Jumps	I20 Jump & Twist	FREE	G48 Wounded Duck	O66 High Five 2 People
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T35 Speed Skater	G53 Back Crawl Jog	O62 Funky Monkey
F5 Row Twisters	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G50 Scissor Jumps	O68 Disco Move

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F15 Plus Sign Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G55 Airplane Arms	O71 Shimmy Shake
F11 Swinging Leg Lifts	I18 Flurry	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O63 Sprinkler
F9 Boxer Jog	I19 Squat-Jumps	FREE	G53 Back Crawl Jog	O65 Toe Touch
F6 Mountain Climbers	I16 Bell Jumps	T36 Squat & Kick	G54 Jig Dance	O67 Touch 2 People in Blue
F14 V-Jumps	I22 Rocking Horse	T42 Pogo	G52 Punch Up-Down & Jump	O62 Funky Monkey

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F11 Swinging Leg Lifts	I26 Pound the Ground	T33 Skier Jumps	G54 Jig Dance	O64 Ophea Hand Jive
F6 Mountain Climbers	I24 Step Touch	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O66 High Five 2 People
F9 Boxer Jog	I18 Flurry	FREE	G49 Lollipop Jumps	O62 Funky Monkey
F7 Head-2-Toe Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G50 Scissor Jumps	O60 Plie
F13 Raise the Roof	I16 Bell Jumps	T44 1/4 Turns	G59 Sky Reach	O70 TV Converter Squat

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F14 V-Jumps	I16 Bell Jumps	T38 Coffee Grinder	G48 Wounded Duck	O62 Funky Monkey
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F15 Plus Sign Jumps	I21 Jumping Rope	FREE	G55 Airplane Arms	O70 TV Converter Squat
F6 Mountain Climbers	I25 Pulling Weeds	T44 1/4 Turns	G45 Cross Crawl	O62 Funky Monkey
F7 Head-2-Toe Jumps	I18 Flurry	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O65 Toe Touch

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F14 V-Jumps	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch
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F12 Jogging Sky Rolls	I16 Bell Jumps	FREE	G50 Scissor Jumps	O60 Plie
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F12 Jogging Sky Rolls	I25 Pulling Weeds	T34 4 Point Star Hops	G51 5 Dot Hops	O66 High Five 2 People
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F1 Chicken Jacks	I16 Bell Jumps	T38 Coffee Grinder	G54 Jig Dance	O63 Sprinkler

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F11 Swinging Leg Lifts	I18 Flurry	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
F1 Chicken Jacks	I21 Jumping Rope	T38 Coffee Grinder	G54 Jig Dance	O60 Plie
F9 Boxer Jog	I22 Rocking Horse	FREE	G45 Cross Crawl	O71 Shimmy Shake
F14 V-Jumps	I19 Squat-Jumps	T37 High Jumper	G55 Airplane Arms	O67 Touch 2 People in Blue
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F12 Jogging Sky Rolls	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F11 Swinging Leg Lifts	I20 Jump & Twist	T33 Skier Jumps	G53 Back Crawl Jog	O62 Funky Monkey
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F5 Row Twisters	I19 Squat-Jumps	T37 High Jumper	G54 Jig Dance	O65 Toe Touch
F14 V-Jumps	I22 Rocking Horse	T38 Coffee Grinder	G48 Wounded Duck	O70 TV Converter Squat

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F5 Row Twisters	I19 Squat-Jumps	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F11 Swinging Leg Lifts	I22 Rocking Horse	T37 High Jumper	G49 Lollipop Jumps	O66 High Five 2 People
F1 Chicken Jacks	I18 Flurry	FREE	G51 5 Dot Hops	O62 Funky Monkey
F15 Plus Sign Jumps	I25 Pulling Weeds	T35 Speed Skater	G55 Airplane Arms	O71 Shimmy Shake
F7 Head-2-Toe Jumps	I21 Jumping Rope	T44 1/4 Turns	G53 Back Crawl Jog	O60 Plie

F	I	T	G	O
F7 Head-2-Toe Jumps	I19 Squat-Jumps	T42 Pogo	G50 Scissor Jumps	O68 Disco Move
F5 Row Twisters	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F14 V-Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O65 Toe Touch
F1 Chicken Jacks	I20 Jump & Twist	T36 Squat & Kick	G45 Cross Crawl	O62 Funky Monkey
F11 Swinging Leg Lifts	I18 Flurry	T37 High Jumper	G55 Airplane Arms	O71 Shimmy Shake

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F5 Row Twisters	I20 Jump & Twist	T34 4 Point Star Hops	G52 Punch Up-Down & Jump	O60 Plie
F14 V-Jumps	I25 Pulling Weeds	T36 Squat & Kick	G50 Scissor Jumps	O65 Toe Touch
F6 Mountain Climbers	I29 Flutter Kicks	FREE	G51 5 Dot Hops	O71 Shimmy Shake
F15 Plus Sign Jumps	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O62 Funky Monkey
F1 Chicken Jacks	I16 Bell Jumps	T35 Speed Skater	G54 Jig Dance	O66 High Five 2 People

F	I	T	G	O
F15 Plus Sign Jumps	I21 Jumping Rope	T42 Pogo	G49 Lollipop Jumps	O68 Disco Move
F13 Raise the Roof	I20 Jump & Twist	T33 Skier Jumps	G54 Jig Dance	O62 Funky Monkey
F9 Boxer Jog	I22 Rocking Horse	FREE	G52 Punch Up-Down & Jump	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I26 Pound the Ground	T43 Front Crawl Jog	G50 Scissor Jumps	O63 Sprinkler
F14 V-Jumps	I18 Flurry	T38 Coffee Grinder	G48 Wounded Duck	O60 Plie

F	I	T	G	O
F7 Head-2-Toe Jumps	I26 Pound the Ground	T43 Front Crawl Jog	G55 Airplane Arms	O68 Disco Move
F11 Swinging Leg Lifts	I22 Rocking Horse	T42 Pogo	G59 Sky Reach	O66 High Five 2 People
F5 Row Twisters	I20 Jump & Twist	FREE	G45 Cross Crawl	O63 Sprinkler
F13 Raise the Roof	I21 Jumping Rope	T37 High Jumper	G48 Wounded Duck	O62 Funky Monkey
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G54 Jig Dance	O67 Touch 2 People in Blue

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F1 Chicken Jacks	I18 Flurry	T33 Skier Jumps	G52 Punch Up-Down & Jump	O65 Toe Touch
F6 Mountain Climbers	I26 Pound the Ground	T36 Squat & Kick	G50 Scissor Jumps	O70 TV Converter Squat
F9 Boxer Jog	I16 Bell Jumps	FREE	G53 Back Crawl Jog	O66 High Five 2 People
F7 Head-2-Toe Jumps	I25 Pulling Weeds	T34 4 Point Star Hops	G59 Sky Reach	O63 Sprinkler
F11 Swinging Leg Lifts	I24 Step Touch	T35 Speed Skater	G48 Wounded Duck	O68 Disco Move

F	I	T	G	O
F15 Plus Sign Jumps	I25 Pulling Weeds	T44 1/4 Turns	G54 Jig Dance	O68 Disco Move
F1 Chicken Jacks	I24 Step Touch	T36 Squat & Kick	G50 Scissor Jumps	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I18 Flurry	FREE	G49 Lollipop Jumps	O63 Sprinkler
F12 Jogging Sky Rolls	I20 Jump & Twist	T34 4 Point Star Hops	G53 Back Crawl Jog	O60 Plie
F14 V-Jumps	I19 Squat-Jumps	T33 Skier Jumps	G59 Sky Reach	O62 Funky Monkey

F	I	T	G	O
F1 Chicken Jacks	I25 Pulling Weeds	T33 Skier Jumps	G54 Jig Dance	O62 Funky Monkey
F15 Plus Sign Jumps	I19 Squat-Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F14 V-Jumps	I26 Pound the Ground	FREE	G50 Scissor Jumps	O65 Toe Touch
F6 Mountain Climbers	I18 Flurry	T34 4 Point Star Hops	G49 Lollipop Jumps	O68 Disco Move
F9 Boxer Jog	I21 Jumping Rope	T36 Squat & Kick	G55 Airplane Arms	O63 Sprinkler

F	I	T	G	O
F7 Head-2-Toe Jumps	I24 Step Touch	T44 1/4 Turns	G51 5 Dot Hops	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I26 Pound the Ground	T37 High Jumper	G55 Airplane Arms	O66 High Five 2 People
F15 Plus Sign Jumps	I16 Bell Jumps	FREE	G54 Jig Dance	O70 TV Converter Squat
F12 Jogging Sky Rolls	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O68 Disco Move
F1 Chicken Jacks	I18 Flurry	T43 Front Crawl Jog	G49 Lollipop Jumps	O71 Shimmy Shake

F	I	T	G	O
F14 V-Jumps	I29 Flutter Kicks	T36 Squat & Kick	G59 Sky Reach	O65 Toe Touch
F1 Chicken Jacks	I25 Pulling Weeds	T34 4 Point Star Hops	G55 Airplane Arms	O66 High Five 2 People
F13 Raise the Roof	I22 Rocking Horse	FREE	G54 Jig Dance	O60 Plie
F6 Mountain Climbers	I21 Jumping Rope	T42 Pogo	G53 Back Crawl Jog	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I26 Pound the Ground	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O63 Sprinkler

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F1 Chicken Jacks	I24 Step Touch	T44 1/4 Turns	G45 Cross Crawl	O65 Toe Touch
F14 V-Jumps	I29 Flutter Kicks	T36 Squat & Kick	G51 5 Dot Hops	O71 Shimmy Shake
F15 Plus Sign Jumps	I18 Flurry	FREE	G53 Back Crawl Jog	O63 Sprinkler
F9 Boxer Jog	I16 Bell Jumps	T43 Front Crawl Jog	G54 Jig Dance	O68 Disco Move
F6 Mountain Climbers	I21 Jumping Rope	T32 Sky-Jump-Hit the Deck	G52 Punch Up-Down & Jump	O66 High Five 2 People

F	I	T	G	O
F11 Swinging Leg Lifts	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G55 Airplane Arms	O65 Toe Touch
F5 Row Twisters	I19 Squat-Jumps	T35 Speed Skater	G54 Jig Dance	O60 Plie
F6 Mountain Climbers	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O67 Touch 2 People in Blue
F15 Plus Sign Jumps	I21 Jumping Rope	T37 High Jumper	G53 Back Crawl Jog	O62 Funky Monkey
F1 Chicken Jacks	I20 Jump & Twist	T36 Squat & Kick	G59 Sky Reach	O68 Disco Move

F	I	T	G	O
F1 Chicken Jacks	I24 Step Touch	T38 Coffee Grinder	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F11 Swinging Leg Lifts	I18 Flurry	FREE	G50 Scissor Jumps	O65 Toe Touch
F7 Head-2-Toe Jumps	I26 Pound the Ground	T34 4 Point Star Hops	G48 Wounded Duck	O70 TV Converter Squat
F15 Plus Sign Jumps	I21 Jumping Rope	T44 1/4 Turns	G51 5 Dot Hops	O62 Funky Monkey

F	I	T	G	O
F13 Raise the Roof	I22 Rocking Horse	T37 High Jumper	G55 Airplane Arms	O60 Plie
F7 Head-2-Toe Jumps	I18 Flurry	T44 1/4 Turns	G59 Sky Reach	O67 Touch 2 People in Blue
F5 Row Twisters	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O70 TV Converter Squat
F6 Mountain Climbers	I19 Squat-Jumps	T38 Coffee Grinder	G49 Lollipop Jumps	O64 Ophea Hand Jive
F9 Boxer Jog	I25 Pulling Weeds	T43 Front Crawl Jog	G50 Scissor Jumps	O71 Shimmy Shake

F	I	T	G	O
F14 V-Jumps	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F7 Head-2-Toe Jumps	I16 Bell Jumps	T36 Squat & Kick	G48 Wounded Duck	O68 Disco Move
F13 Raise the Roof	I20 Jump & Twist	FREE	G50 Scissor Jumps	O66 High Five 2 People
F5 Row Twisters	I26 Pound the Ground	T35 Speed Skater	G51 5 Dot Hops	O62 Funky Monkey
F6 Mountain Climbers	I22 Rocking Horse	T38 Coffee Grinder	G54 Jig Dance	O67 Touch 2 People in Blue

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F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G55 Airplane Arms	O63 Sprinkler
F12 Jogging Sky Rolls	I21 Jumping Rope	FREE	G45 Cross Crawl	O66 High Five 2 People
F7 Head-2-Toe Jumps	I16 Bell Jumps	T43 Front Crawl Jog	G51 5 Dot Hops	O60 Plie
F6 Mountain Climbers	I26 Pound the Ground	T36 Squat & Kick	G54 Jig Dance	O70 TV Converter Squat

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F6 Mountain Climbers	I21 Jumping Rope	T37 High Jumper	G53 Back Crawl Jog	O66 High Five 2 People
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F1 Chicken Jacks	I20 Jump & Twist	FREE	G59 Sky Reach	O60 Plie
F15 Plus Sign Jumps	I24 Step Touch	T38 Coffee Grinder	G50 Scissor Jumps	O71 Shimmy Shake
F12 Jogging Sky Rolls	I22 Rocking Horse	T34 4 Point Star Hops	G51 5 Dot Hops	O68 Disco Move

F	I	T	G	O
F13 Raise the Roof	I16 Bell Jumps	T43 Front Crawl Jog	G45 Cross Crawl	O63 Sprinkler
F12 Jogging Sky Rolls	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O65 Toe Touch
F9 Boxer Jog	I18 Flurry	FREE	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F6 Mountain Climbers	I20 Jump & Twist	T44 1/4 Turns	G52 Punch Up-Down & Jump	O62 Funky Monkey
F11 Swinging Leg Lifts	I19 Squat-Jumps	T42 Pogo	G53 Back Crawl Jog	O68 Disco Move

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F12 Jogging Sky Rolls	I21 Jumping Rope	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F15 Plus Sign Jumps	I25 Pulling Weeds	T36 Squat & Kick	G52 Punch Up-Down & Jump	O71 Shimmy Shake
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F5 Row Twisters	I18 Flurry	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive
F6 Mountain Climbers	I19 Squat-Jumps	T43 Front Crawl Jog	G55 Airplane Arms	O62 Funky Monkey

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F15 Plus Sign Jumps	I29 Flutter Kicks	FREE	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I22 Rocking Horse	T34 4 Point Star Hops	G49 Lollipop Jumps	O63 Sprinkler
F6 Mountain Climbers	I16 Bell Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O68 Disco Move

F	I	T	G	O
F12 Jogging Sky Rolls	I20 Jump & Twist	T34 4 Point Star Hops	G54 Jig Dance	O63 Sprinkler
F9 Boxer Jog	I26 Pound the Ground	T42 Pogo	G49 Lollipop Jumps	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I16 Bell Jumps	FREE	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I24 Step Touch	T43 Front Crawl Jog	G52 Punch Up-Down & Jump	O60 Plie
F14 V-Jumps	I21 Jumping Rope	T33 Skier Jumps	G51 5 Dot Hops	O65 Toe Touch

F	I	T	G	O
F9 Boxer Jog	I20 Jump & Twist	T44 1/4 Turns	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F1 Chicken Jacks	I18 Flurry	T37 High Jumper	G59 Sky Reach	O71 Shimmy Shake
F13 Raise the Roof	I21 Jumping Rope	FREE	G48 Wounded Duck	O62 Funky Monkey
F6 Mountain Climbers	I25 Pulling Weeds	T33 Skier Jumps	G51 5 Dot Hops	O64 Ophea Hand Jive
F14 V-Jumps	I19 Squat-Jumps	T34 4 Point Star Hops	G49 Lollipop Jumps	O65 Toe Touch

F	I	T	G	O
F7 Head-2-Toe Jumps	I26 Pound the Ground	T42 Pogo	G48 Wounded Duck	O60 Plie
F5 Row Twisters	I25 Pulling Weeds	T38 Coffee Grinder	G51 5 Dot Hops	O70 TV Converter Squat
F12 Jogging Sky Rolls	I22 Rocking Horse	FREE	G55 Airplane Arms	O65 Toe Touch
F9 Boxer Jog	I29 Flutter Kicks	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F6 Mountain Climbers	I21 Jumping Rope	T33 Skier Jumps	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I26 Pound the Ground	T38 Coffee Grinder	G59 Sky Reach	O65 Toe Touch
F15 Plus Sign Jumps	I19 Squat-Jumps	T35 Speed Skater	G50 Scissor Jumps	O64 Ophea Hand Jive
F1 Chicken Jacks	I20 Jump & Twist	FREE	G49 Lollipop Jumps	O68 Disco Move
F12 Jogging Sky Rolls	I24 Step Touch	T32 Sky-Jump-Hit the Deck	G53 Back Crawl Jog	O67 Touch 2 People in Blue
F14 V-Jumps	I18 Flurry	T34 4 Point Star Hops	G45 Cross Crawl	O60 Plie

F	I	T	G	O
F9 Boxer Jog	I22 Rocking Horse	T33 Skier Jumps	G48 Wounded Duck	O62 Funky Monkey
F12 Jogging Sky Rolls	I18 Flurry	T32 Sky-Jump-Hit the Deck	G59 Sky Reach	O66 High Five 2 People
F14 V-Jumps	I25 Pulling Weeds	FREE	G51 5 Dot Hops	O63 Sprinkler
F6 Mountain Climbers	I21 Jumping Rope	T37 High Jumper	G54 Jig Dance	O67 Touch 2 People in Blue
F11 Swinging Leg Lifts	I19 Squat-Jumps	T43 Front Crawl Jog	G53 Back Crawl Jog	O68 Disco Move

F	I	T	G	O
F6 Mountain Climbers	I25 Pulling Weeds	T32 Sky-Jump-Hit the Deck	G54 Jig Dance	O67 Touch 2 People in Blue
F7 Head-2-Toe Jumps	I24 Step Touch	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F14 V-Jumps	I29 Flutter Kicks	FREE	G50 Scissor Jumps	O65 Toe Touch
F12 Jogging Sky Rolls	I18 Flurry	T43 Front Crawl Jog	G45 Cross Crawl	O60 Plie
F9 Boxer Jog	I20 Jump & Twist	T42 Pogo	G51 5 Dot Hops	O64 Ophea Hand Jive

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T33 Skier Jumps	G51 5 Dot Hops	O67 Touch 2 People in Blue
F14 V-Jumps	I29 Flutter Kicks	T38 Coffee Grinder	G54 Jig Dance	O71 Shimmy Shake
F1 Chicken Jacks	I26 Pound the Ground	FREE	G53 Back Crawl Jog	O62 Funky Monkey
F13 Raise the Roof	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O66 High Five 2 People
F5 Row Twisters	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O65 Toe Touch

F	I	T	G	O
F5 Row Twisters	I22 Rocking Horse	T35 Speed Skater	G54 Jig Dance	O66 High Five 2 People
F15 Plus Sign Jumps	I19 Squat-Jumps	T33 Skier Jumps	G53 Back Crawl Jog	O60 Plie
F9 Boxer Jog	I18 Flurry	FREE	G52 Punch Up-Down & Jump	O63 Sprinkler
F14 V-Jumps	I25 Pulling Weeds	T42 Pogo	G45 Cross Crawl	O64 Ophea Hand Jive
F11 Swinging Leg Lifts	I21 Jumping Rope	T34 4 Point Star Hops	G50 Scissor Jumps	O62 Funky Monkey

F	I	T	G	O
F11 Swinging Leg Lifts	I19 Squat-Jumps	T32 Sky-Jump-Hit the Deck	G45 Cross Crawl	O64 Ophea Hand Jive
F9 Boxer Jog	I22 Rocking Horse	T42 Pogo	G55 Airplane Arms	O66 High Five 2 People
F15 Plus Sign Jumps	I26 Pound the Ground	FREE	G49 Lollipop Jumps	O68 Disco Move
F1 Chicken Jacks	I24 Step Touch	T37 High Jumper	G59 Sky Reach	O70 TV Converter Squat
F6 Mountain Climbers	I18 Flurry	T34 4 Point Star Hops	G53 Back Crawl Jog	O65 Toe Touch

F	I	T	G	O
F5 Row Twisters	I29 Flutter Kicks	T35 Speed Skater	G51 5 Dot Hops	O70 TV Converter Squat
F7 Head-2-Toe Jumps	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O68 Disco Move
F6 Mountain Climbers	I19 Squat-Jumps	FREE	G54 Jig Dance	O66 High Five 2 People
F12 Jogging Sky Rolls	I22 Rocking Horse	T44 1/4 Turns	G55 Airplane Arms	O64 Ophea Hand Jive
F15 Plus Sign Jumps	I20 Jump & Twist	T36 Squat & Kick	G45 Cross Crawl	O67 Touch 2 People in Blue

F	I	T	G	O
F6 Mountain Climbers	I21 Jumping Rope	T35 Speed Skater	G50 Scissor Jumps	O65 Toe Touch
F5 Row Twisters	I16 Bell Jumps	T38 Coffee Grinder	G52 Punch Up-Down & Jump	O70 TV Converter Squat
F14 V-Jumps	I25 Pulling Weeds	FREE	G49 Lollipop Jumps	O62 Funky Monkey
F7 Head-2-Toe Jumps	I20 Jump & Twist	T36 Squat & Kick	G51 5 Dot Hops	O60 Plie
F11 Swinging Leg Lifts	I18 Flurry	T34 4 Point Star Hops	G59 Sky Reach	O71 Shimmy Shake