

*Housekeeping On A Dime**

Skater's Lunge with Circle Arms

Side Bends with Mini-Squats

Pull Back Arms and Buttocks

Backwards Lunge

2 Side Steps and Slam Door

Windmill

Pretend Skipping Rope

Straight Leg Kicks

Backward Kicks with Side Punches

Lateral Leg Lifts

Hamstring Curls and Arm Pull Down

Knee Drives

Knee Lifts and Raise Arms (Bird)

* Most exercises designed by Lucy Wyndam-Read

