


Moving by number 123

1
1.



Star jump **10x**
10 times

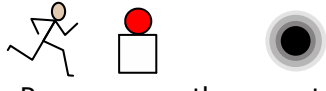
2
2.



Touch your toes

5x
5 times

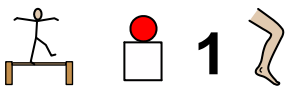
3
3.



Run on the spot

20
for 20 seconds


4
4.



Balance on 1 leg for

5
5 seconds.

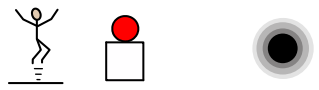
5
5.



Tap your head

7x
7 times


6
6.



Jump on the spot for


10
10 seconds

7
7.



Turn around **3x**
3 times


8
8.



Skip for **15**
15

seconds

9
9.



Touch your knees **15**
15

X
times