

RED	1	2	BLUE
8	Stretch arms to the ceiling	March on the spot 10 times	3
10 squats	10 heel raises	10 Side Bends	4
7	Walk toe to heel 10 steps	Rotate your hips 5 each side	5
YELLOW	6	5	GREEN
10 heel raises	Stand on one leg for as long as you can	10 Side Bends	6