

Special Pops Tennis ® - Exercise Photo Board (Use With Group Warm Up Activity)



Jumping Jacks



touch toes



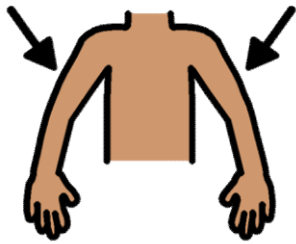
windmill



arm stretch



back leg kicks



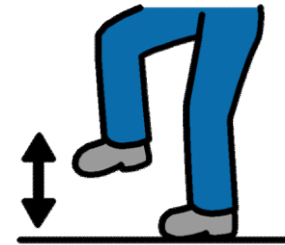
arm circles  
forward/backward



elbow stretch



knee bend



knee up/march in  
place



side stretch/bend



hop in place



ball toss



flap arms



wiggle hips



forward kick