



How many Exercises?

a *Stickfiggy* activity page

by Jane Marshall

example

down!

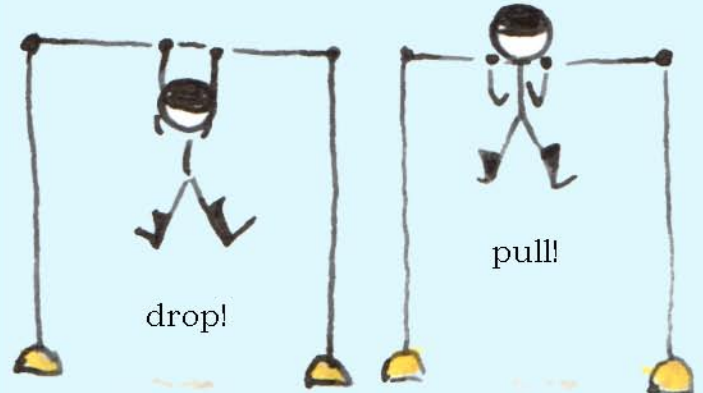


up!

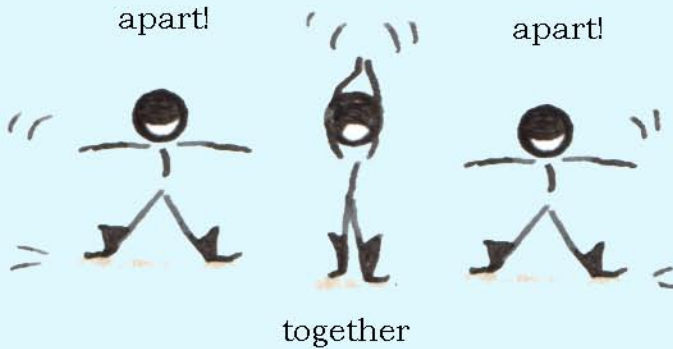


situps

14



pullups



jumping jacks



pedal! pedal! up! down!

minutes on the exercise bike



karate kicks



Make a report! Circle one and tell him what he could try to do better next time.

ok

great!

poorly