

PA & Multiplication

1. Do 2x3 jumping jacks
2. Do 4x2 jump and twist
3. Do 3x3 toe touches
4. Do 5x1 cross knee touches
5. Do 4x4 single knee raises
6. Do 2x10 seconds of marching
7. Do 5x5 seconds of wall sits
8. Do 7x2 wall push ups
9. Do 1x8 side stretches
10. Do 2x6 lunges

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