

PRESCHOOL-K EXERCISE CHART

Day by day our muscles play
 We squat, we stretch, we laugh, we dance
 Just listen to what our muscles say
 Every time they get the chance!

*Fun Body
 WorkOuts
 with Neve!*



squatting-digging muscles



upside down muscles



stretching muscles



standing muscles



dance muscles



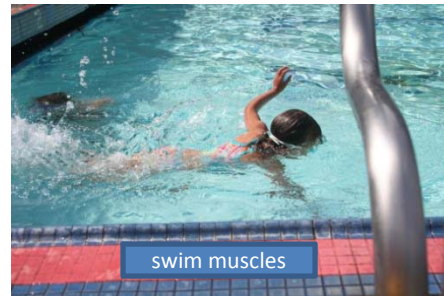
best friend muscles



sitting muscles



climbing muscles



swim muscles



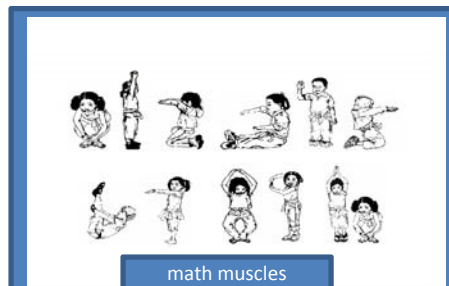
silly muscles



fun muscles



swing muscles



math muscles

Have fun !
 From Neve
 and her
 USA friends