

Get Moving Twists™

Name _____



WINDMILL



CURL



BUTTERFLY



MOUNTAIN CLIMB



BIRD



TOE TOUCH



TWIST



KICK



MARCH



SIDE STRETCH



SQUAT



HEAD ROLL



JUMP



SKIER



SOLDIER



HEAD SIDE TO SIDE



SIDE-BEND



PICKING APPLES



PUSH-UP



FALLING LEAVES



CHAIR SIT



HOP ON ONE FOOT



SIT-UP



SIT AND STRETCH



LEG LIFT



LUNGE



DONKEY KICK



ARM PEDAL



ELEPHANT



REACH