

**ABC For**

**Cards DPA**

**With special thanks from: Julie Anderson, Beth  
Briginshaw, and Heather Sears**

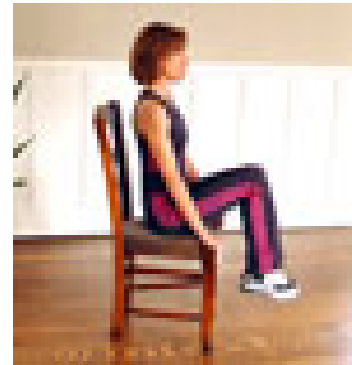
# A

**Alternate  
Knee Lifts 10x**



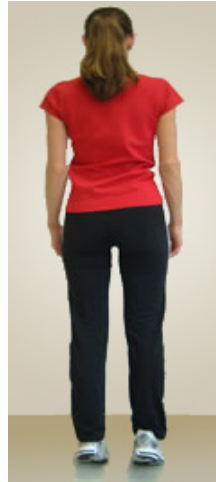
# B

**Bicycle Pumps  
on a chair 10x**



# C

**Calf Lifts 10x**



# D

**Dips 10x**



# E

**Energizer  
Bunny Hops**

**10x**



# F

**Favourite Free  
Dance**



# G

**Gluteal Kicks**

**10x**



# H

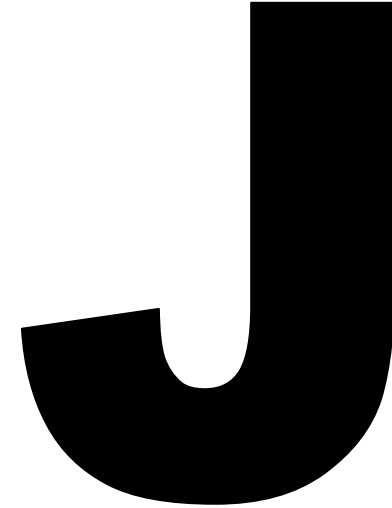
**Hop on each**

**foot 10x**





**Intense March  
on the Spot**



**Jumping  
Jacks**



# K

**Kick heels  
together 10x**



# L

**Lunges each  
leg 10x**



# M

**Mountain  
climbers 10x**



# N

**Note your  
heart rate**





# O

## Ophea Hand Jive

### HAND JIVE



lap, lap



clap, clap



scissor, scissor

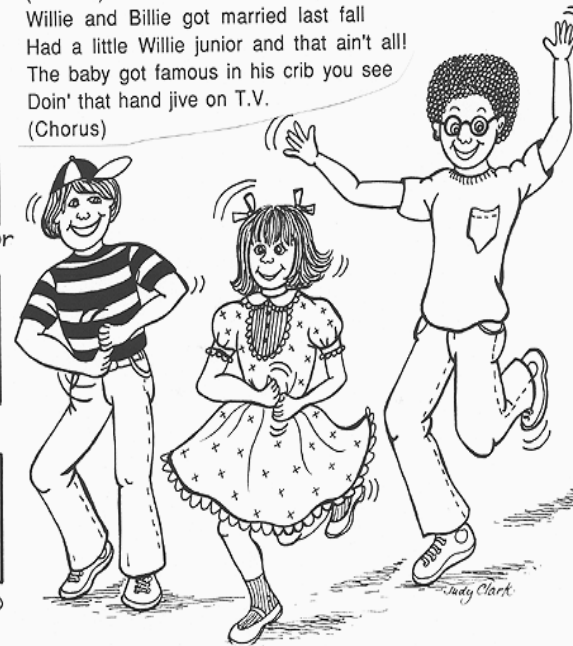


fist, fist



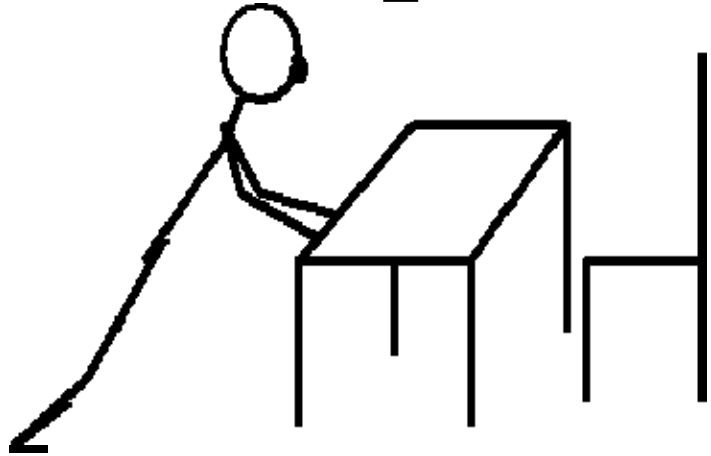
thumb, thumb

I know a cat named Way-Out-Willie  
Got a cool little friend named rockin' Billie  
She's a walkin' talkin' Susie Q  
She does that crazy hand jive too  
Hand jive; Hand jive' Hand jive,  
Doin' that crazy hand jive!  
Doctor and lawyer and Indian chief  
Now they all dig that crazy beat  
Way-Out-Willie give 'em all a treat  
When he did that hand jive with his feet  
(Chorus)  
Willie and Billie got married last fall  
Had a little Willie junior and that ain't all!  
The baby got famous in his crib you see  
Doin' that hand jive on T.V.  
(Chorus)



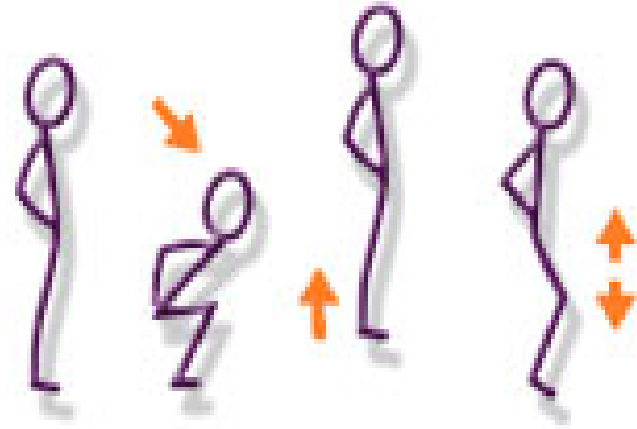
# P

**Push Ups 10x**



# Q

**sQuats 10x**



# R

**Run on the  
spot 20 sec.**



# S

**Skip on the  
spot 20 sec.**



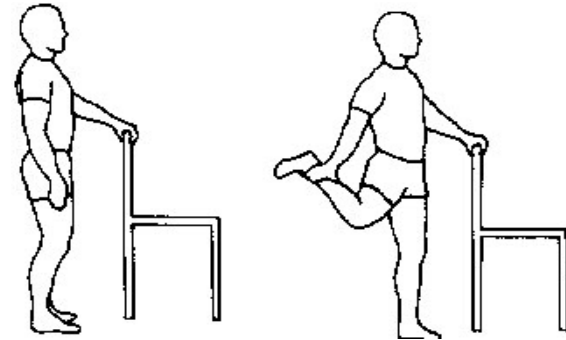
# T

**TaeBo kicks  
10x each leg**



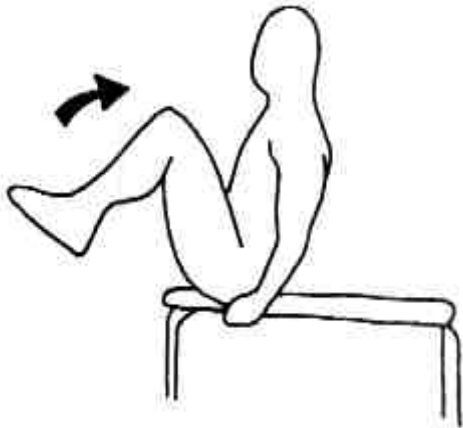
# U

**YOU stretch it  
out!**



# V

**V-sit for 20 sec.**



# W

**Walk a circle**



# X

**10 X across  
elbow to knee**



# Y

**Yawn for  
oxygen**



# Z

**Zig-Zag  
Jumps 10x**

