

# Daily Preschool Fitness Challenge

*How many can you do in 60 seconds?*

- ☀️ Tuck jumps
- ☀️ Jumping jacks
- ☀️ Crab walks
- ☀️ Knee scales
- ☀️ Donkey kicks
- ☀️ Snake jumps
- ☀️ Forward kicks
- ☀️ Backward kicks
- ☀️ Releve steps
- ☀️ Flamingos

