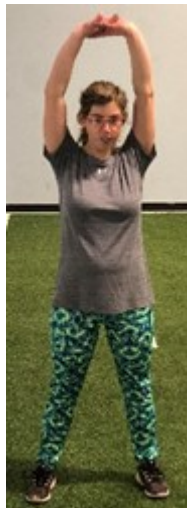




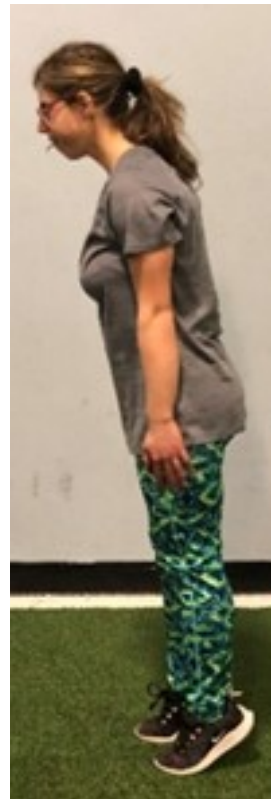
***Special
Olympics
Colorado***

**CARDIO
TRAINING
CARDS**

JUMPING JACKS



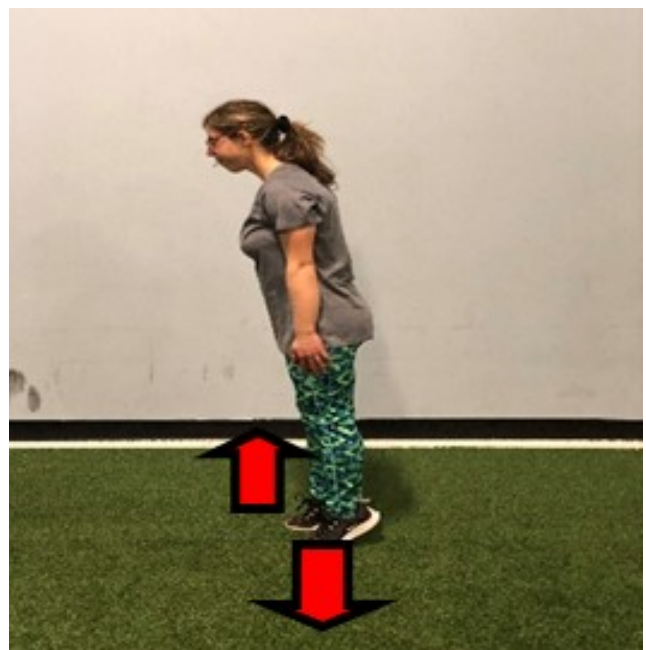
DOUBLE LEG HOPS



SINGLE LEG HOPS



SIDE TO SIDE HOPS



FORWARD AND BACKWARD HOPS



SQUAT JUMPS



BROAD JUMPS



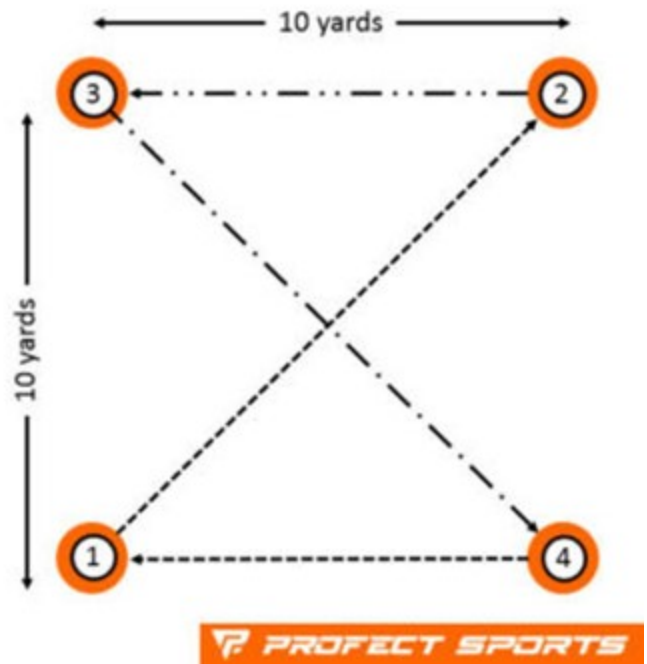
HIGH KNEES



BUTT KICKS



X DRILL



SQUARE DRILL

