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| Side Steps | Side Steps | Skipping | Skipping | Cross Overs | Cross Overs |
| 2-Foot Jumps | 2-foot Jumps | High Knees | High Knees | Leg Flicks | Leg Flicks |
| Diagonal Steps | Diagonal Steps | Backwards Jogging | Backwards Jogging | Side Jumping | Side Jumping |
| Backwards Jumping | Backwards Jumping | 180degree Spin Jumps | 180degree Spin Jumps | Backwards Skipping | Backwards Skipping |
| Hopping | Hopping | Forward Lunges | Forward Lunges | Spinning Arm Circles | Spinning Arm Circles |
| Backward Lunges | Backward Lunges | Speed Walk | Speed Walk | Walking Claps | Walking Claps |