



Get up and Get Moving The Phineas and Ferb Workout!!

Watch an episode and when you hear the trigger
catch phrases **GET MOVING!!!**

Hey, Where's Perry?

Whatcha Doin'?

TRI-State Area!!

Mom!

You Guys Are So Busted!!!

Good Morning Agent P

Ferb, I know what we're going to do today!

Curse You Perry the Platypus

See What?

If Ferb Talks

5 Jumping Jacks

5 Criss Crosses

Summersault

Run in Place 5 counts

2 Push ups

Jump in Place 5 counts

2 Sit Ups

5 Twisting Toe Touches

Bottom Kicks 5 counts

Hop on 1 Foot 5 Counts

Have Fun & Keep Moving!!!