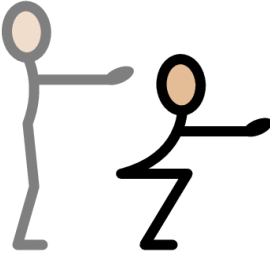
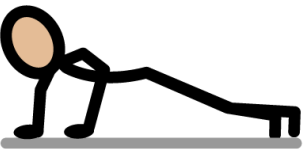
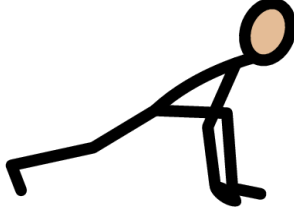
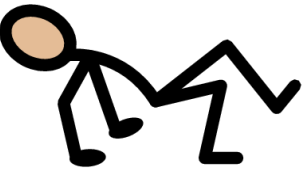
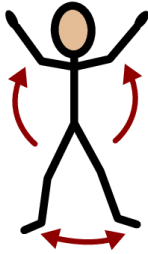
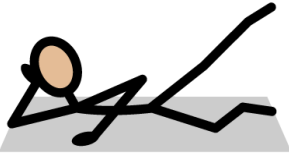


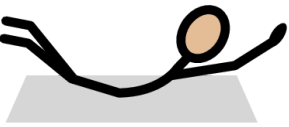
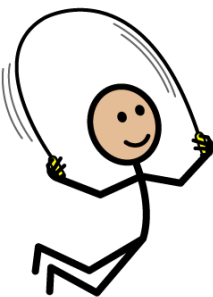



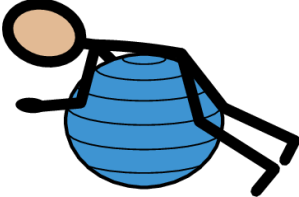
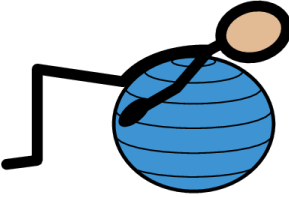
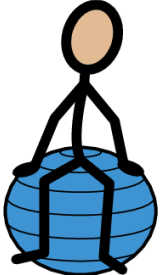
# WHOLE BODY WORKOUT

	EXERCISE	HOW MANY?	DONE
1	Squats 	10	
2	Push-ups 	8	
3	Lunges 	20	
4	Crab Kicks 	10	
5	Jumping Jacks 	20	

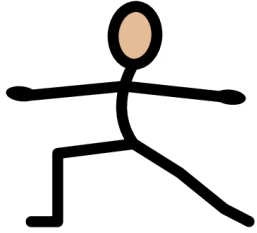

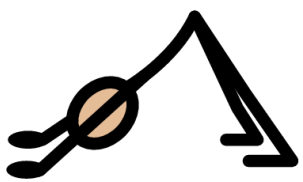
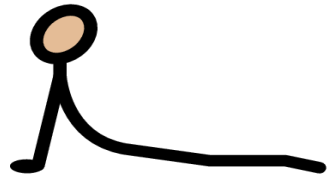

# CORE WORKOUT

	EXERCISE	HOW MANY?	DONE
1	Side Leg Lifts 	10 each leg	
2	Flutter Kicks 	20	
3	Curl-ups 	10	
4	Superman Stretch 	10	
5	JUMP ROPE 	25	

# STABILITY BALL WORKOUT

	EXERCISE	HOW MANY?	DONE
1	Lift Body 	10	
2	Roll Forward 	12	
3	Sit Up 	10	
4	Bounce 	20	

# YOGA WORKOUT

	EXERCISE	HOW LONG?	DONE
1	Warrior Pose 	secs	
2	Tree Pose 	secs	
3	Downward Dog Pose 	secs	
4	Cobra Pose 	secs	
5	Child Pose 	secs	