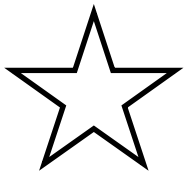
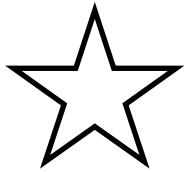


muscle
MONDAY



25 Sit Ups



20 Push Ups



20 Squat Jumps



20 Hollow Body Rock



25 Toe Rises

110%

All Day Every Day!



technique
TUESDAY

☆ **25 second Airplane Arms**

☆ **20 second Releve' Hold**

☆ **20 second Candle Stick**

☆ **20 second Flamingo Hold**

☆ **25 second Knee Scale**

110%

All Day Every Day!



workout
WEDNESDAY

☆ **25 Jumping Jacks**

☆ **20 Mountain Climbers**

☆ **20 Frog Jumps**

☆ **20 Starbursts**

☆ **25 Pogo Jumps**

110%

All Day Every Day!



throwdown
THURSDAY

☆ **25 second Wall Sit**

☆ **20 second Push Up Hold**

☆ **20 second Kicks in Front**

☆ **20 seconds Burpees**

☆ **25 second Run in Place**

110%

All Day Every Day!



flexibility

FRIDAY

Warm up your muscles before stretching.

Start with 20 jumping jacks, running in place for 60 seconds and 10 jumps.

☆ **25 second Straddle Stretches**

☆ **20 second Pike Stretches**

☆ **20 second Shoulder Stretches**

☆ **20 seconds Split Stretches**

☆ **25 second Splits each way**

110%

All Day Every Day!