

MY MISSING LETTER

a, b, c



7 JUMPING JACKS

d, e, f



7 SQUATS

g, h, i



JOG 3 LAPS

j, k, l



25 WINDMILLS

m, n, o, p



7 PUSH-UPS

q, r, s



25 LEG LIFTS
EACH LEG

t, u, v



20 SECOND
STRETCH BOTH
LEGS

w, x, y, z



30 SECOND
PLANK



_at



b__ll



hoo__



__all



__love



b__tter



whist__e



drib__le

PATTERN FITNESS 1.0

Directions: Complete the pattern by performing the exercise that is missing in each row and labeled with the "?".



25
WINDMILLS



JOG
2 LAPS



30 SECOND
STRETCH



25 JUMPING
JACKS



15 SQUATS



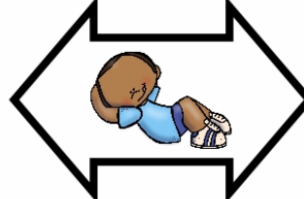
15 SECOND
LEG STRETCH



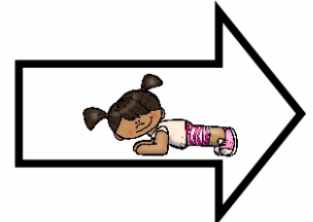
10 PUSH-UPS



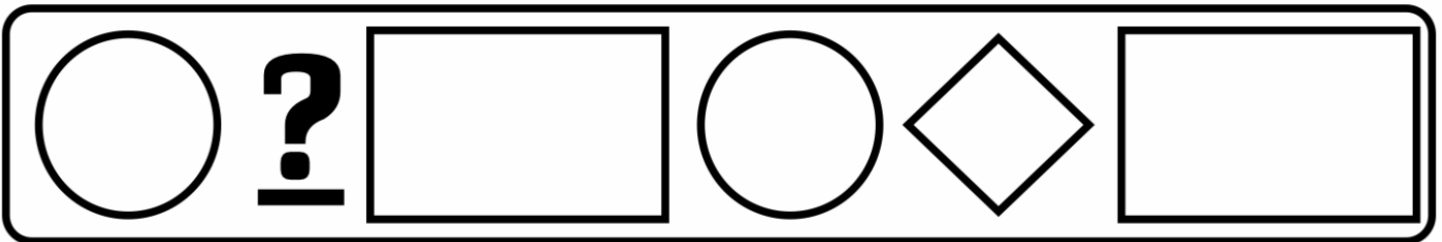
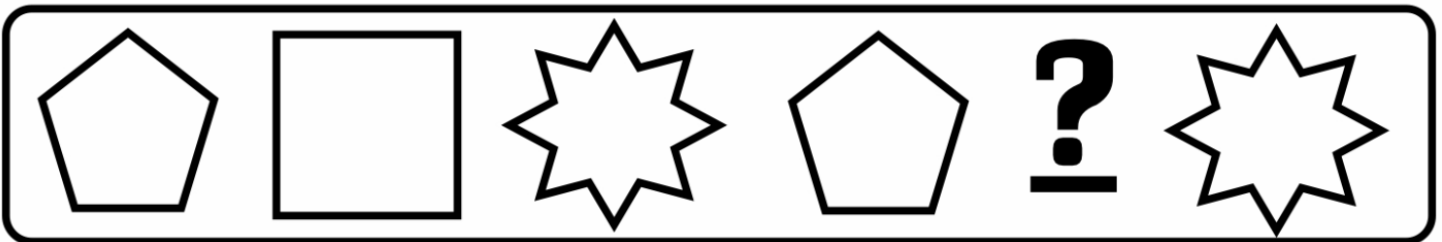
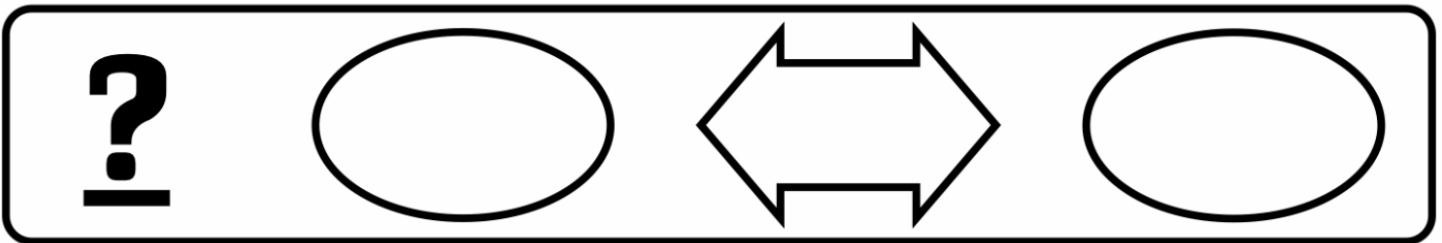
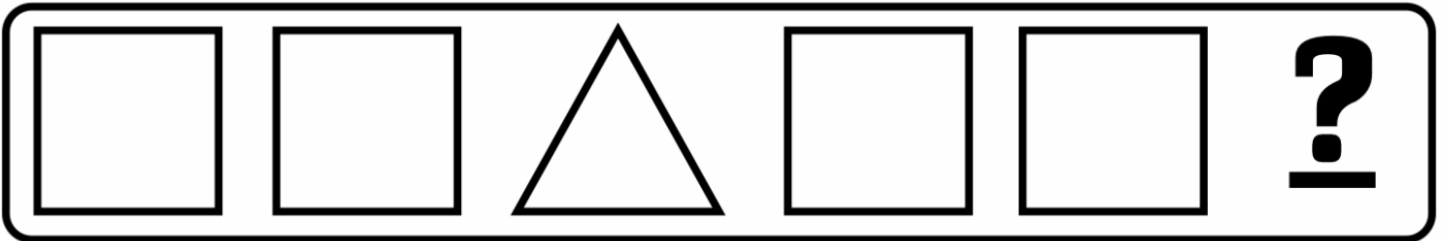
15 SECOND
LEG STRETCH



10 SIT-UPS














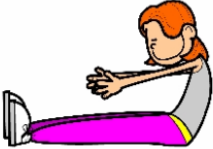












30 SECOND
PLANK



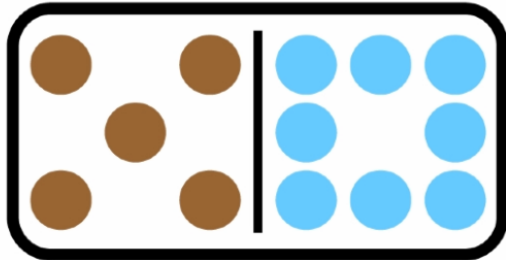
PATTERN FITNESS 2.0

DIRECTIONS: COMPLETE THE PATTERN BY PERFORMING ONLY THE EXERCISES THAT ARE MISSING AND MARKED WITH A "?".

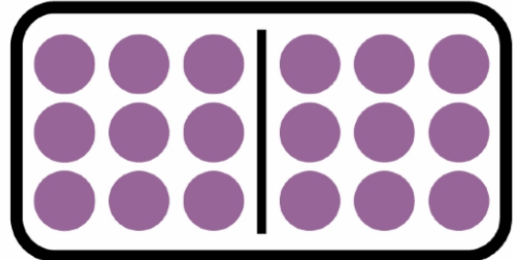
 20 SQUATS	 30 SECOND STRADDLE STRETCH	 20 SQUATS		 20 SQUATS	 30 SECOND STRADDLE STRETCH
 30 JUMPING JACKS		 30 JUMPING JACKS	 20 MOUNTAIN CLIMBERS	 30 JUMPING JACKS	 20 MOUNTAIN CLIMBERS
 20 JUMPS IN THE AIR	 20 SECOND STRAIGHT LEG STRETCH	 20 JUMPS IN THE AIR		 20 JUMPS IN THE AIR	 20 SECOND STRAIGHT LEG STRETCH
 30 SECOND BUTTERFLY STRETCH	 BALANCE ON ONE FOOT FOR 30 SECONDS	 30 SECOND BUTTERFLY STRETCH	 BALANCE ON ONE FOOT FOR 30 SECONDS	 30 SECOND BUTTERFLY STRETCH	

DOMINO FITNESS 1.0

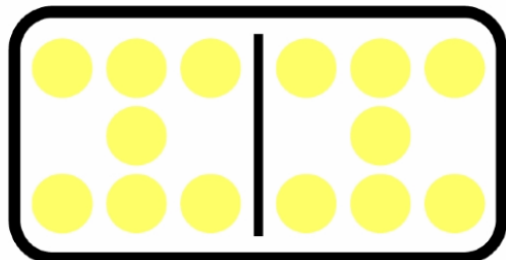
Directions: Count the number of dots on each domino to find out how many of each exercise to perform.



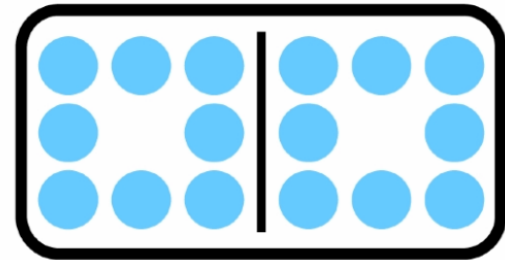
Sit-Ups



Jumping Jacks



**Lunges
(Both Legs)**



Squats

FINGER FITNESS 1.0

Directions: Count the fingers to find out how many of each exercise to perform



Elbows To Knees



Calf Stretch



Both Legs!!!



Curl-ups



Lunges



Both Legs!!!