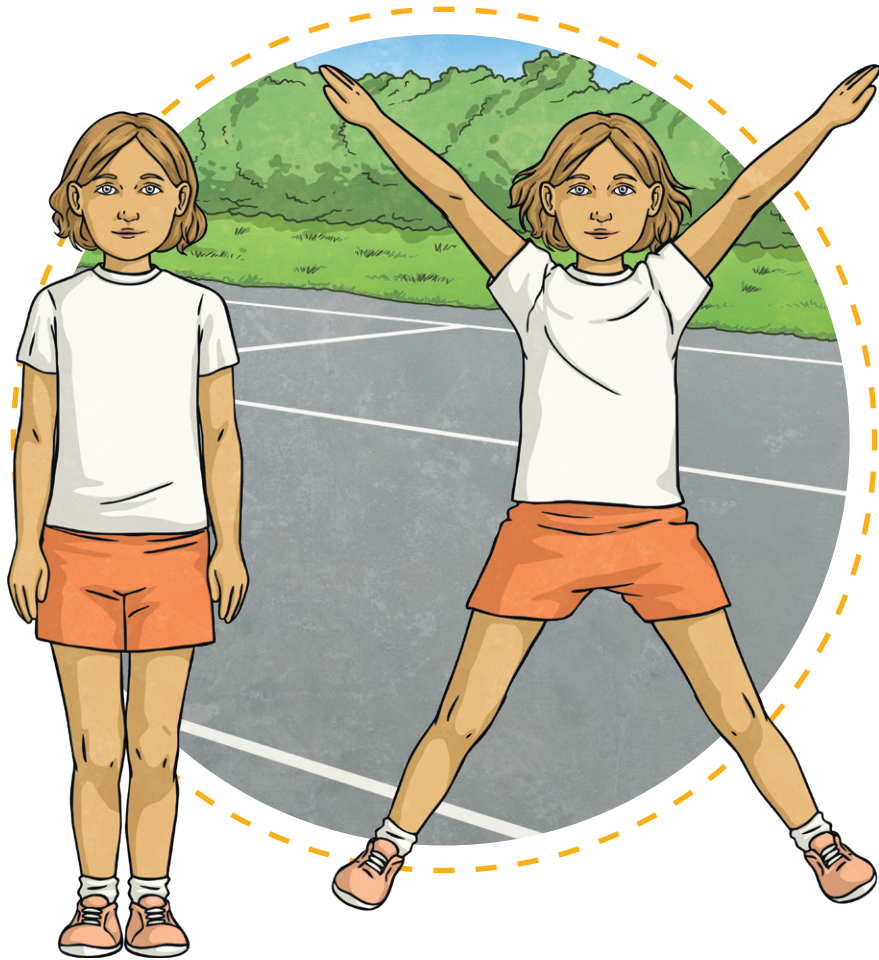


'This or That' Fitness Cards

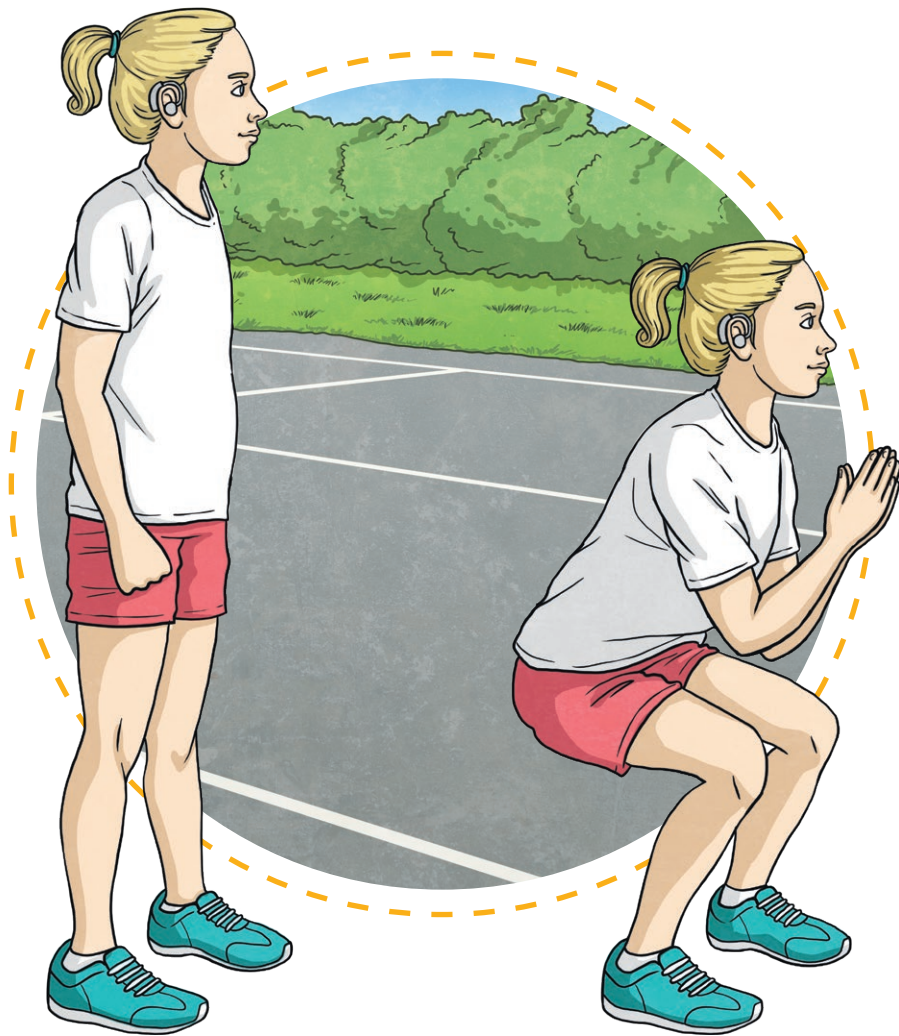


10 Jumping Jacks

'This or That' Fitness Cards



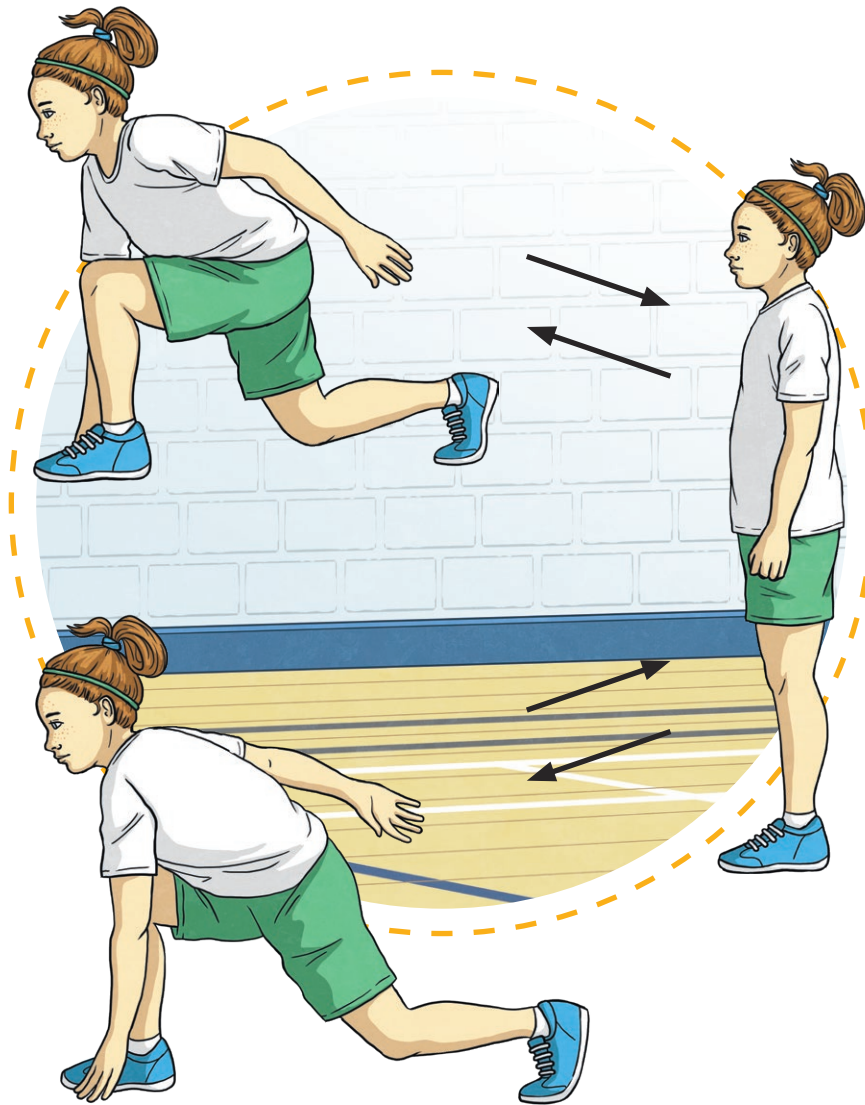
20-Second Plank



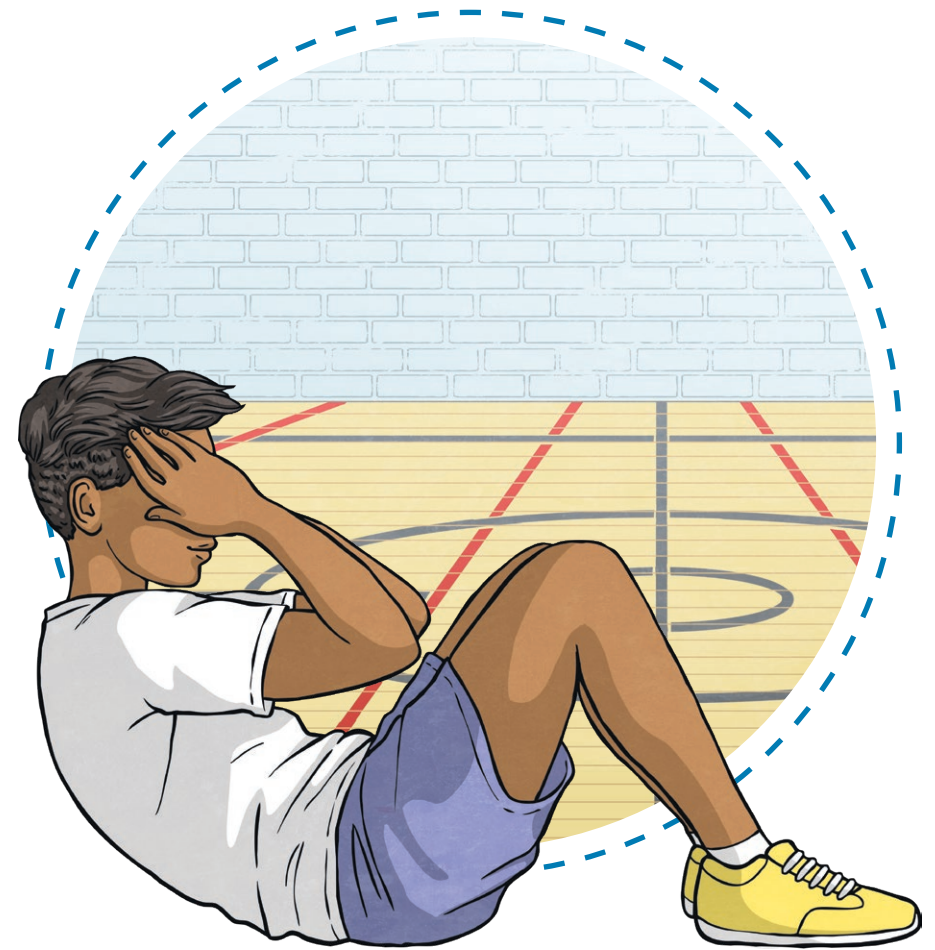
10 Squats



10 Mountain Climbers



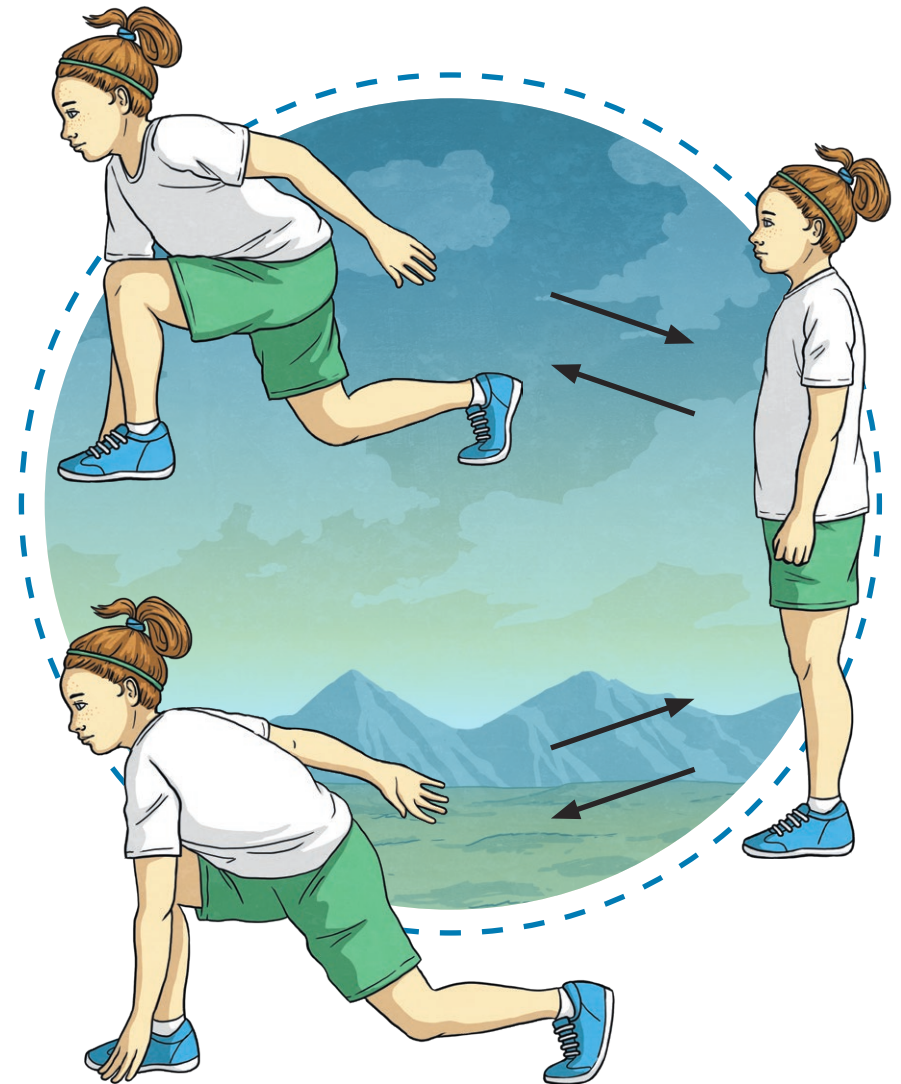
12 Backward Lunges



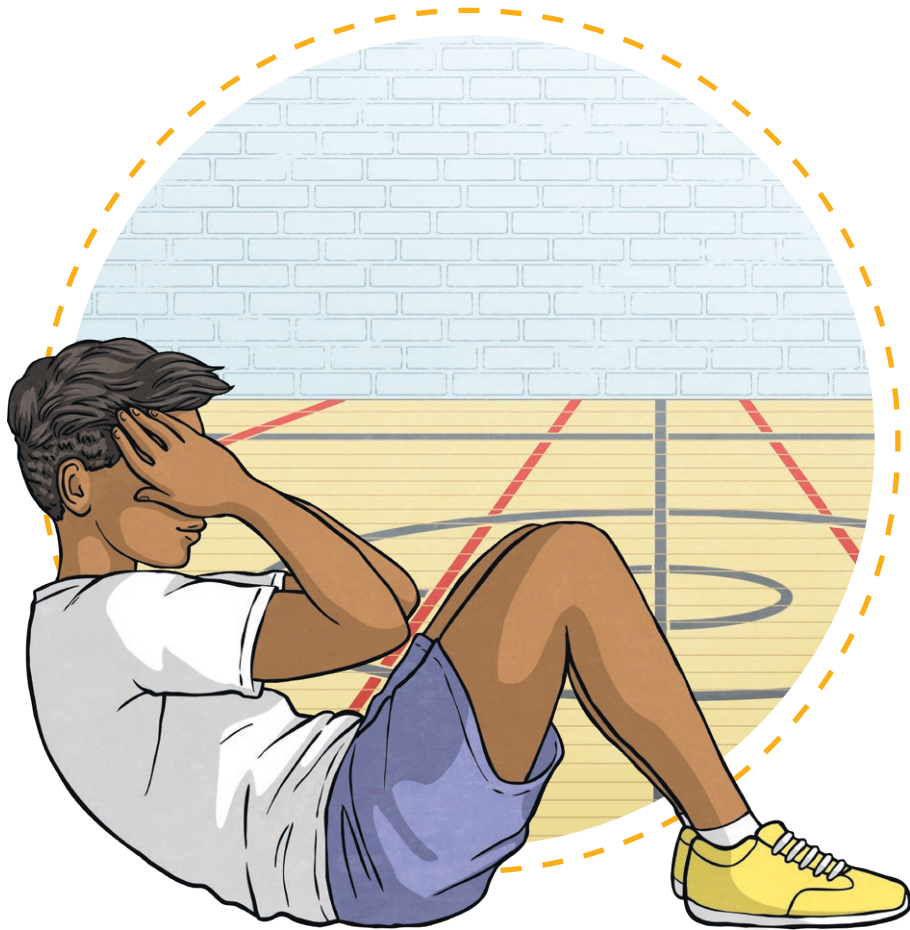
10 Sit-Ups



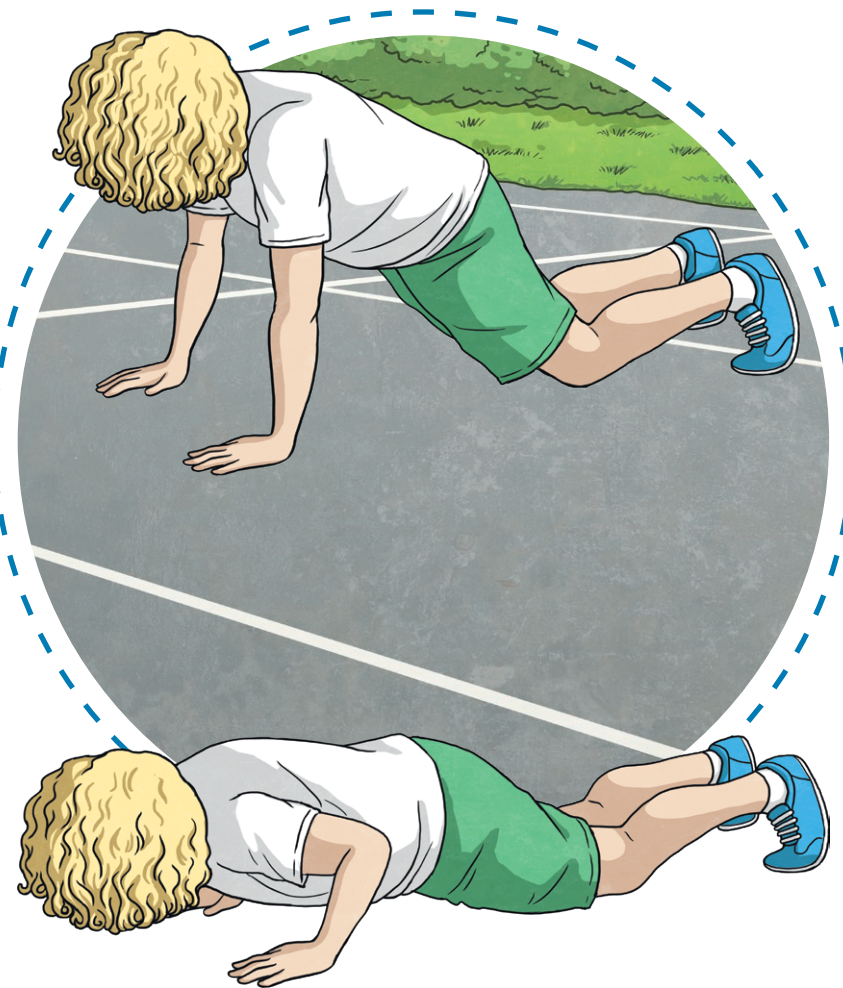
12 Kangaroo Jumps



12 Backward Lunges



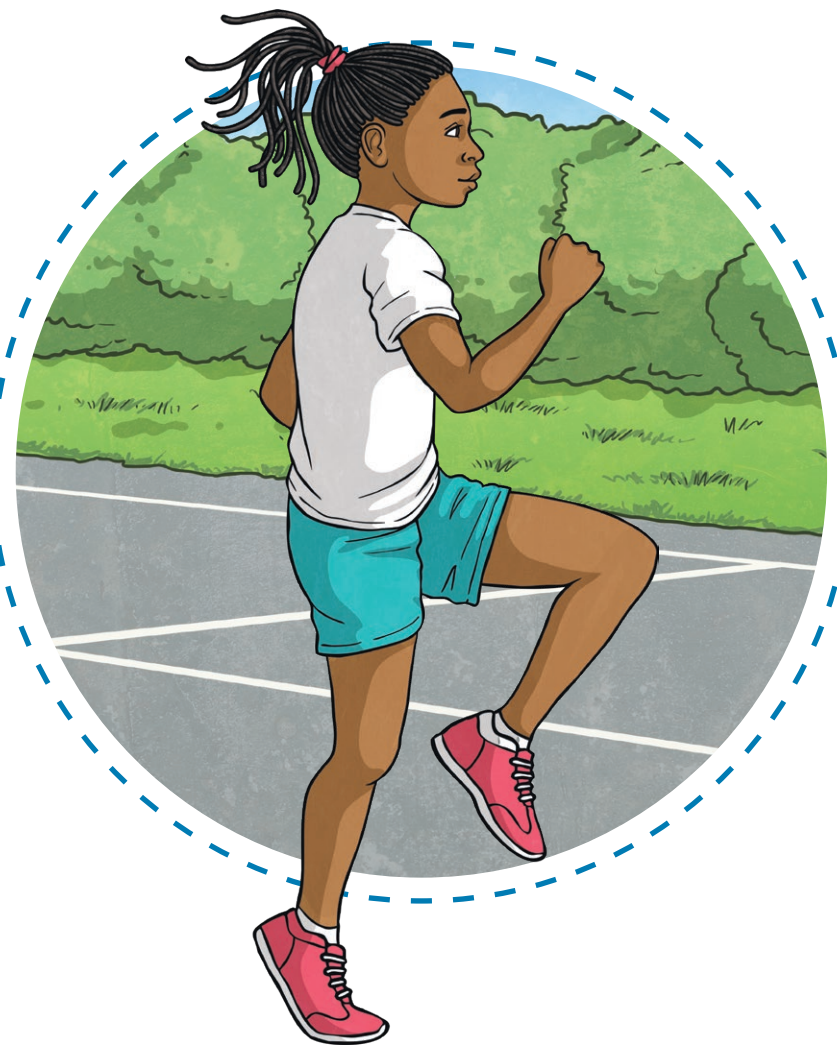
8 Sit-Ups



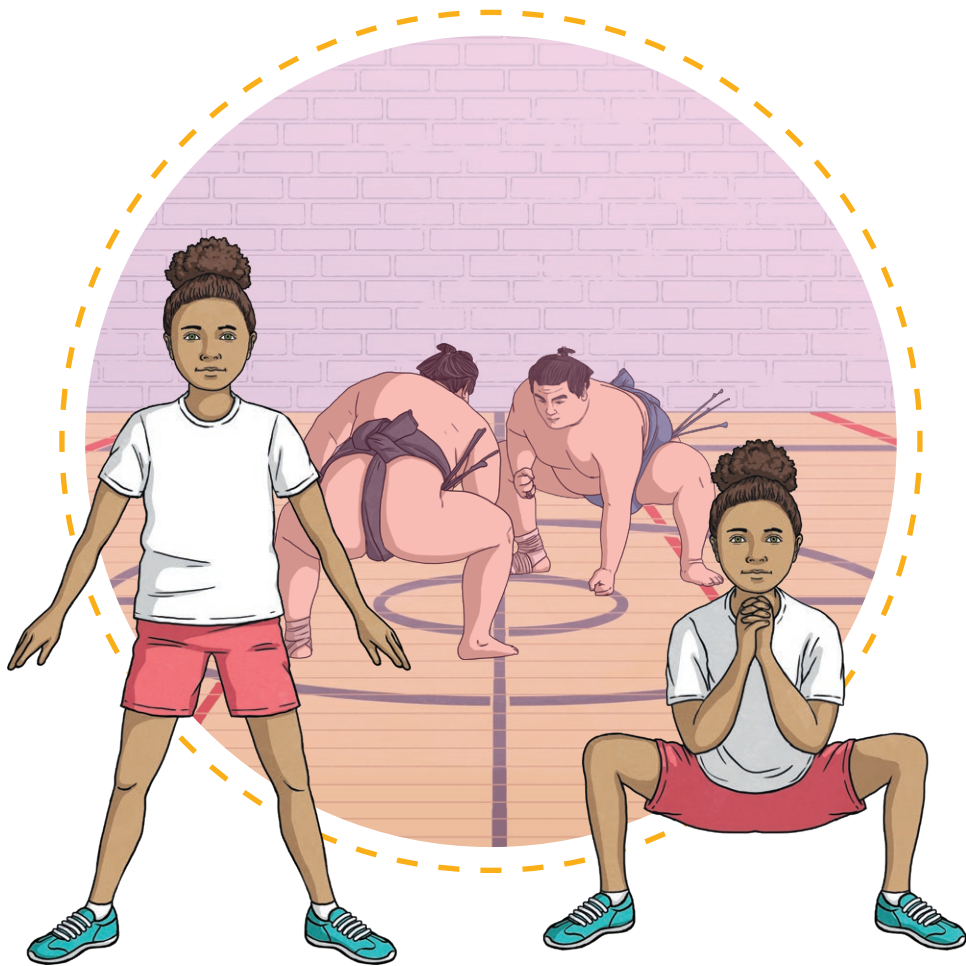
8 Press-Ups



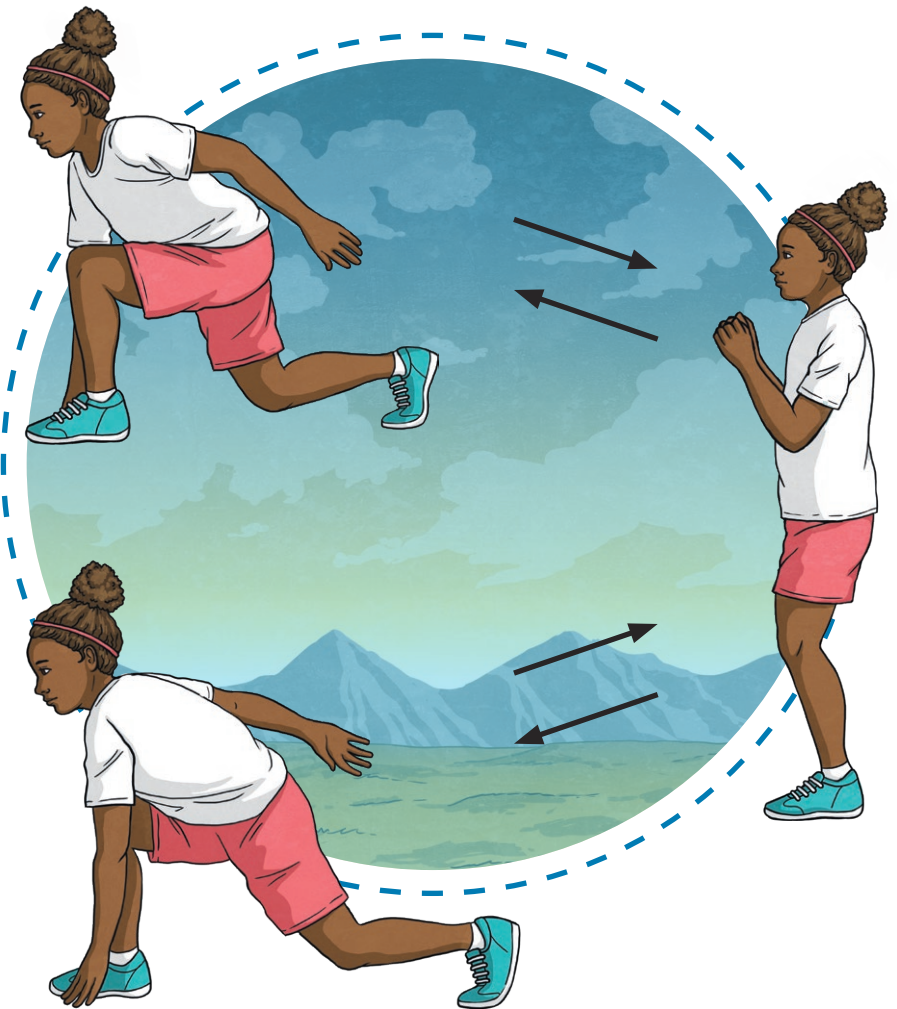
12 Jump Twists



**Running on the Spot
for 20 Seconds**



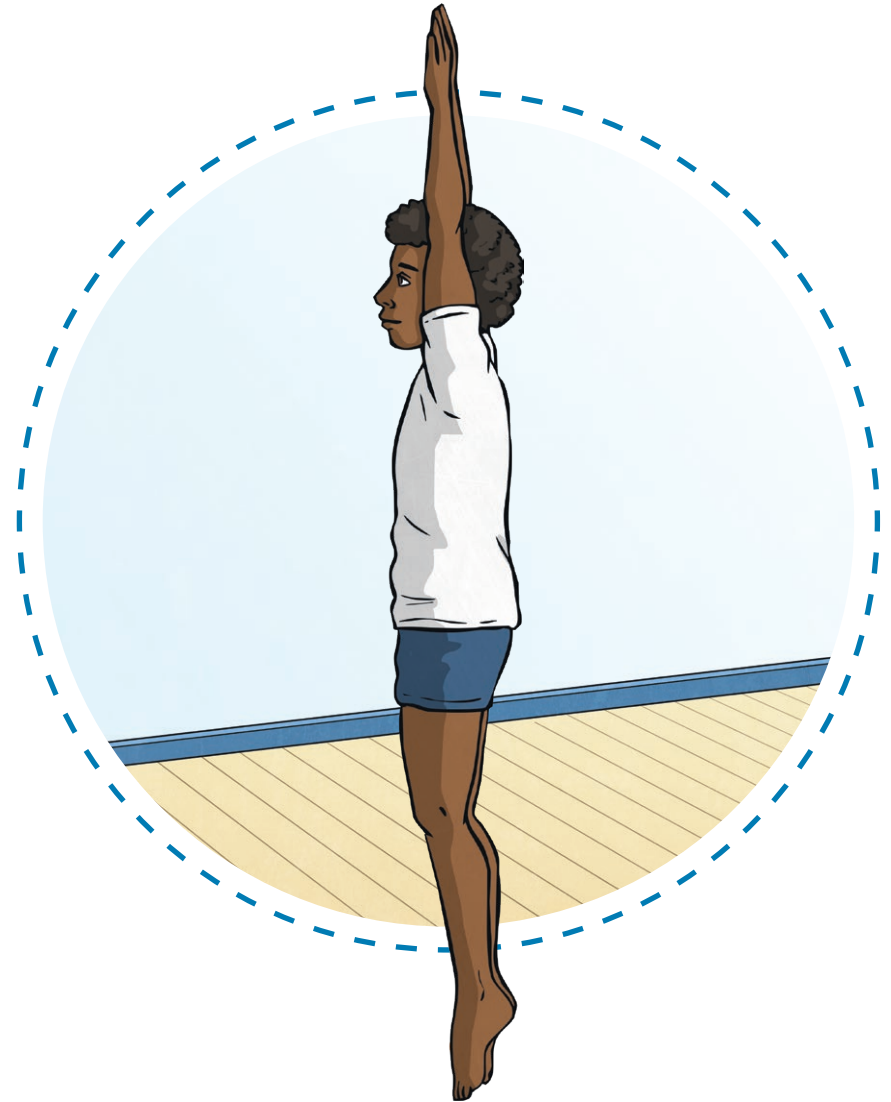
7 Sumo Squats



9 Lunges



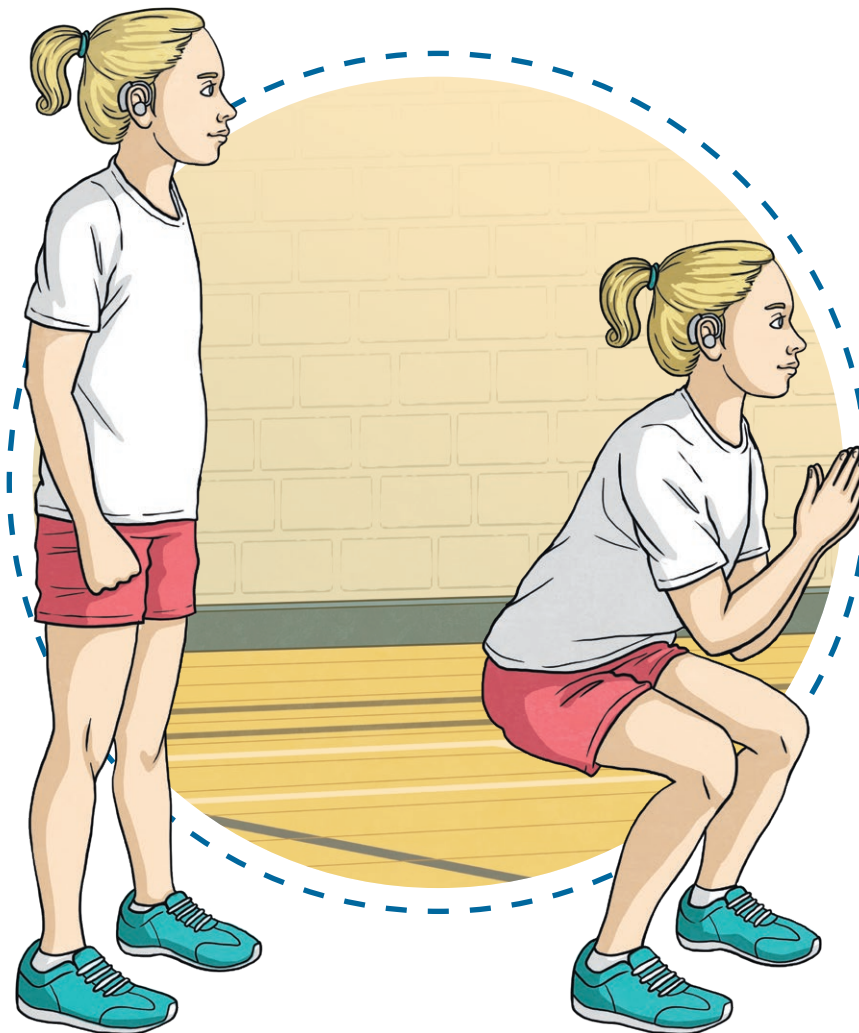
**Hold a Balance
for 15 Seconds**



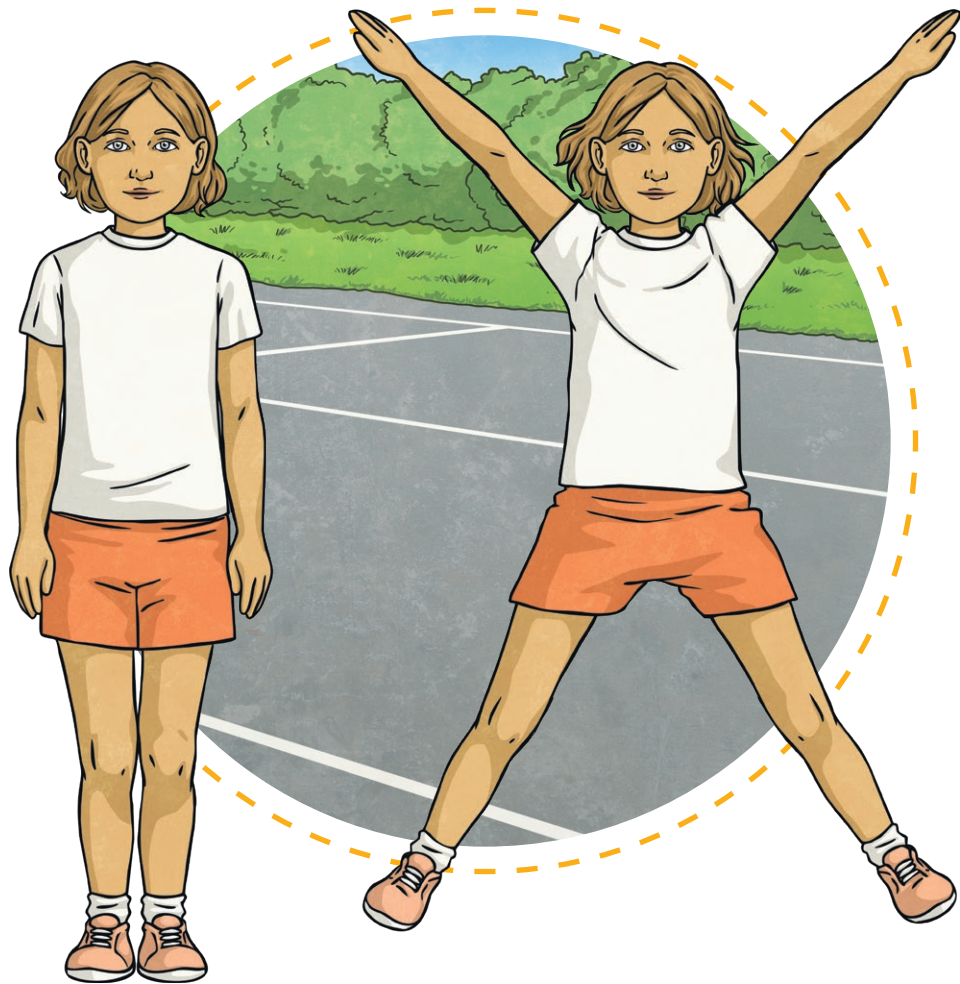
10 Straight Jumps



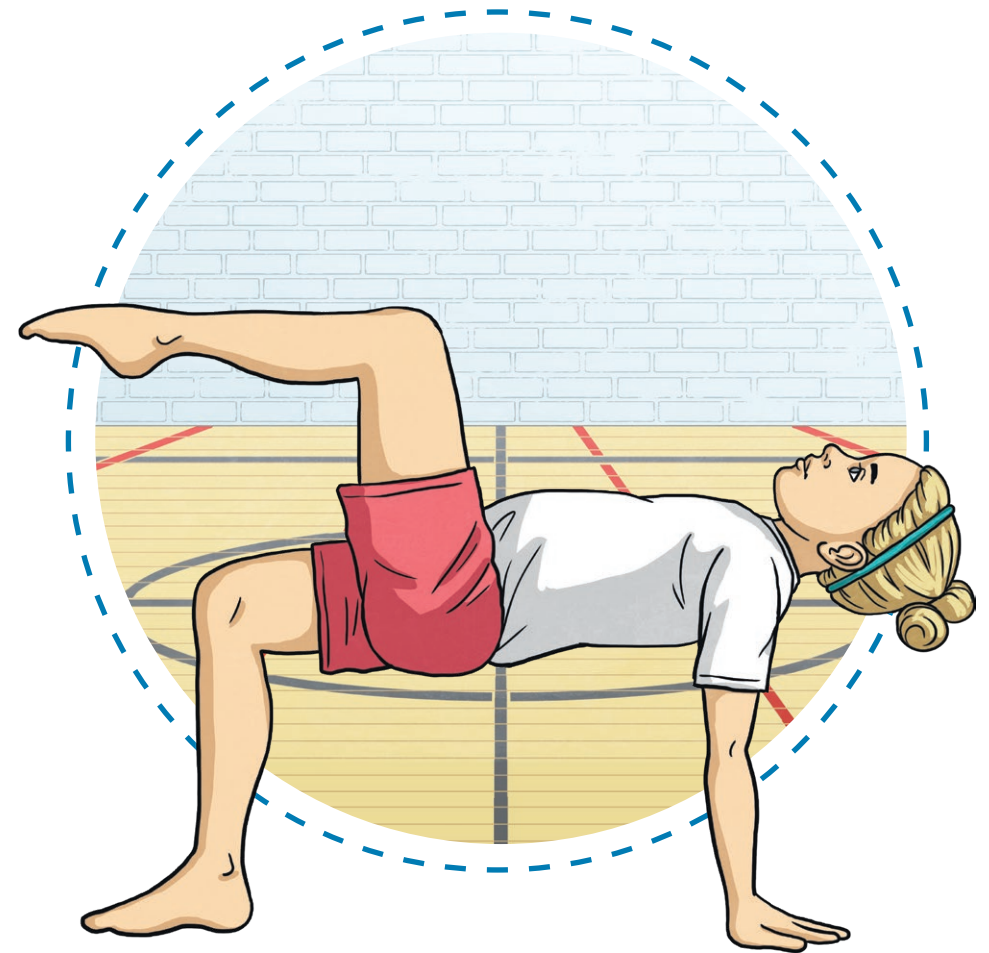
9 Frog Jumps



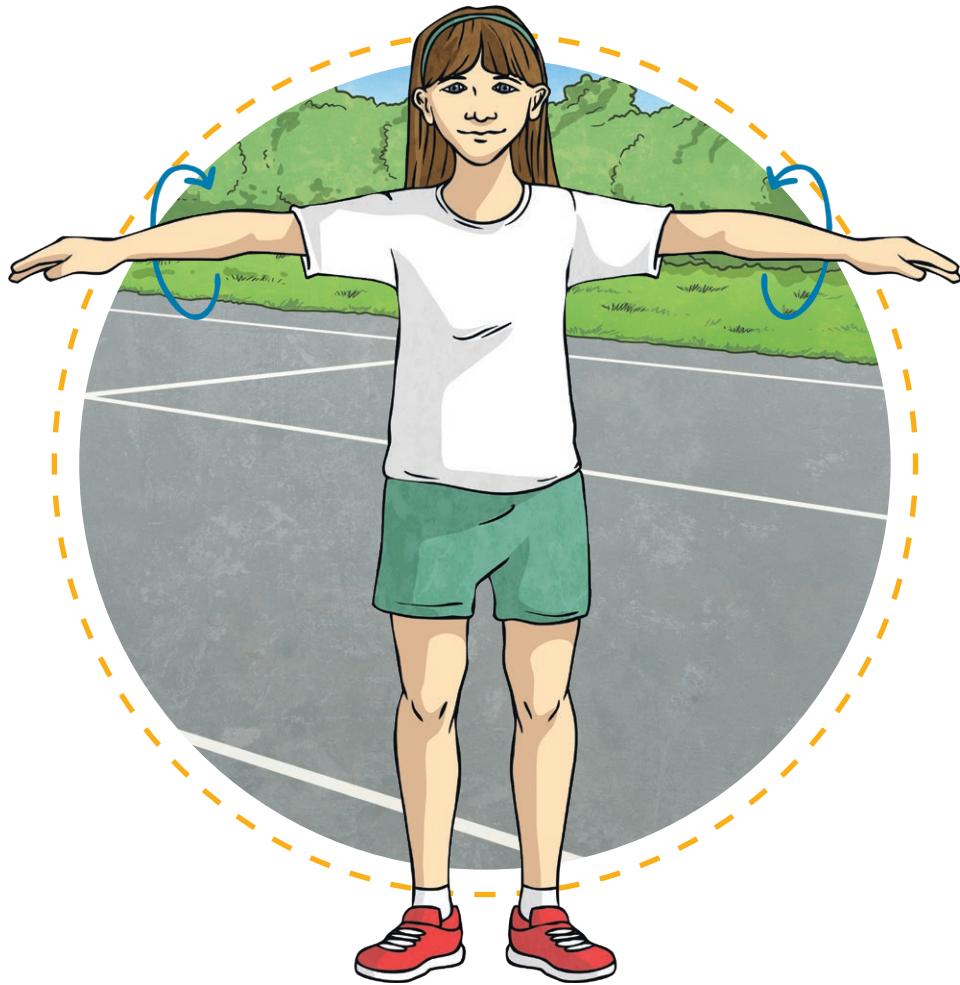
11 Squats



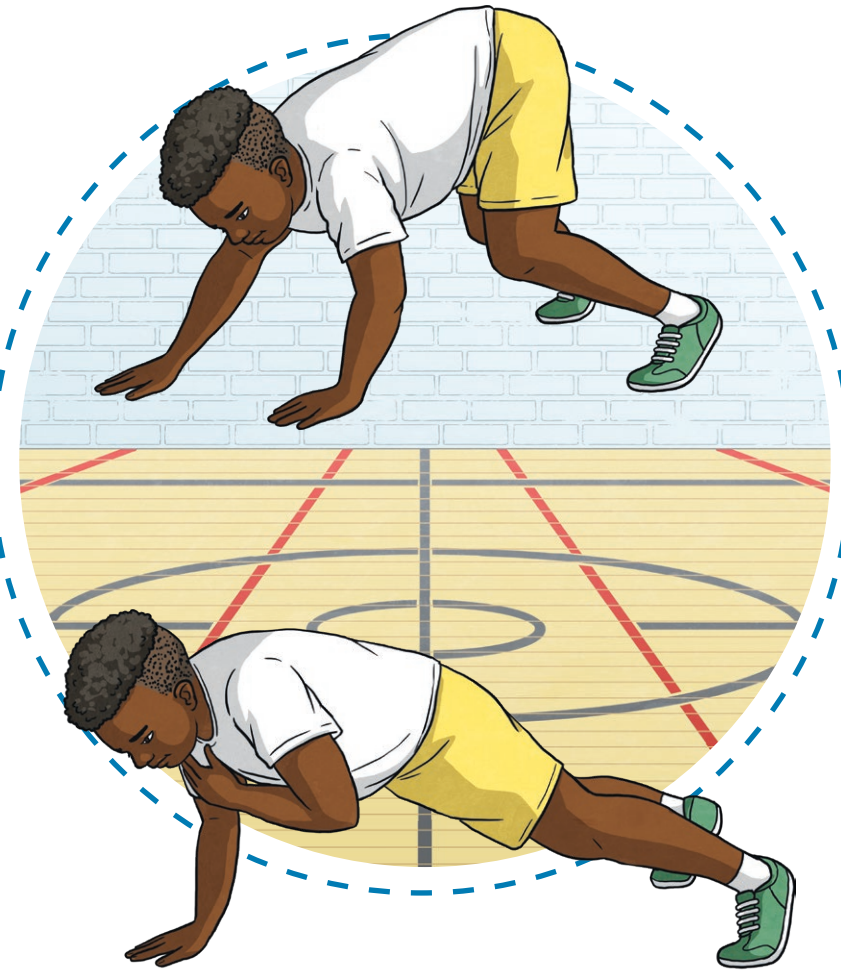
12 Jumping Jacks



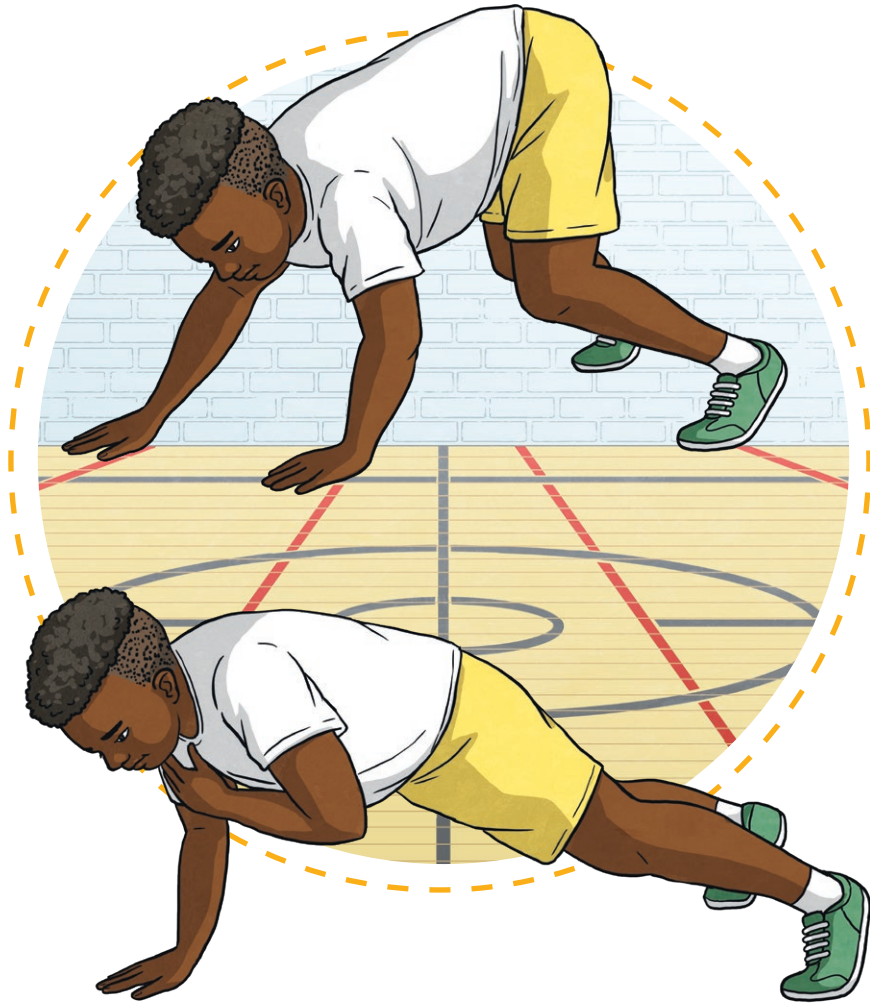
**Hold a Balance
for 20 Seconds**



**Arm Circles
for 20 Seconds**



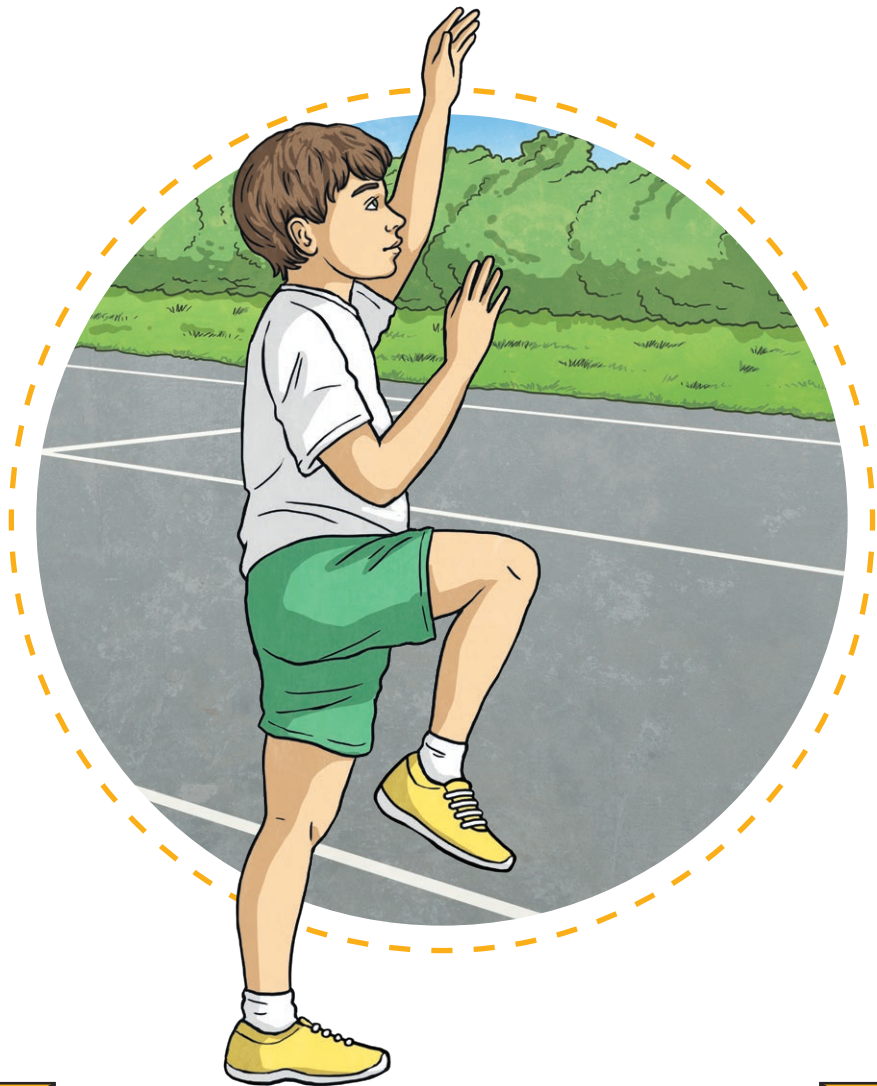
5 Walkouts



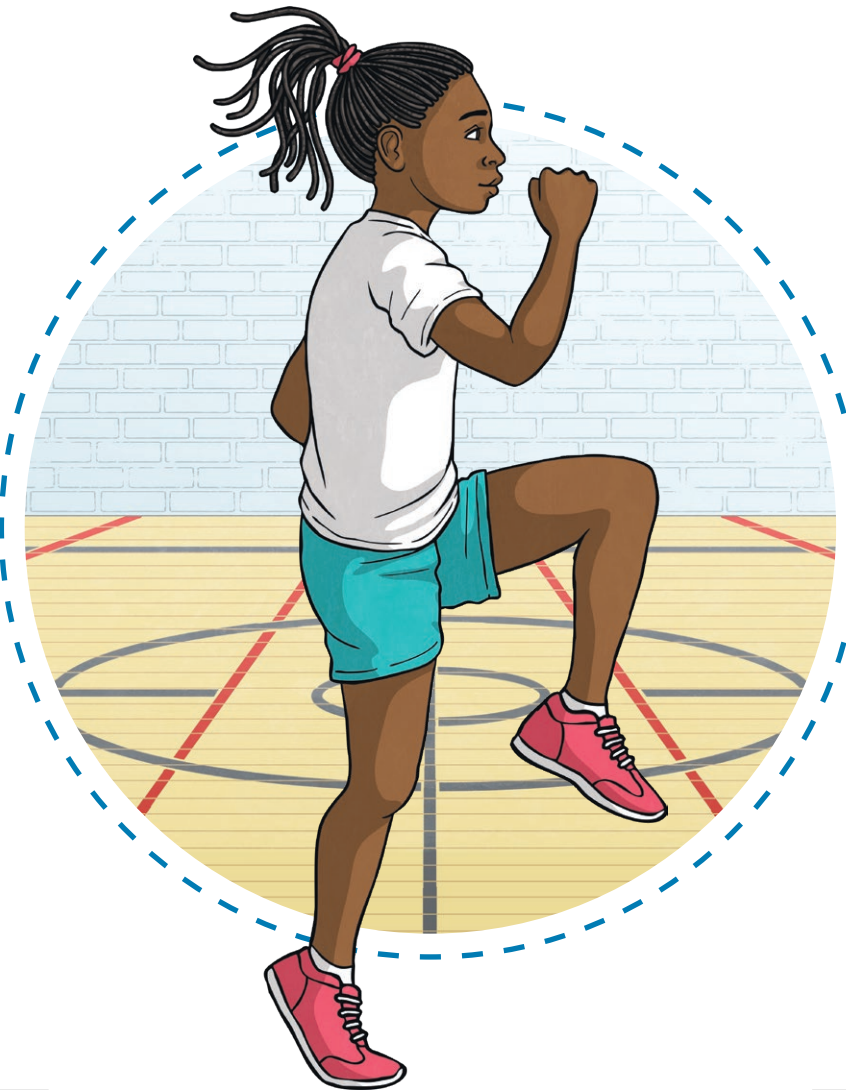
8 Walkouts



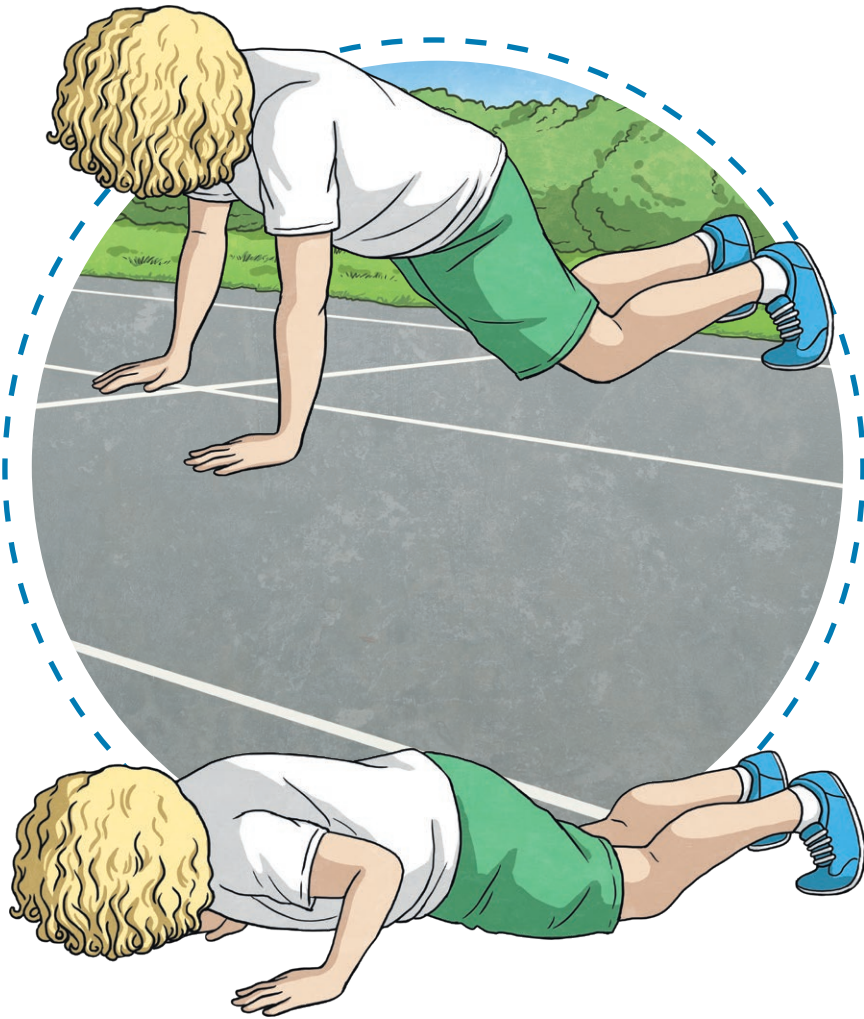
10 Jump Twists



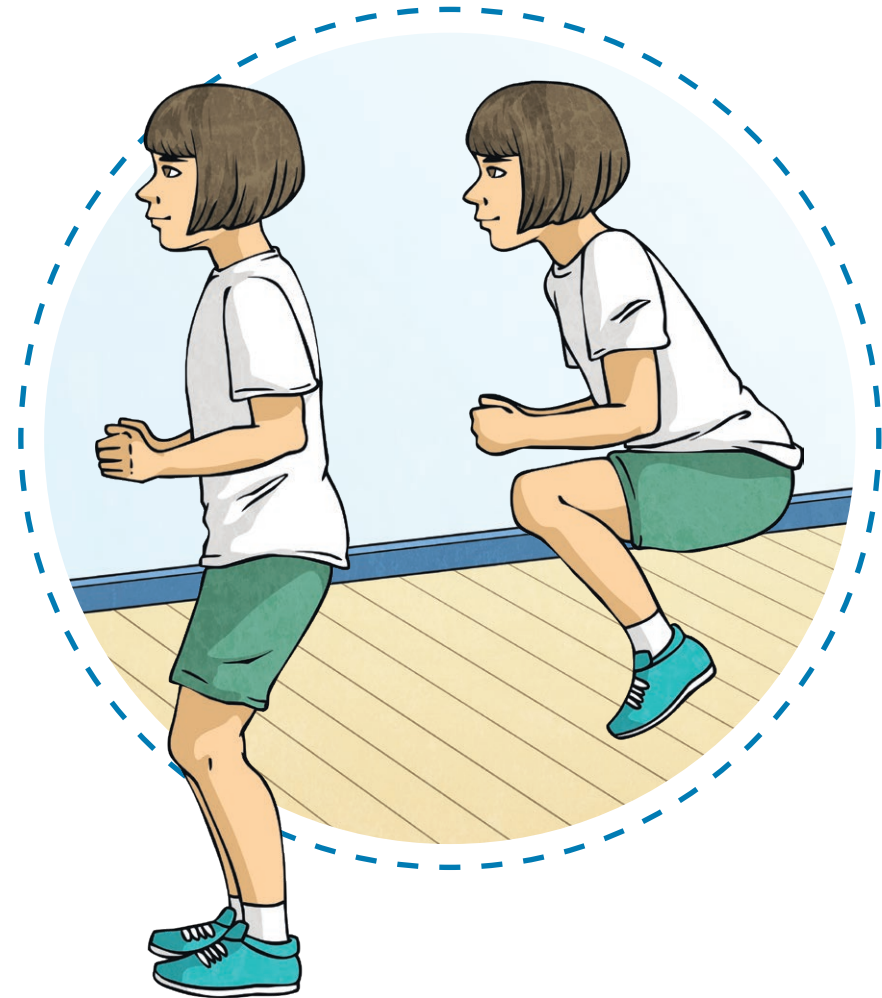
**Climb The Rope
for 20 Seconds**



**March on the Spot
for 20 Seconds**



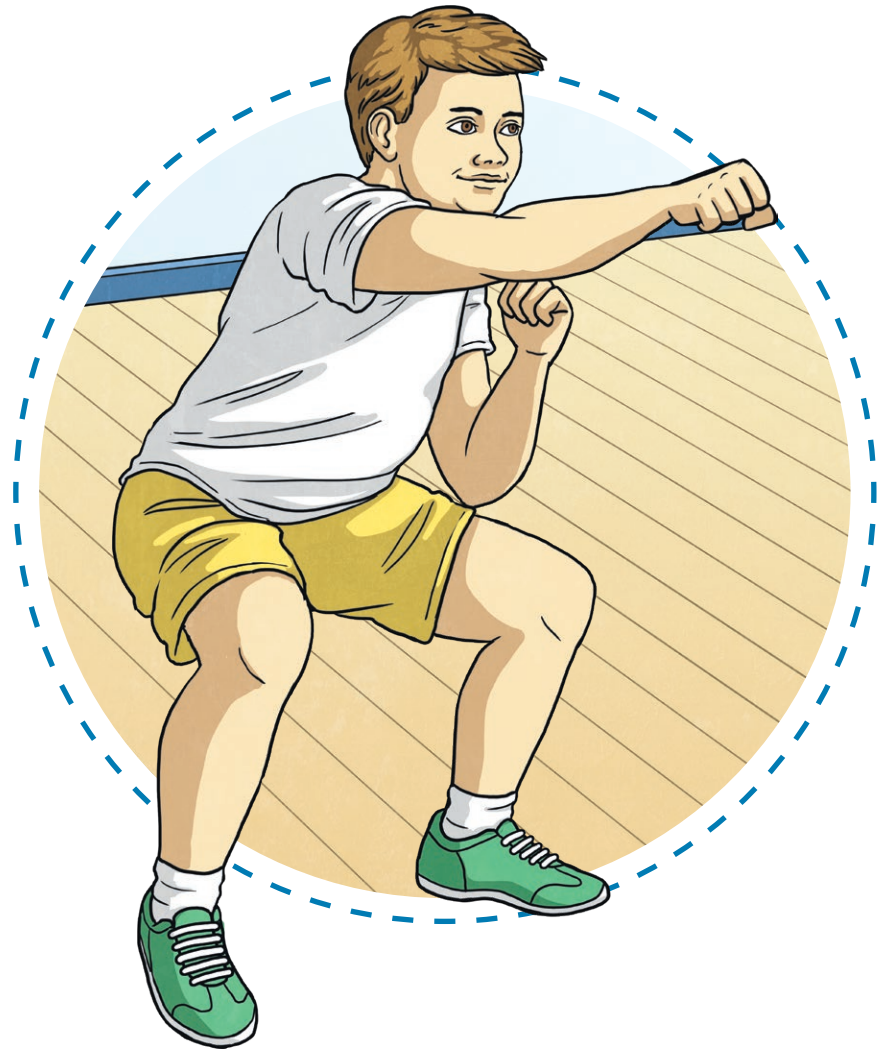
15 Press-Ups



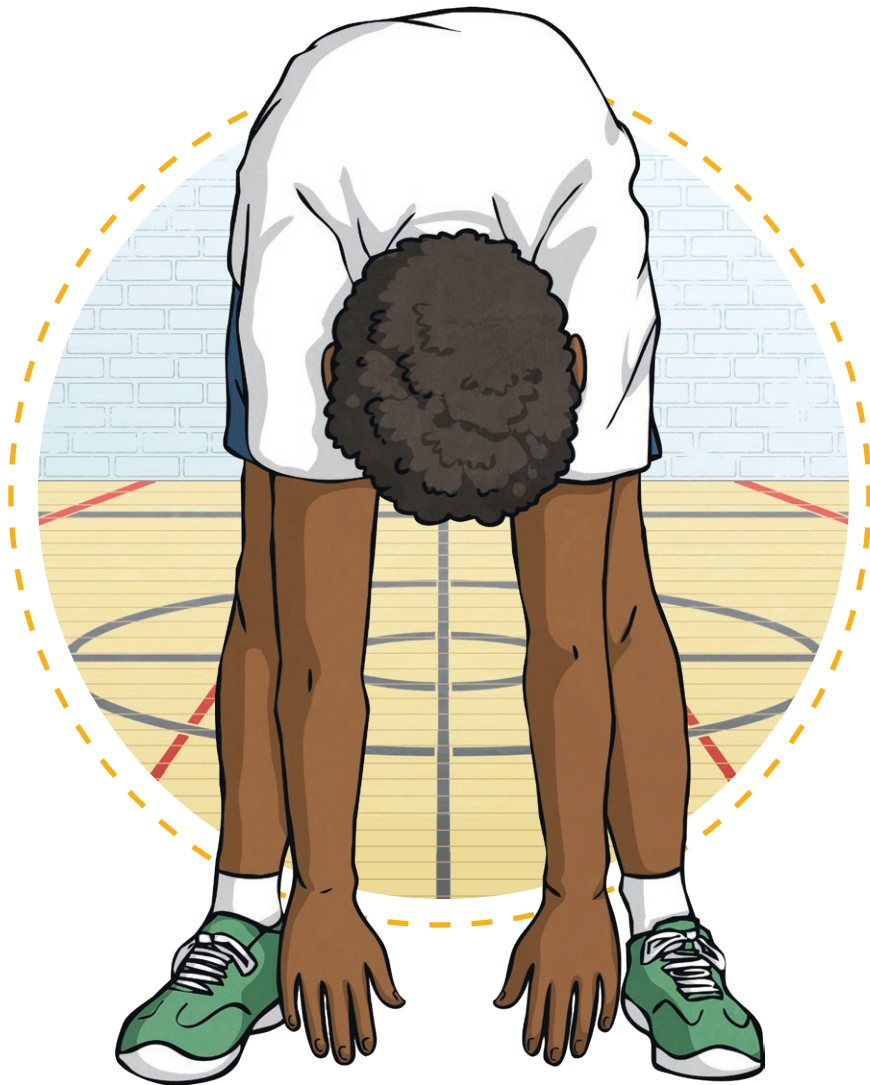
8 Tuck Jumps



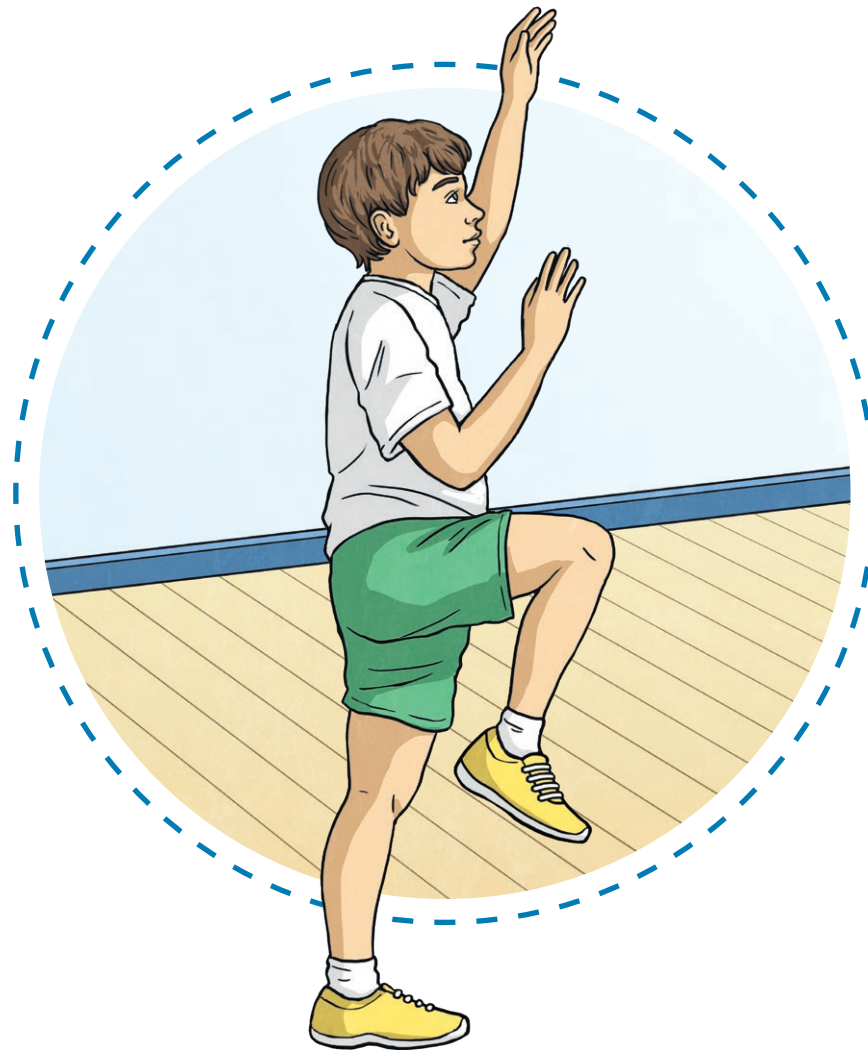
12 Kangaroo Jumps



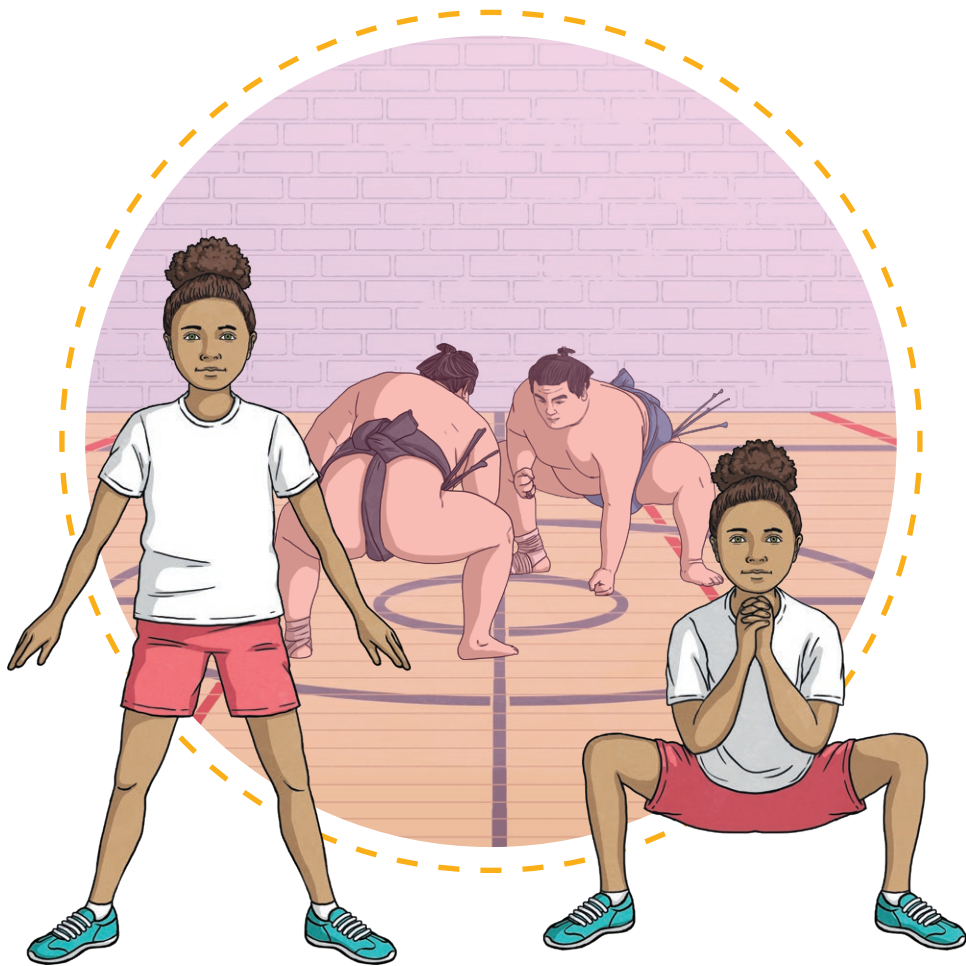
**Squat and Punch
for 15 Seconds**



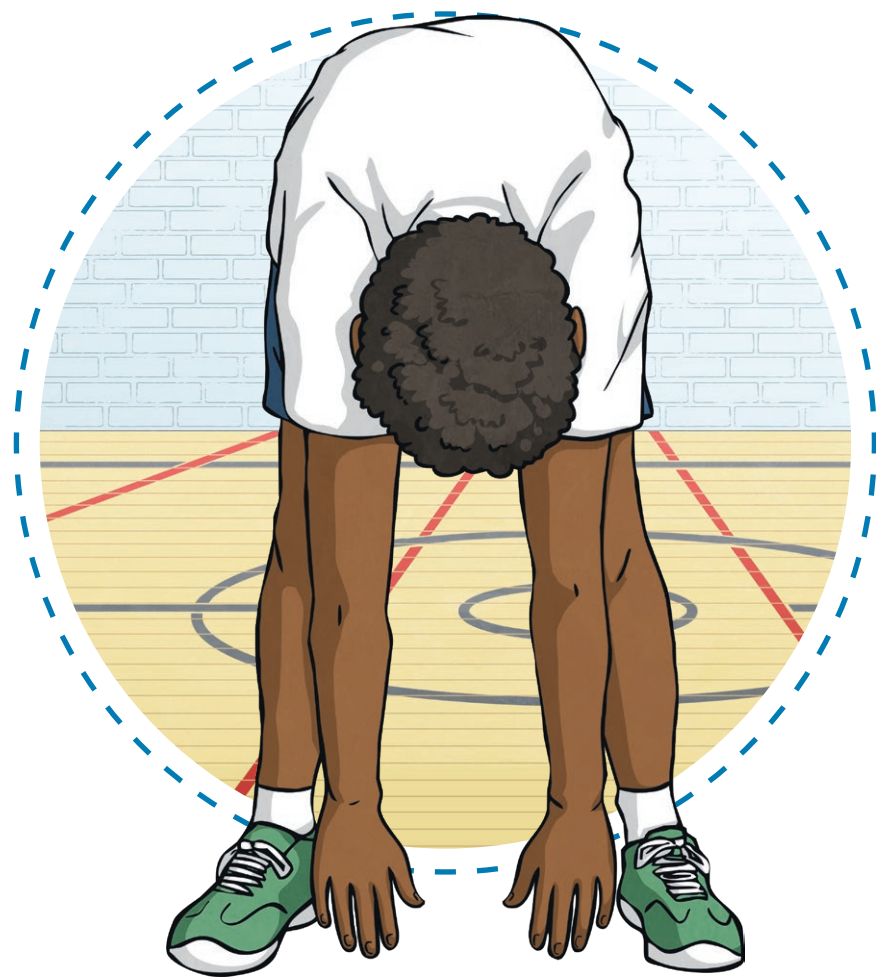
12 Touch Your Toes



**Climb the Rope
for 15 Seconds**



10 Sumo Squats



12 Touch Your Toes