


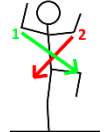
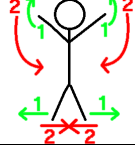


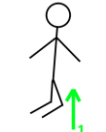
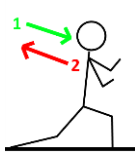
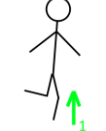





# 12 Days of Fitness Exercises

Day 1	One minute plank	
Day 2	2 toe touches	
Day 3	3 side bends	
Day 4	4 cross crawls	
Day 5	5 jumping jacks	
Day 6	6 push ups	
Day 7	7 squats	
Day 8	8 jumps	
Day 9	9 lunges	
Day 10	10 little leaps	
Day 11	11 arm circles	
Day 12	12 scissor kicks	