

Just Keep Moving....

100 JUMPING JACKS

Exercise might seem impossible at first.

90 BUTT KICKS

Sometimes a pain in the A.**

80 Jump Rope

Often times you may have to jump a few hurdles.

70 Step-Ups

If you focus on one step at a time....

60 Mountain Climbers

...And slowly Climb to the top

50 Push-Ups

...And push past distractions

40 Squats

...And Squat negativity

30 Bicycle Abs

You'll eventually ride past the difficulties

20 Frog Leaps ... and leap toward the finish line

10 Back Extensions...Just to look back to see it was all well worth it