

As It Gets Easier

Challenge Yourself

Make it Harder

50 Jumping Jacks



10 Sit-ups

40 Jumping Jacks



20 Sit-ups

30 Jumping Jacks



30 Sit-ups

20 Jumping Jacks

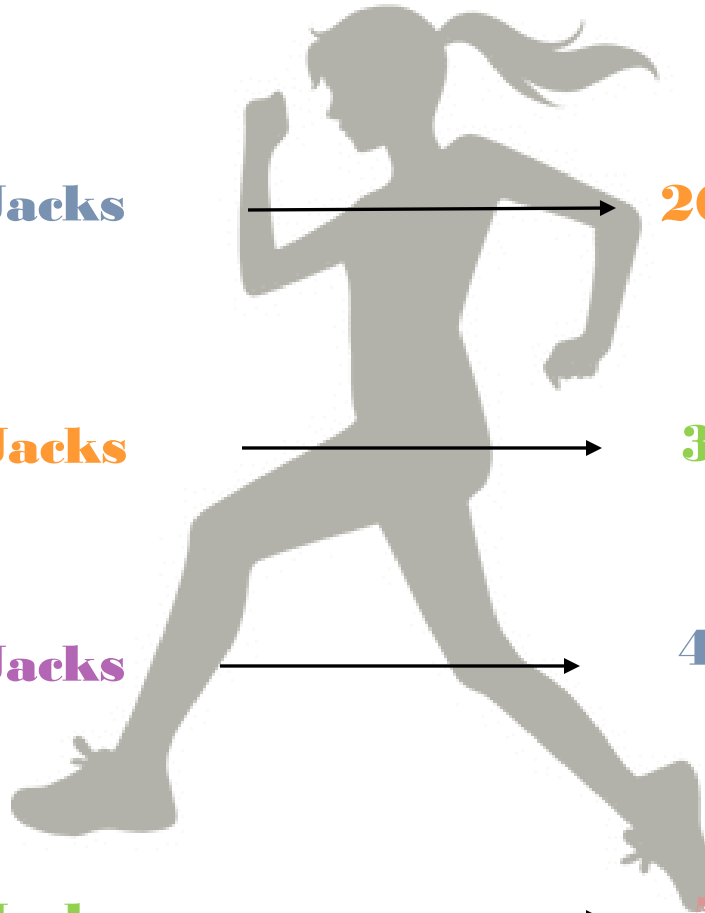


40 Sit-ups

10 Jumping Jacks



50 Sit-ups



DO IT TWO MORE TIMES

The Second Time

Replace Jumping Jacks with
Burpees

Replace Sit-ups with Push-ups

The Third Time

Replace Jumping Jacks with
Mountain Climbers

Replace Sit-ups with Bicycle
abs