**Exercise Cards**

**Master 48a**

|  |  |  |  |
| --- | --- | --- | --- |
| Icon  Description automatically generatedJumping Jacks | Icon  Description automatically generatedJumping Jacks | Icon  Description automatically generatedJumping Jacks | Icon  Description automatically generatedJumping Jacks |
| Icon  Description automatically generatedSide Bends | Icon  Description automatically generatedSide Bends | Icon  Description automatically generatedSide Bends | Icon  Description automatically generatedSide Bends |
| Icon  Description automatically generatedIcon  Description automatically generated  Bear Crawls | Icon  Description automatically generatedIcon  Description automatically generated  Bear Crawls | Icon  Description automatically generatedIcon  Description automatically generated  Bear Crawls | Icon  Description automatically generatedIcon  Description automatically generated  Bear Crawls |
| Shape  Description automatically generated with medium confidenceLaps | Shape  Description automatically generated with medium confidenceLaps | A picture containing shape  Description automatically generatedLaps | A picture containing shape  Description automatically generatedLaps |
| Icon  Description automatically generatedPushups | Icon  Description automatically generatedPushups | Icon  Description automatically generatedPushups | Icon  Description automatically generatedPushups |
| Icon  Description automatically generatedCrunches | Icon  Description automatically generatedCrunches | Icon  Description automatically generatedCrunches | Icon  Description automatically generatedCrunches |

**Exercise Cards**

**Master 48b**



|  |  |  |  |
| --- | --- | --- | --- |
| Icon  Description automatically generated Jump Rope | Icon  Description automatically generated Jump Rope | Icon  Description automatically generated Jump Rope | Icon  Description automatically generated Jump Rope |
| Icon  Description automatically generated Bike | Icon  Description automatically generated Bike | Icon  Description automatically generated Bike | Icon  Description automatically generated Bike |
| Icon  Description automatically generatedWeights | Icon  Description automatically generatedWeights | Icon  Description automatically generatedWeights | Icon  Description automatically generatedWeights |
| Icon  Description automatically generatedSquats | Icon  Description automatically generatedSquats | Icon  Description automatically generatedSquats | Icon  Description automatically generatedSquats |
| Icon  Description automatically generatedRowing | Icon  Description automatically generatedRowing | Icon  Description automatically generatedRowing | Icon  Description automatically generatedRowing |
| +0 | +0 | +0 | +0 |