







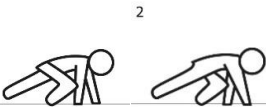
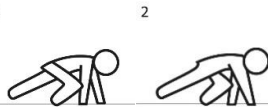
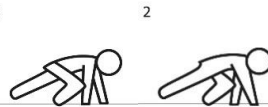
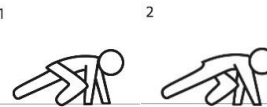




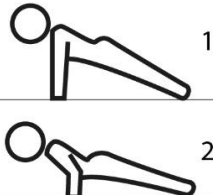
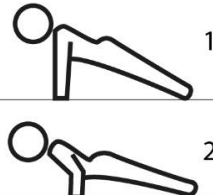
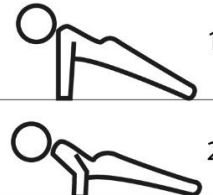
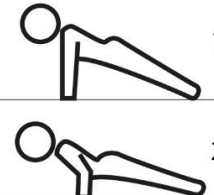


























Master 48a

Exercise Cards

 Jumping Jacks	 Jumping Jacks	 Jumping Jacks	 Jumping Jacks
 Side Bends	 Side Bends	 Side Bends	 Side Bends
 Bear Crawls	 Bear Crawls	 Bear Crawls	 Bear Crawls
 Laps	 Laps	 Laps	 Laps
 Pushups	 Pushups	 Pushups	 Pushups
 Crunches	 Crunches	 Crunches	 Crunches ✂

Master 48b

Exercise Cards

			
Jump Rope	Jump Rope	Jump Rope	Jump Rope
			
Bike	Bike	Bike	Bike
			
Weights	Weights	Weights	Weights
			
Squats	Squats	Squats	Squats
			
Rowing	Rowing	Rowing	Rowing
+0	+0	+0	+0

