

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

