








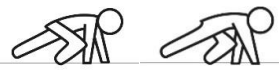

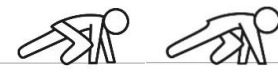


































**Master 48a**

**Exercise Cards**

 <b>Jumping Jacks</b>	 <b>Jumping Jacks</b>	 <b>Jumping Jacks</b>	 <b>Jumping Jacks</b>
 <b>Side Bends</b>	 <b>Side Bends</b>	 <b>Side Bends</b>	 <b>Side Bends</b>
 <b>Bear Crawls</b>	 <b>Bear Crawls</b>	 <b>Bear Crawls</b>	 <b>Bear Crawls</b>
 <b>Laps</b>	 <b>Laps</b>	 <b>Laps</b>	 <b>Laps</b>
 <b>Pushups</b>	 <b>Pushups</b>	 <b>Pushups</b>	 <b>Pushups</b>
 <b>Crunches</b>	 <b>Crunches</b>	 <b>Crunches</b>	 <b>Crunches</b> ✂

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

