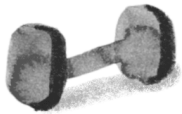


my WORKOUT ROUTINE



ROOFTOP LUNGES (x10)



JOLLY JACKS (x10)



TOY SACK SQUATS (x10)



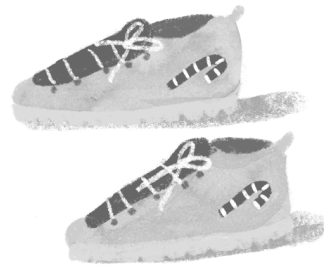
SLEIGH REIGN
ROPE SLAMS (x10 EACH ARM)



QUICK FEET to BURPEE (x10)



REPEAT CIRCUIT UNTIL
MILK + COOKIES
ARE OUT OF THE OVEN!



RECOVERY
SNACK!

