

MOVE YOUR BODY!



DAILY FITNESS ROUTINE



DO THIS EVERY DAY TO FEEL STRONG, HEALTHY AND HAPPY! ★

1		JUMPING JACKS Do 20 jumping jacks	<input type="checkbox"/>
2		SQUATS Do 15 squats	<input type="checkbox"/>
3		LUNGES Do 10 lunges on each leg	<input type="checkbox"/>
4		PUSH-UPS Do 10 push-ups	<input type="checkbox"/>
5		HIGH KNEES Run on the spot for 30 seconds	<input type="checkbox"/>
6		PLANK Hold for 30 seconds	<input type="checkbox"/>
7		SIT-UPS Do 15 sit-ups	<input type="checkbox"/>
8		MOUNTAIN CLIMBERS Do 20 mountain climbers	<input type="checkbox"/>
9		STAR JUMPS Do 15 star jumps	<input type="checkbox"/>
10		STRETCH Stretch your body for 30 seconds	<input type="checkbox"/>



GREAT JOB!
YOU MOVED YOUR BODY TODAY!
YOU ARE STRONG! YOU ARE AWESOME!

