

FREE PRINTABLES



LOVE YOUR WORKOUT 1



Do 8 lunges.
8 = red



Do 6 squats.
6 = gray



LOVE YOUR WORKOUT 2



Do 5 star jumps.
5 = red



Do 7 trunk twists.
7 = pink



LOVE YOUR WORKOUT 3



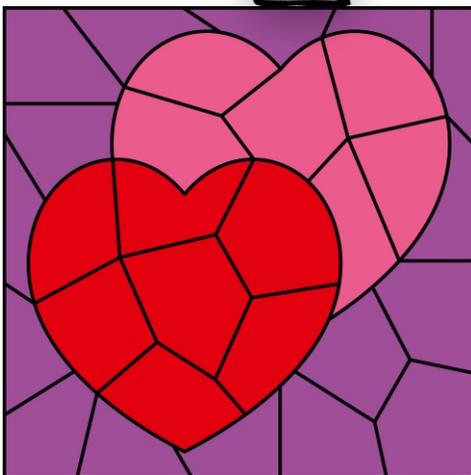
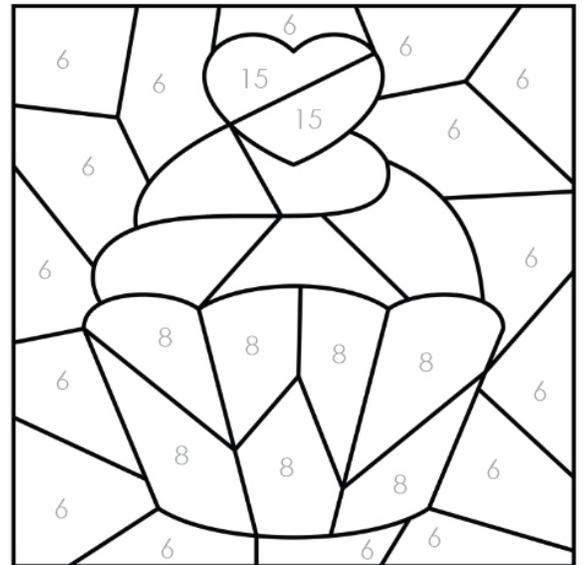
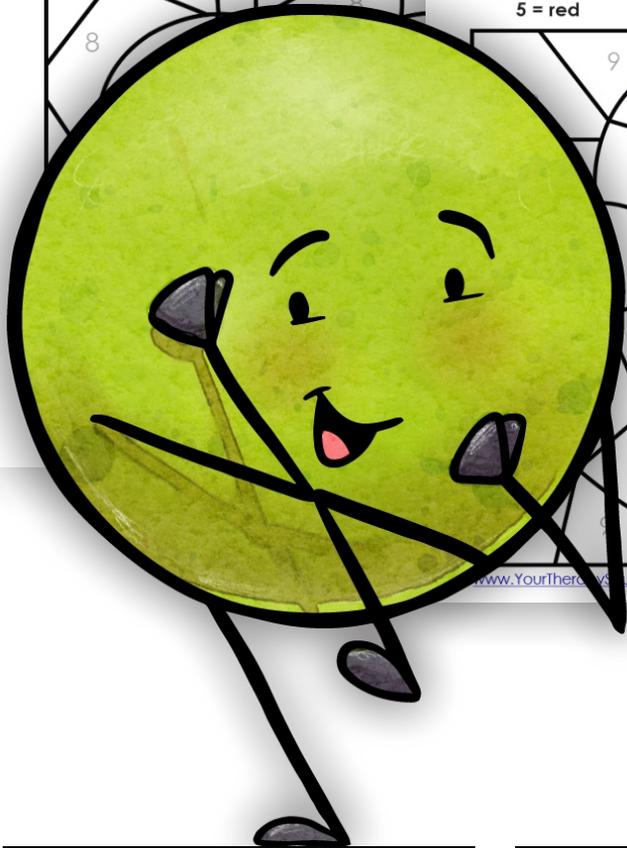
Do 15 elbow to knees.
15 = red



Do 8 high knees.
8 = pink



Do 6 toe touches.
6 = blue



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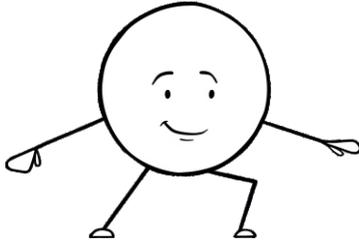
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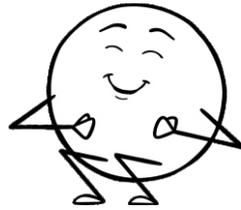
Clipart by Zipa Dee Doo Dah Designs and Sarah Pecorino Illustration.



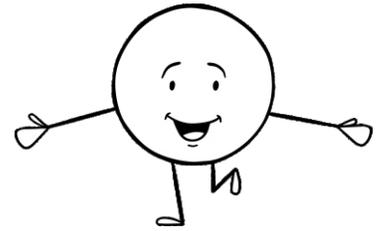
LOVE YOUR WORKOUT 1



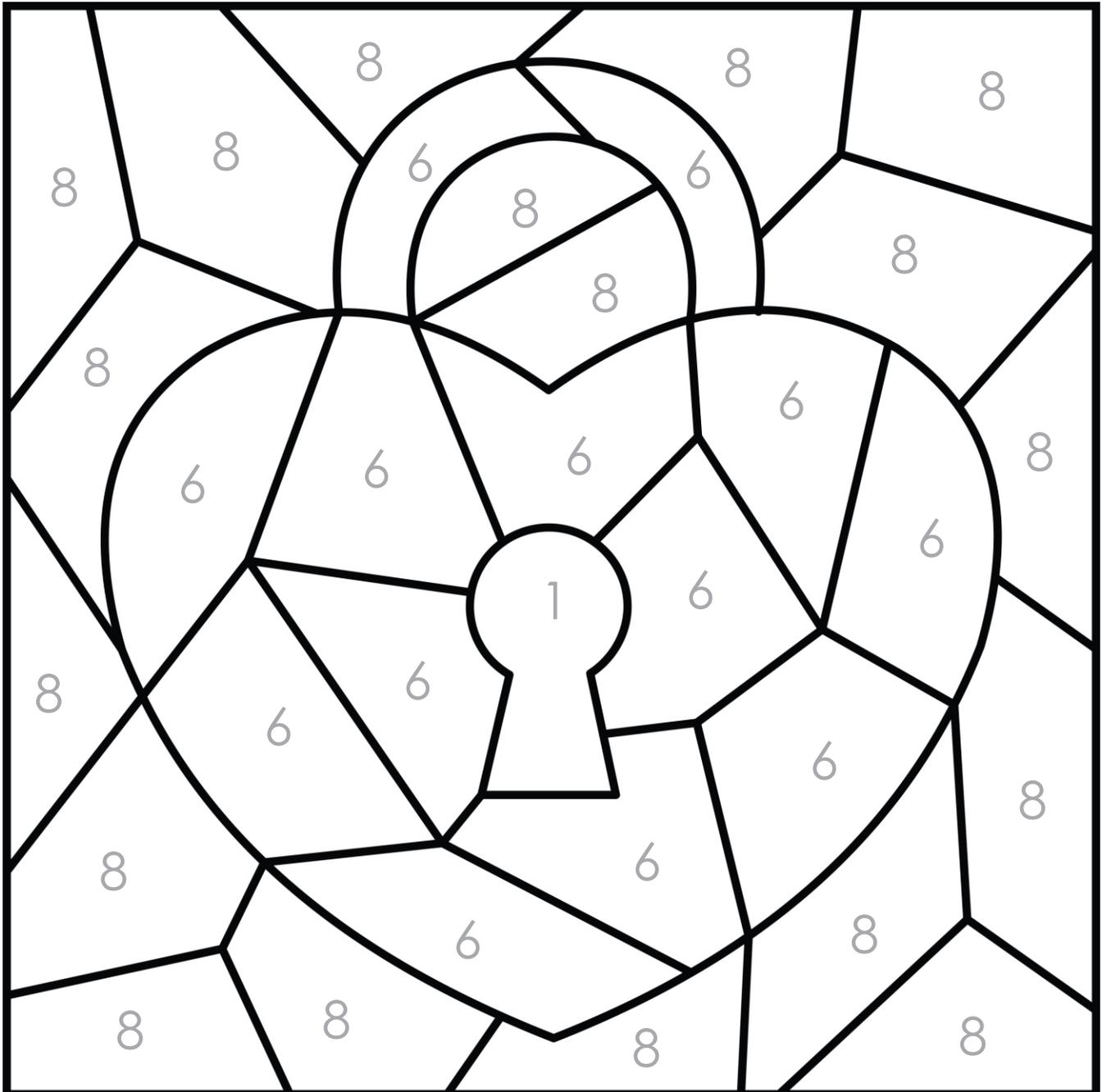
Do 8 lunges.
8 = red



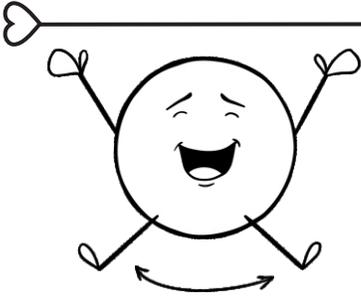
Do 6 squats.
6 = gray



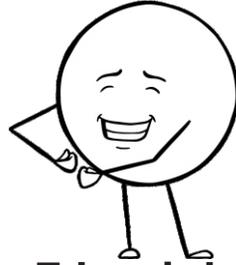
Stand on one foot.
1 = black



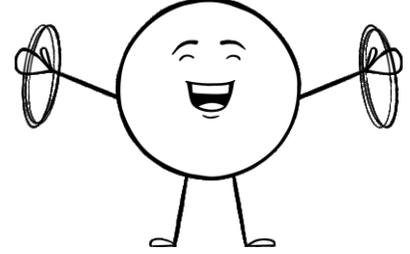
LOVE YOUR WORKOUT 2



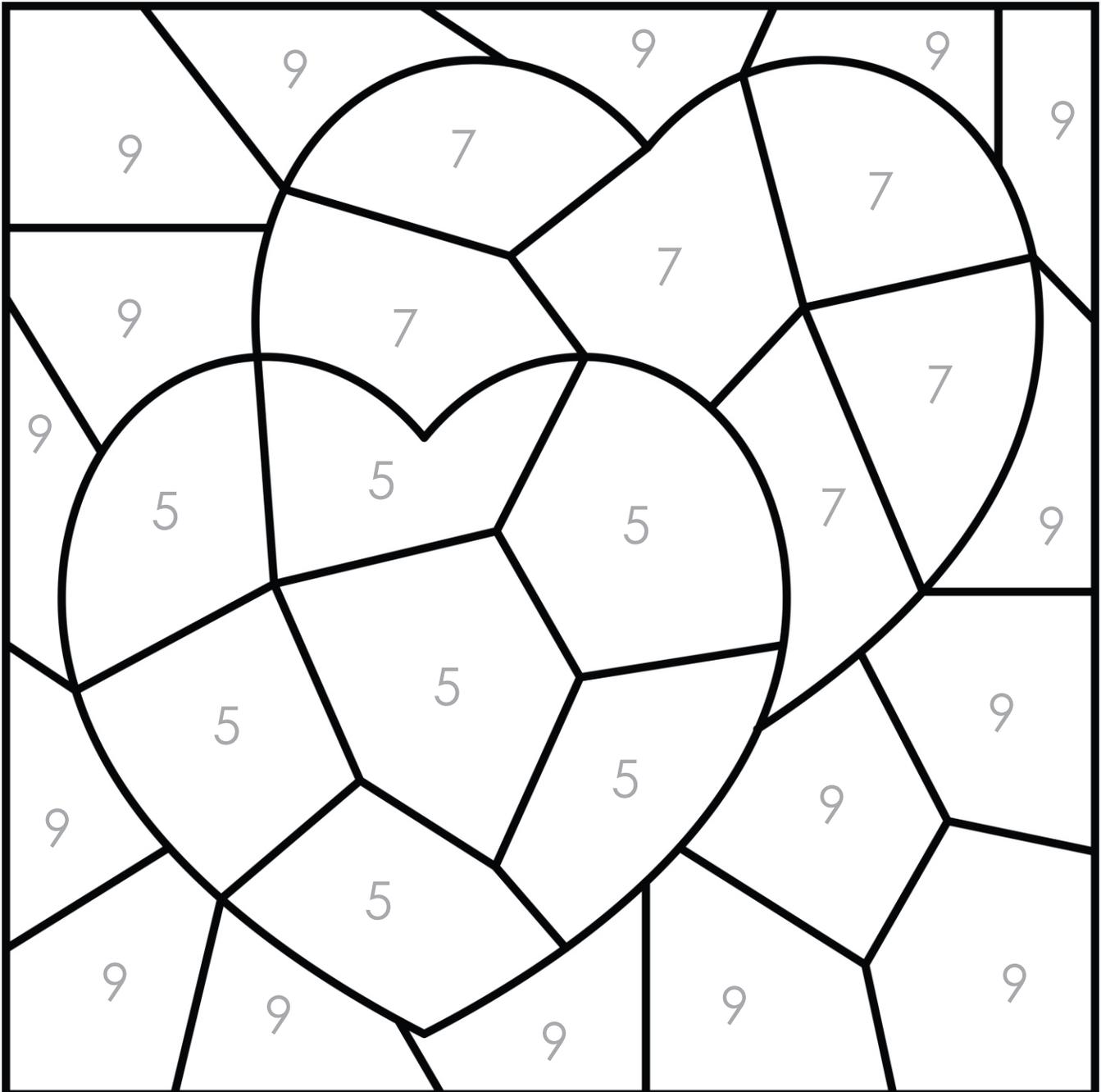
Do 5 star jumps.
5 = red



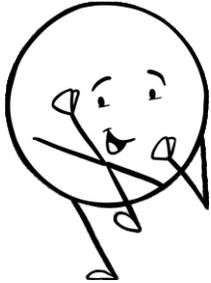
Do 7 trunk twists.
7 = pink



Do 9 arm circles.
9 = purple

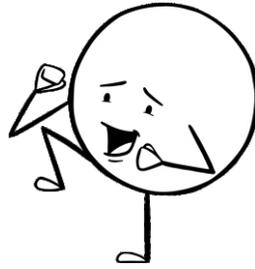


LOVE YOUR WORKOUT 3



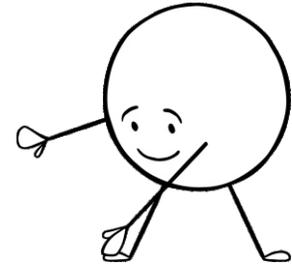
Do 15 elbow to knees.

15 = red



Do 8 high knees.

8 = pink



Do 6 toe touches.

6 = blue

