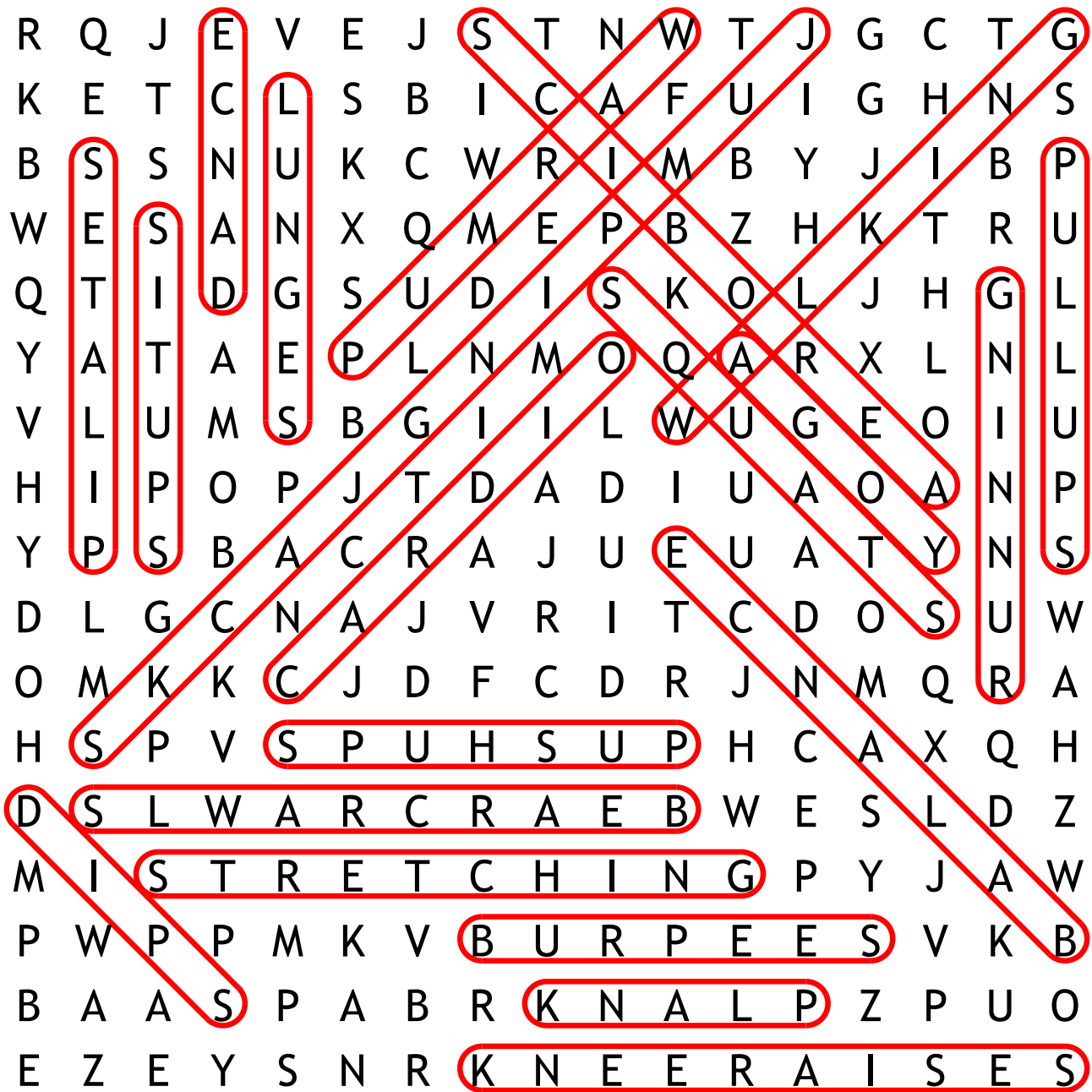


Name: _____

Date: _____

I LOVE MYSELF ... EXERCISE



JUMPING JACKS
AEROBICS
BURPEES
WALKING
SQUATS
YOGA

BEAR CRAWLS
PULL UPS
PILATES
WARM UP
DANCE

KNEE RAISES
PUSH UPS
RUNNING
CARDIO
PLANK

STRETCHING
BALANCE
SIT UPS
LUNGES
DIPS