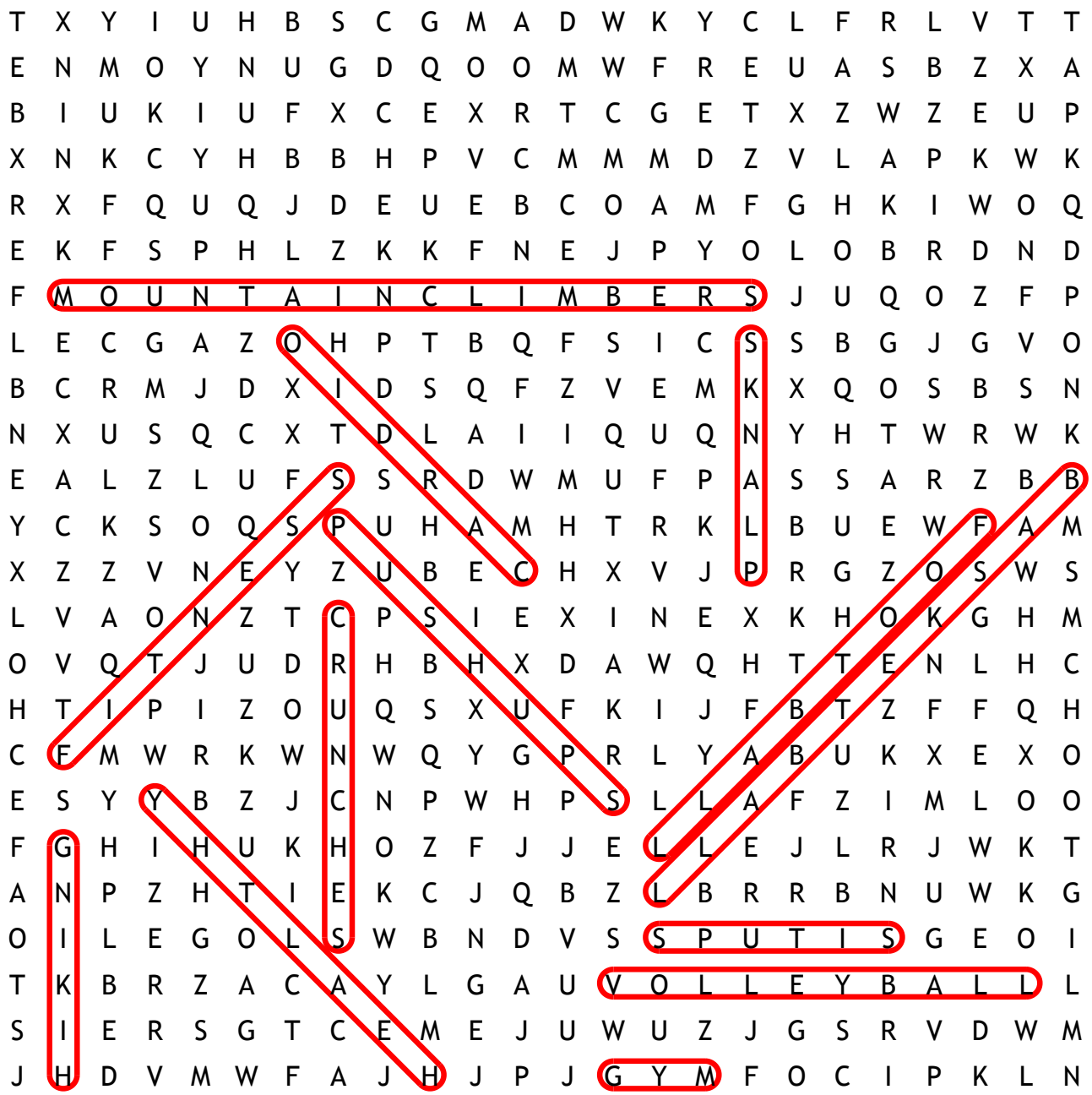
Name: _____ Date: _____

Get fit



Mountain climbers
Football
Sit ups
Planks
Gym
Basketball
Crunches
Healthy
Hiking
Volleyball
Push-ups
Fitness
Cardio