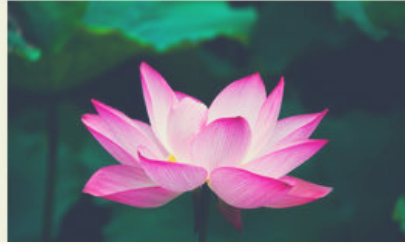


THE HEALTHY DEN

HEALTHY BALANCE BETWEEN BODY & MIND FOR FAMILIES



40 MINUTES LET'S GO!

1 MIN STAR JUMPS

30 SEC SIDE LUNGES

30 SEC SQUATS

1 MIN JOG IN PLACE

30 SEC BURPEES

30 SEC LUNGES

1 MIN JUMP ROPE

30 SEC JUMP SQUATS

30 SEC SPEED SKATERS

1 MIN BUTT KICKS

30 SEC LUNGE KICKS

30 SEC SQUAT

1 MIN JOGGING ON THE SPOT

30 SEC SQUAT WITH A WEIGHT

30 SEC PUSH UPS

NOW REPEAT JUST ONCE MORE! YES YOU CAN!

YOU DID IT!!! NOW FOR A COOL DOWN!

