

Create Your Own Workout!

CLICK HERE TO BEGIN!

Warm up

Pick an activity to prepare your bodies!

Walking



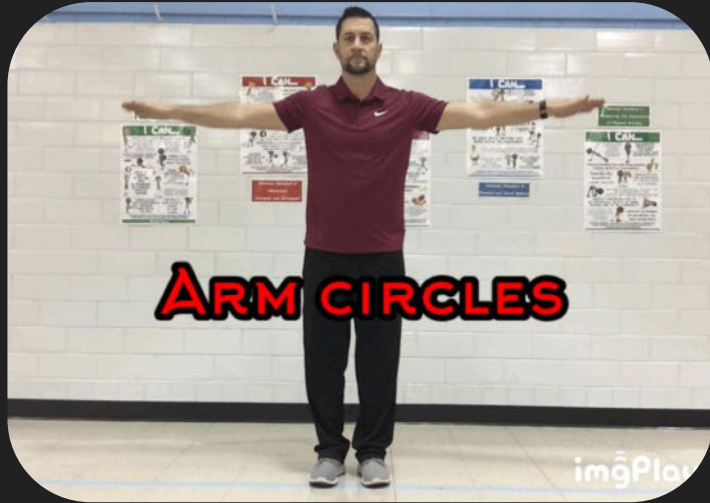
Jogging



CLICK HERE WHEN WARMED UP!

Upper Body

Pick an activity to work your upper body!



Do
20



CLICK HERE FOR THE NEXT
EXERCISE!

Lower Body

Pick an activity to work your lower body!



HIGH KNEES

imôPlay

Do
20

CRAB KICKS



imôPlay

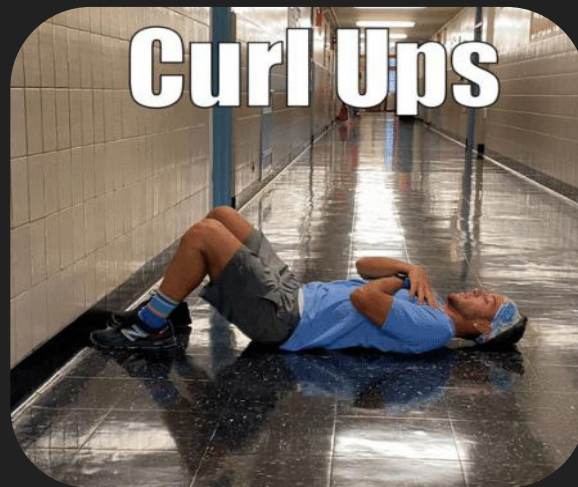
CLICK HERE FOR THE NEXT
EXERCISE!

Core

Pick an activity to work your core!



Do 10
*seconds for plank



CLICK HERE FOR THE COOL
DOWN!

Cool Down

Pick a stretch to cool down!



Hold
for 30
second

S



CLICK HERE TO END THE
WORKOUT!

THE END!

GIVE YOURSELF A HIGH FIVE!

