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Do You Want to Build a Snowman?

You will need:



Space to move



1 piece of paper



1 pencil



Colors or markers



DIRECTIONS

01

You will have 10 seconds to choose which picture you want to draw.

03

After the exercise, you will have 30 seconds to draw your choice

05

Tada! You have your very own exercise snowman!

02

Perform the exercise that appears on top of your choice for 30 sec.

04

Add color and detail to your drawing once complete!



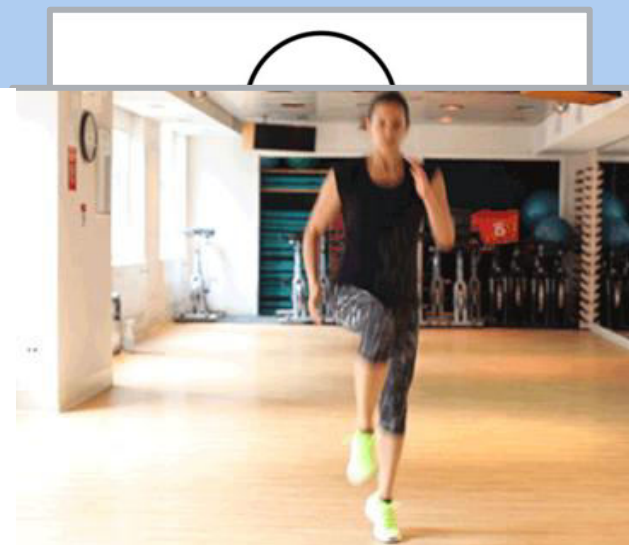
Choose Your Snowman Body

26

1

2

3

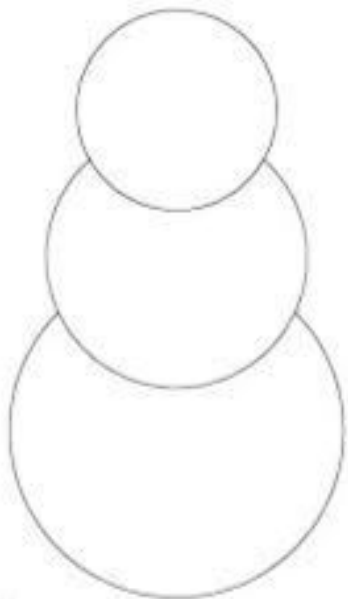




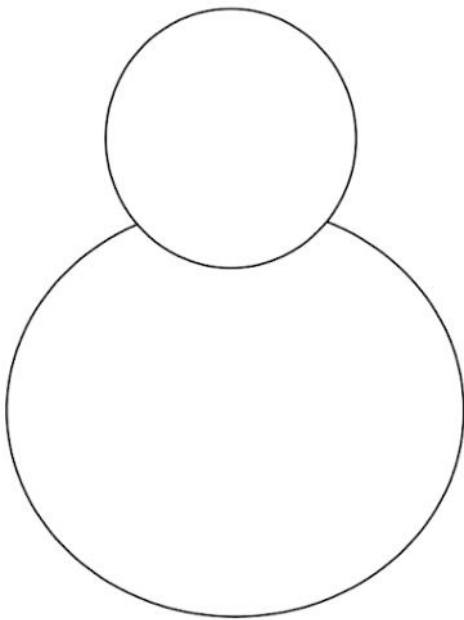
DRAW your body!

26

1



2



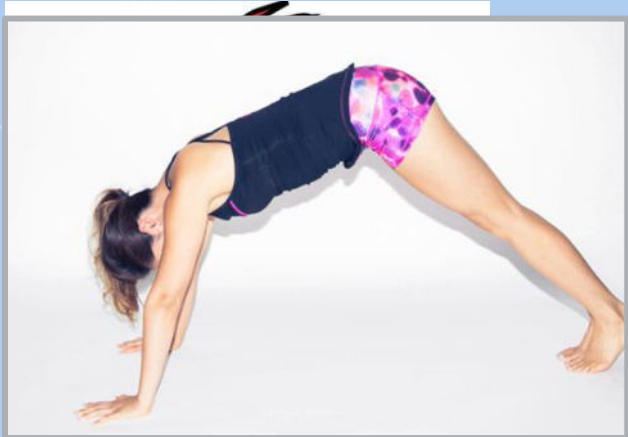
3





Choose a Hat!

1



2



3



DRAW your hat!

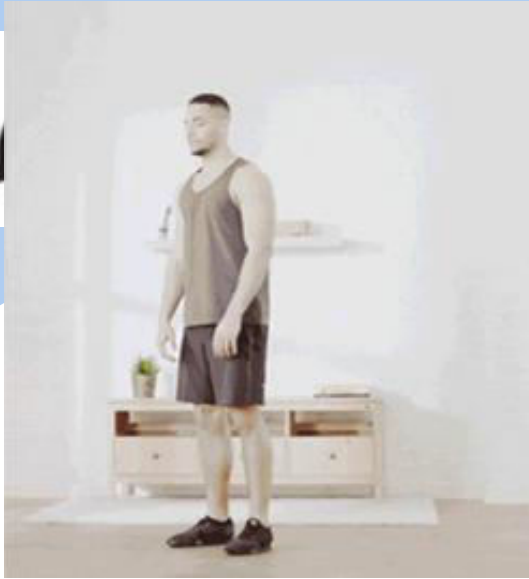


3

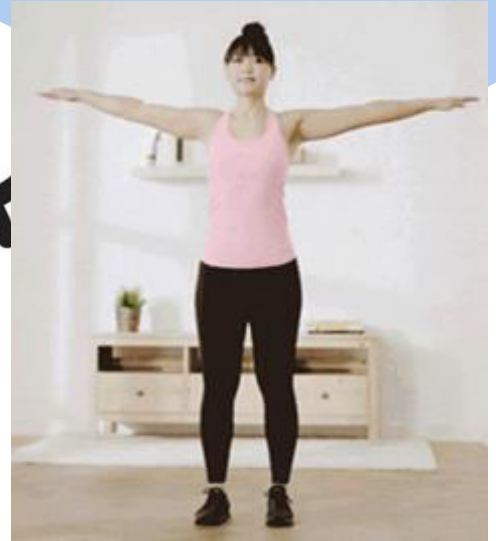


CHOOSE YOUR EYES

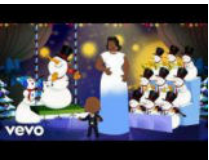
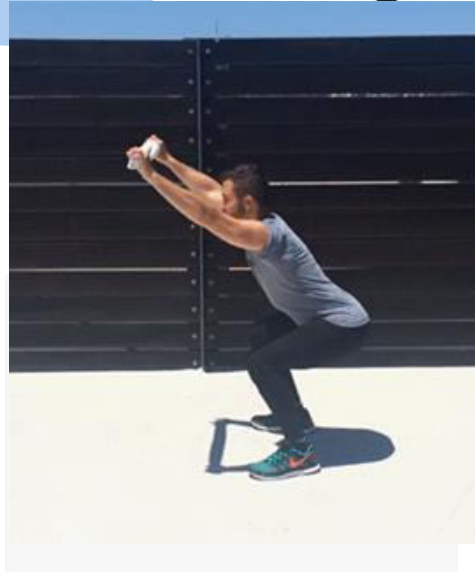
1

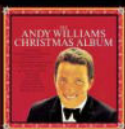


3



2





DRAW your Eyes!

26

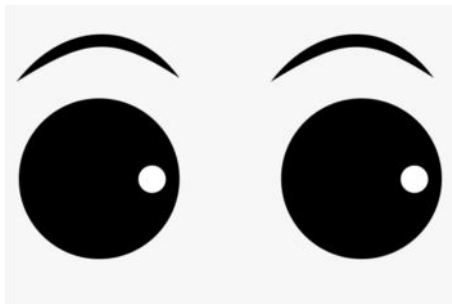
1



3



2





1

CHOOSE YOUR NOSE

26

2

3



8fit

For when they
placed it
on his
head



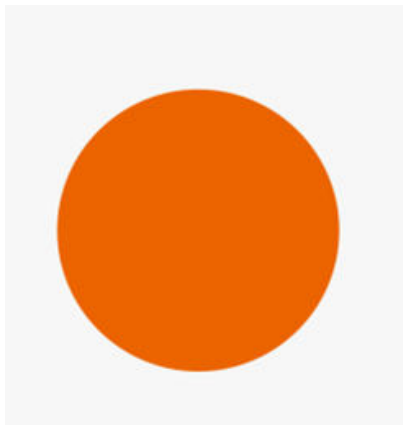
DRAW your Nose!

26

1



2



3





CHOOSE YOUR SMILE

26

1

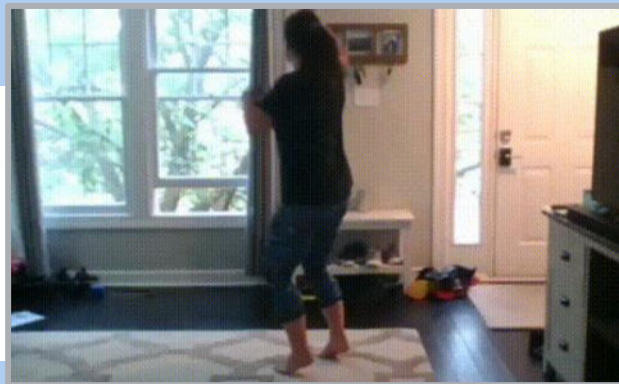


2

EXERCISE!!!



3





DRAW your Smile!

1



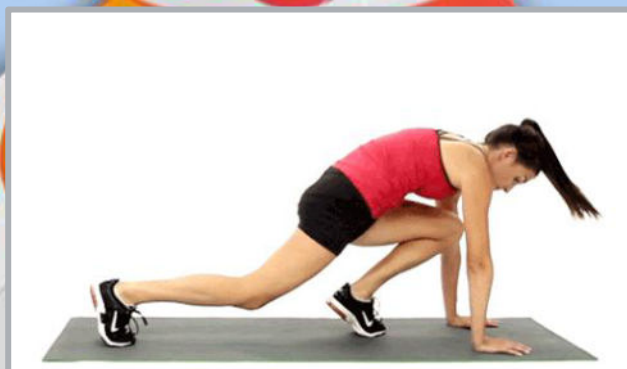
2

3



CHOOSE YOUR SCARF

26



2

3



DRAW your Scarf!



1

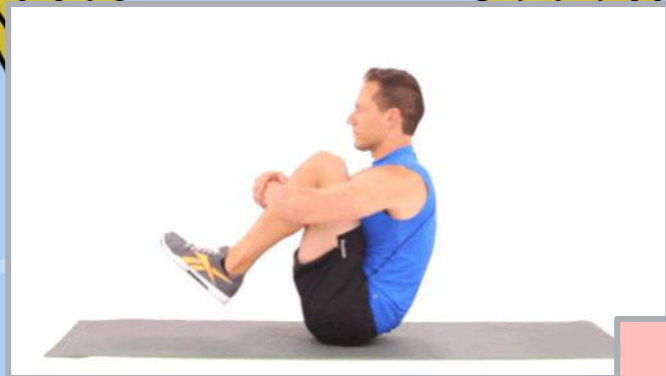
2

3





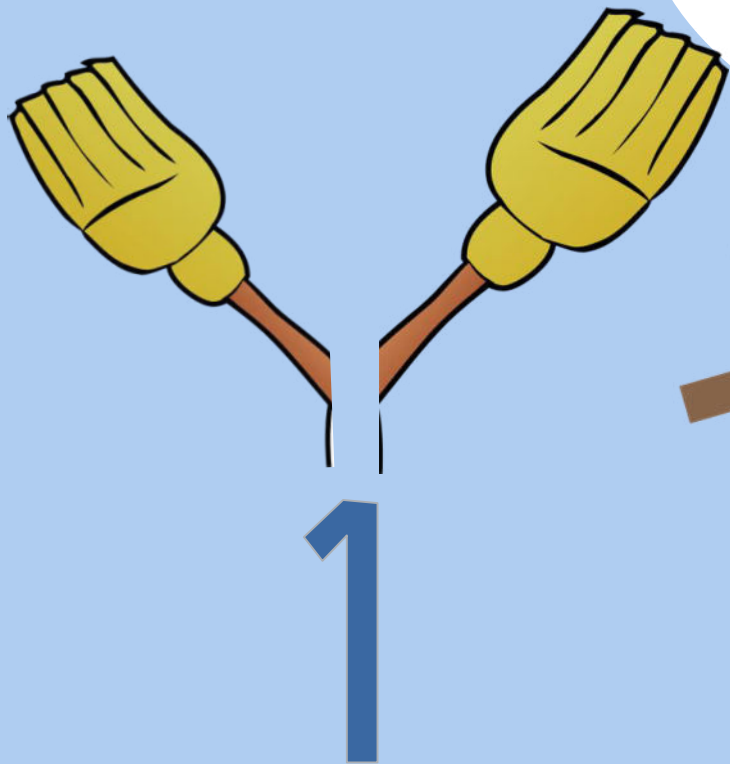
CHOOSE YOUR ARMS





DRAW your Arms!

26



ADD FINISHING TOUCHES!

You have 3 minutes to add details and begin to color. It's okay if you don't finish today!

