

DIRECTIONS:

1. YOU WILL BE SHOWN TWO PICTURES. PICK THE PICTURE YOU LIKE THE BEST.
2. THEN YOU WILL DO THE EXERCISE THAT SHOWS UP WHERE THE PICTURE WAS THAT YOU PICKED. PERFORM THE EXERCISE FOR 30 SECONDS.
3. AFTER YOU'RE DONE YOU WILL CREATE YOUR TURKEY.



Pick a Design

Create It!



Exercise

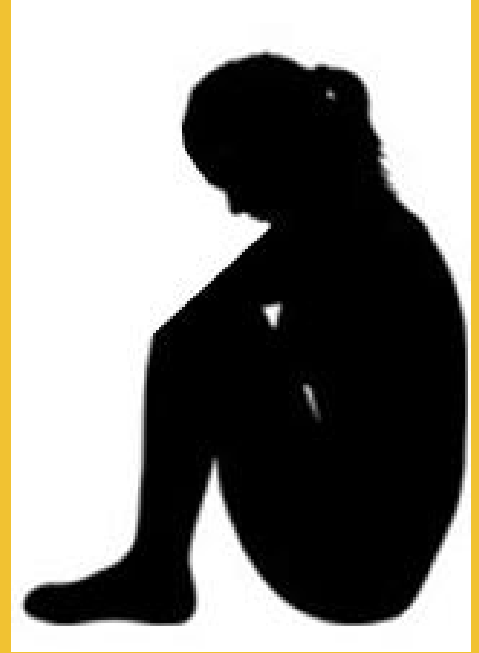
Which body do you like better?



Laying on Back
with Arms Up



OR



Laying on Side

Round ends in:



Arm Circles



Running Arms

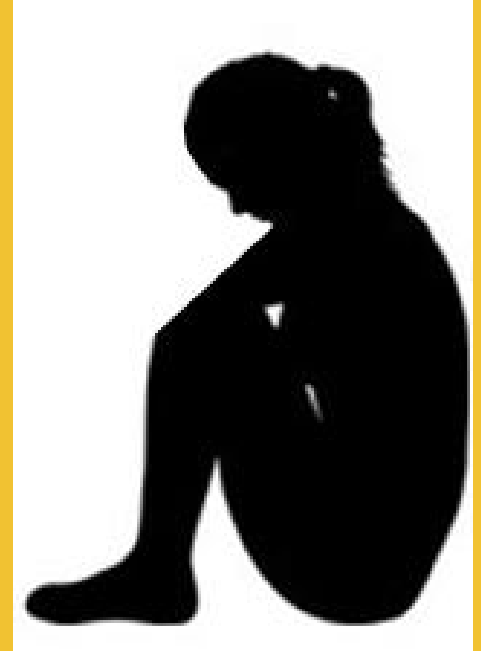
Time to Create!



Laying on Back
with Arms Up

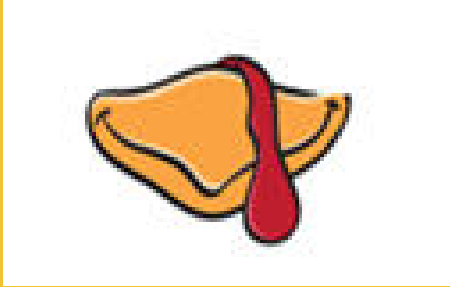


OR

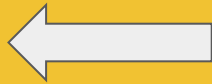


Laying on Side

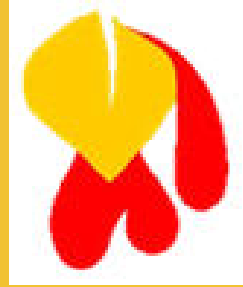
Which beak do you like better?



Beak #1



OR



Beak #2

Round ends in:

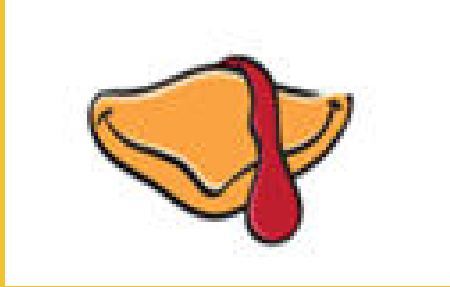


Side Twists

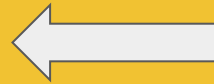


Toe Touches

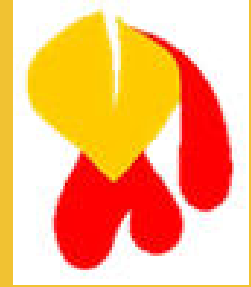
Time to Create!



Beak #1

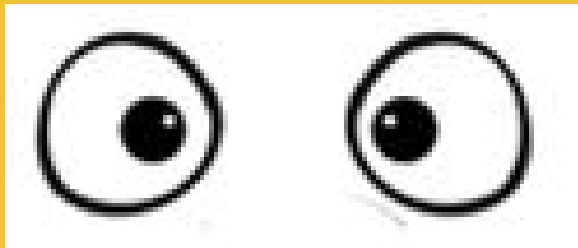


OR

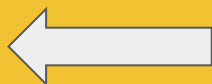


Break #2

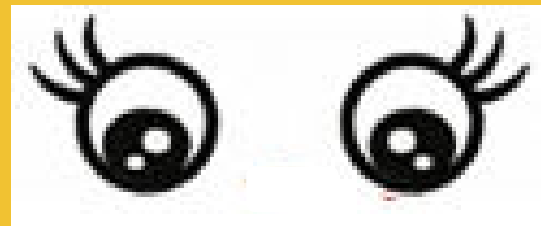
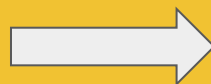
Which eyes do you like better?



Eyes #1



OR



Eyes #2

Round ends in:

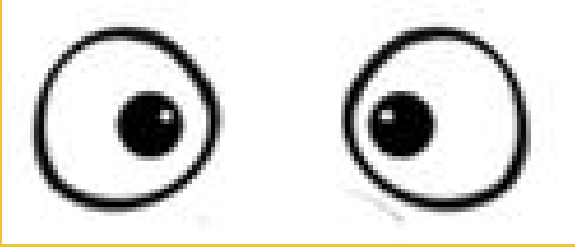


Punches



Side Bends

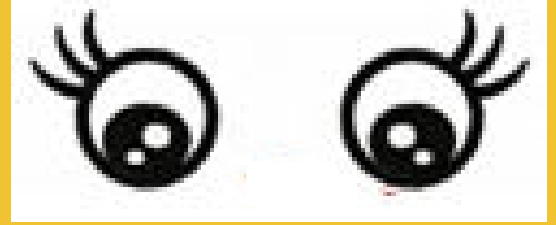
Time to Create!



Eyes #1

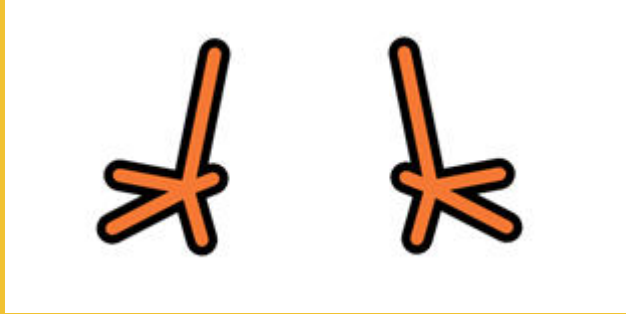


OR

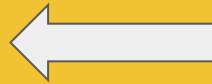


Eyes #2

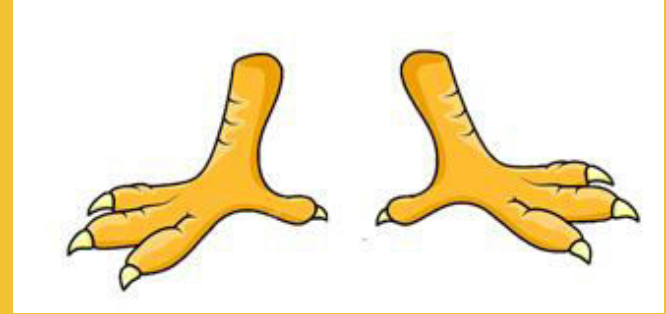
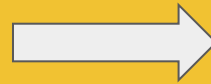
Which feet do you like better?



Feet #1



OR



Feet #2

Round ends in:

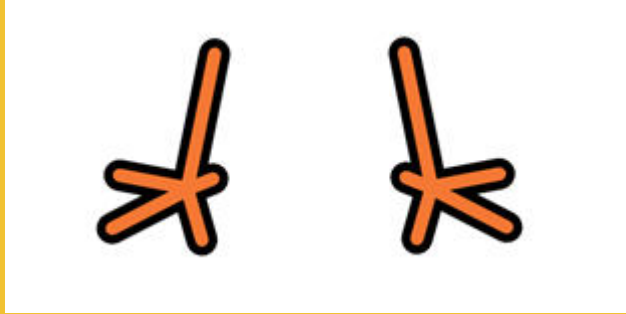


Side Arm Raises



Shoulder Rolls

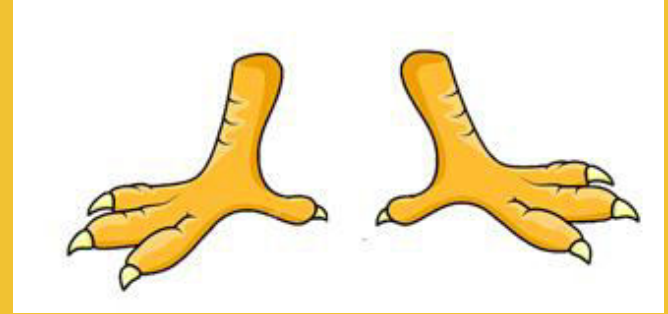
Time to Create!



Feet #1



OR

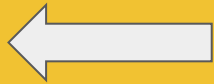


Feet #2

Which accessory do you like better?



Hat



OR



Bow/Tie

Round ends in:



Chest Openers



Front Stroke

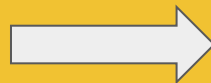
Time to Create!



Hat



OR



Bow/Tie

Which feathers do you like better?



OR



Leaves as Feathers

Hand Prints as Feathers

Round ends in:



Front Arm Raises



Bicep Curls

Time to Create!



OR



Leaves as Feathers

Hand Prints as Feathers

YOUR TURKEY IS COMPLETE!

