

MY MISSING LETTER

a, b, c



7 JUMPING
JACKS

d, e, f



7 SQUATS

g, h, i



JOG 3 LAPS

j, k, l



25 WINDMILLS

m, n, o, p



7 PUSH-UPS

q, r, s



25 LEG LIFTS
EACH LEG

t, u, v



20 SECOND
STRETCH BOTH
LEGS

w, x, y, z



30 SECOND
PLANK



at



b ll



hoo



all



love



b tter



whist_e



drib_le