25IML UPISSINA 341 ULIOJIAA SHAOM FILMM	Baltic Ave Perform a ybody stretch	Vermont Ave Perform syssi gniqmul	Virginia Ave Perform an Vbod v Stretch	JISSINON SCHULLSON JISNON SSUNDA SSUNDA SSUNDA SSUNDA SSUNDA SSUNDA SSUNDA SCHULLSON SCHULSON SCHULLSON SCHULLSON SCHULLSON SC
Boardwalk Perform the plank	MONUPOLY Fitness			New York Ave Jog around one half of the gym
Find a line in the gym and perform ski jumps	Pennsylvania Ave Perform body weight squats	Atlantic Ave Perform an abdominal stretch	Kentucky Ave Perform mountain climbers	PREFERENCE TO THE PREFERENCE T



Select any activity to perform with a partner or a group •PERFORM BUTT KICKERS •SKIP AROUND THE GYM •PERFORM AN UPPER BODY STRETCH •PERFORM A LOWER BODY STRETCH •WALK AROUND THE GYM