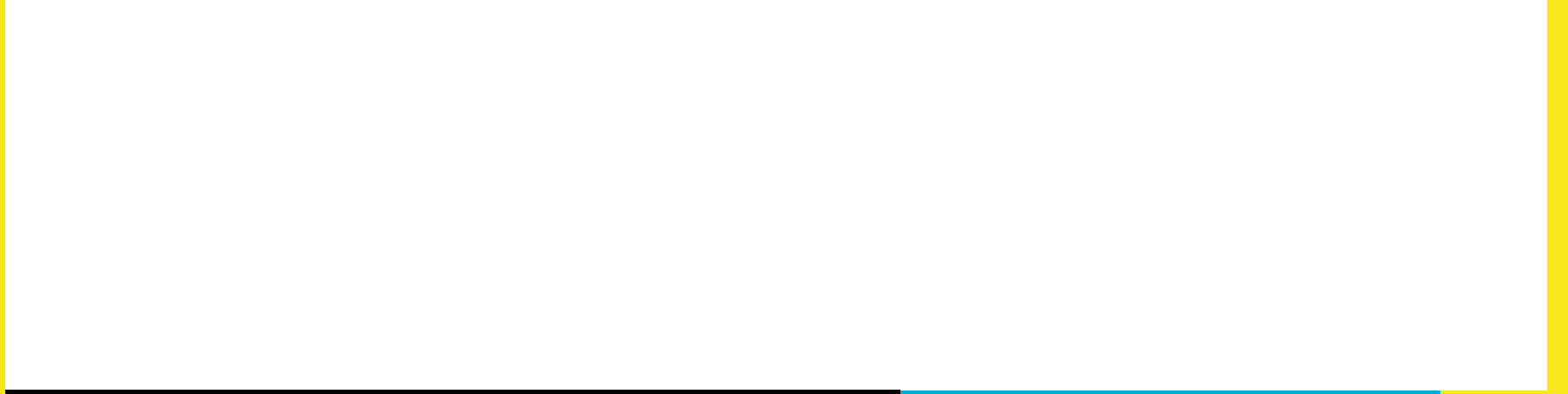


Would you rather?

Choice Fitness



Arm Circles

OR

Waist Twists
Waist Twist

Toe Touches
Toe touches

OR

FROG JUMPS

PUSH UPS
Push ups

OR

**MOUNTAIN
CLIMBERS**

**TUCK
JUMPS**

OR

SQUATS
squats

JUMPING
JACKS

Jumping
jacks

OR

V-UPS

LUNGES

OR

X-JUMPS
x-jumps

**SIDE
LUNGES**

OR

**SPEED
SKATERS**

Speed skater