

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

FINGER FITNESS 1.0

Directions: Count the fingers to find out how many of each exercise to perform



Elbows To Knees



Calf Stretch



Both Legs!!!



Curl-ups



Lunges



Both Legs!!!

