MY MISSING LETTER



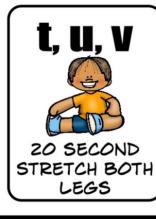






























FINGER FITNESS 1.0

<u>Directions</u>: Count the fingers to find out how many of each exercise to perform



Elbows To Knees



KILE







Calf Stretch



Both Legs!!!







Curl-ups









Lunges



Both Legs!!!