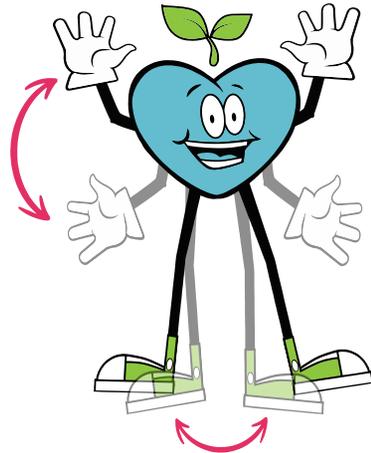


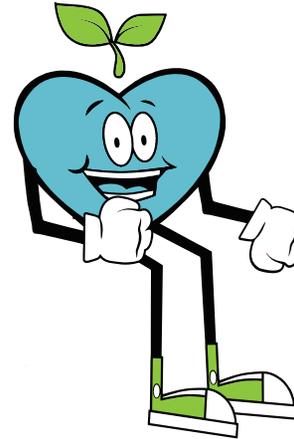


BPI

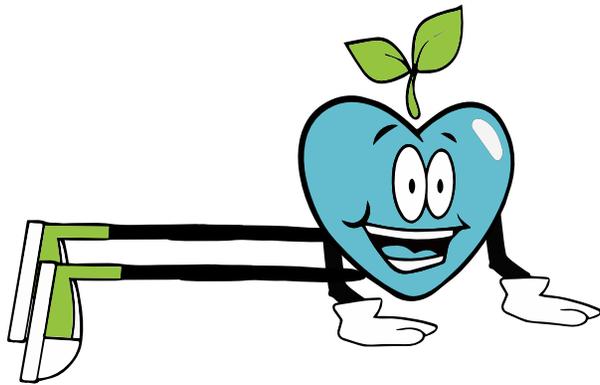
# Workouts For Kids



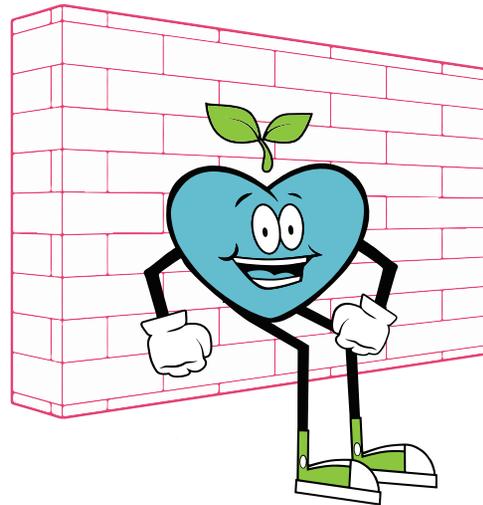
10 JUMPING JACKS



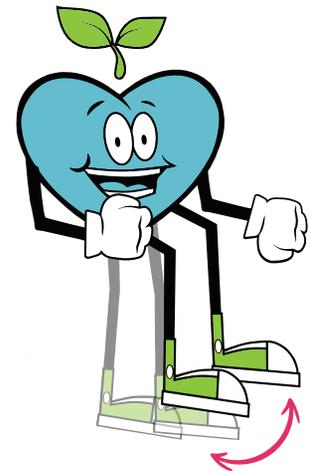
20 SECOND SQUAT



20 SECOND PLANK



15 SECOND WALL SIT



10 HIGH KNEES