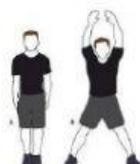


BODY EXERCISES

Instructions: Look at the pictures and match.



SQUATS

CRUNCHES

PUS HUP

JUMPING-JACKS

STRETCHING

PULL UPS

LUNGES

PLANK

MOUNTAIN CLIMBERS

BICYCLE CRUNCHES

