

Working Out with Nikki

Do you ever wish you could learn to _____? I get to _____ it every day! _____ is Nikki, and I am a _____.

Every day after school, I _____ to _____ my _____ so that I won't be _____ for my _____. I change my _____, grab a _____, and hop in the _____ with my mom. Soon, we are there.

When I go into the _____, my _____, Dave, starts my group on ______. Dave says that we use almost all of our muscles in this _____, so it is very important that we take _____ at the _____ to _____ and _____. That is the way we make our _____ warm, and warm muscles work _____ than _____ ones.