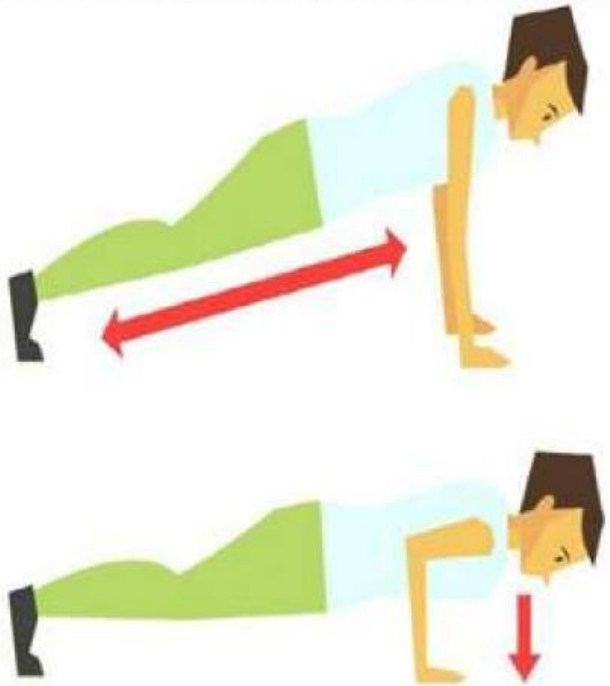
Simple workouts you can do at home



LIVEWORKSHEETS

Quiz: jumping jacks jump hop squat

push up lunge run walk

LIVEWORKSHEETS