

ARE YOU STUFFED?

Let's work off some of that food -
complete each exercise for 30 seconds.



JUMPING JACKS



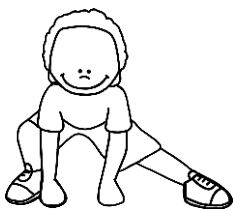
RUNNING IN PLACE



CROSS CRAWLS



FORWARD LUNGES



SIDE TO SIDE LUNGES



SQUATS

