

Get Active!

n q c t q u q c h l q k j k m w b u e k e j s s
u n w s i b e p g j n j j h w a i i t m e n p t
m h t h s l j u m p i n g j a c k s w g s w c s
s m l p u n c h e s m j s k q q c c h h h k q b
n l c w n u e r k b n i u u r b j w m t q m t i
b q l g s s t r e t c h i w l s h m s l q q k c
a h q i k u l s h c q q l a a q k k b e a l c e
c i j s s u n u b j a b h l s u i i n l n b c s
i w c e s s a t n j a k l t w u r s s a u k r p
t i b s u i a c j g k t g e m c u s n h p m q u
q e h q c b r r r w e p s w q u r u t l q r b h
e l g c j u s b m l s s t r l a b w a a l b i s
j e c s g c s t j s p b r q e c s n n t n b w u
q i t e g r u g e w q t w k i i k q i l p u a p
c u l b a a q l r s s e j s n a n c c h a m l m
a h k u g p c b a c k c g s q l u g c i s r l a
h p l u e r t c q j n q k s t a l q s i j e s h
m g j a i k c u j u k i n e n e h n b g s e i g
t r a c r g u u n q e h p e q s n b e j n m t s
i w m c b b u u r r i m t p h n m s s p q n s q
p r s j h e h a s l j p k r m p r i a e u w e u
a h j t t j n h t g u r h u h a n b k m r k l a
m j m q l l u h e i g p g b a s e u l t u j t t
i i i l m g n s b c q l s b j s e l b e k l e s

jumping jacks

arm circles

wall sits

curl ups

push ups

burpees

punches

stretch

lunges

skiers

squats

plank