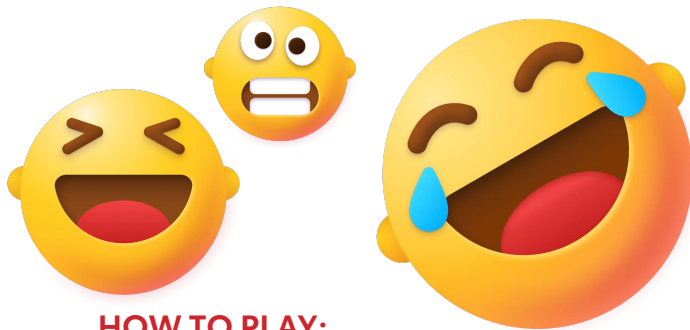




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HEART
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HEART
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HOW TO PLAY:

Solve each emoji puzzle to uncover an exercise.
Once the puzzle is solved, complete 10 repetitions
of each exercise.

Extra challenge: Repeat these exercises 2-3 times.

EMOJI PICTIONARY



+ "e"



(hold for 30 seconds)



(in place for 30 seconds)



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EMOJI PICTIONARY

Answer Key:



Push-Up

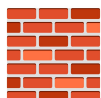


+ "e"

Lunge



Toe Touch



Wall Sit

(hold for 30 seconds)



Time To Run

(in place for 30 seconds)



Sit Ups



Mountain Climbers



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