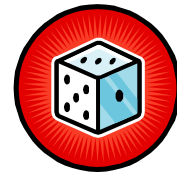




Fitness Four Square



- 1-----Run around your 4 square
- 2-----10 crunches
- 3-----5 push ups
- 4-----25 jumping jacks
- 5-----Crab walk around your 4 square
- 6-----15 ski jumps

