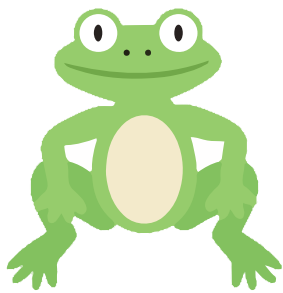


Workout for kids

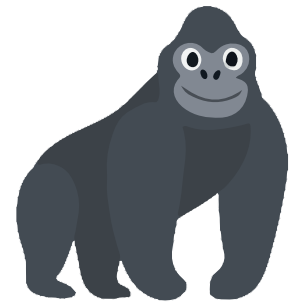
DO AS MANY OF EACH MOVE AS YOU CAN IN 45 SECONDS.
TAKE A 15 SECONDS BREAK IN BETWEEN.



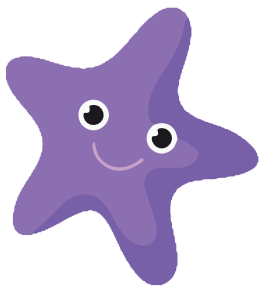
JUMP LIKE A FROG



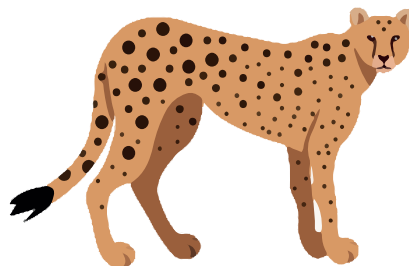
WALK LIKE A BEAR



SHUFFLE YOUR ARMS
LIKE A GORILLA



JUMP LIKE A STARFISH
(JUMPING JACKS)



RUN LIKE A CHEETAH



WALK LIKE A CRAB



Day #05

NavigatorKids Club