

b	e	f	i	t
Wall-sit	Arm circle	Grapevine	Step-Ups	Plank 30 seconds
Choose your own	Wall-sit	Shoulder rolls	Bench	Tuck jump
Bicycle	Seat walk	FREE	Jog on the Spot	Twist
Knee ups	Toe touch	Lunges	Ski	Hamstring Stretch
Grapevine	Push-ups	Bicycle	Butterfly stretch	Stretch

b	e	f	i	t
Hamstring curl	Bicycle	Jog on the Spot	Wall-sit	Bench
Wall-sit	Twist	Seat walk	Step-Ups	Push-ups
Knee ups	Plank 30 seconds	FREE	Choose your own	Grapevine
Shoulder rolls	toe touch	Stretch	Toe touch	Bicycle
Butterfly stretch	Ski	Arm circle	Lunges	"I Don't Know"

b	e	f	i	t
toe touch	Cross-Country	Bicycle	Stretch	Choose your own
Seat walk	Crunches	"I Don't Know"	Bench	Wall-sit
Lunges	Butterfly stretch	FREE	Step-Ups	Jog on the Spot
Grapevine	Hamstring curl	Arm circle	Grapevine	Push-ups
Ski	Wall-sit	Toe touch	Knee ups	Tuck jump