



HELLO THERE

Feeling Lazy?

Yes

Get off your  
ass! We have  
work to do!!

First things first..  
lets start with just  
two easy squats

No

Good! Lets get  
started then

Give me 5 squats and  
then we can continue..  
Now, take a picture  
and instagram it with  
#exercise - and see  
your picture pop up on  
the left