getfitcards.com
3
Looking Forward to Jumping Jacks
Reps: 25
Laugh Everyday!
getfitcards.com

Crunches with Right Leg Extended

Reps: 20

The Best Way!

getfitcards.com

4

Q
Oblique Stretch
20 seconds
each side
Follow Your Heart!
getfitcards.com
Q

10
Squats
Reps: 10
Enjoy Little Pleasures!
getfitcards.com
10

9

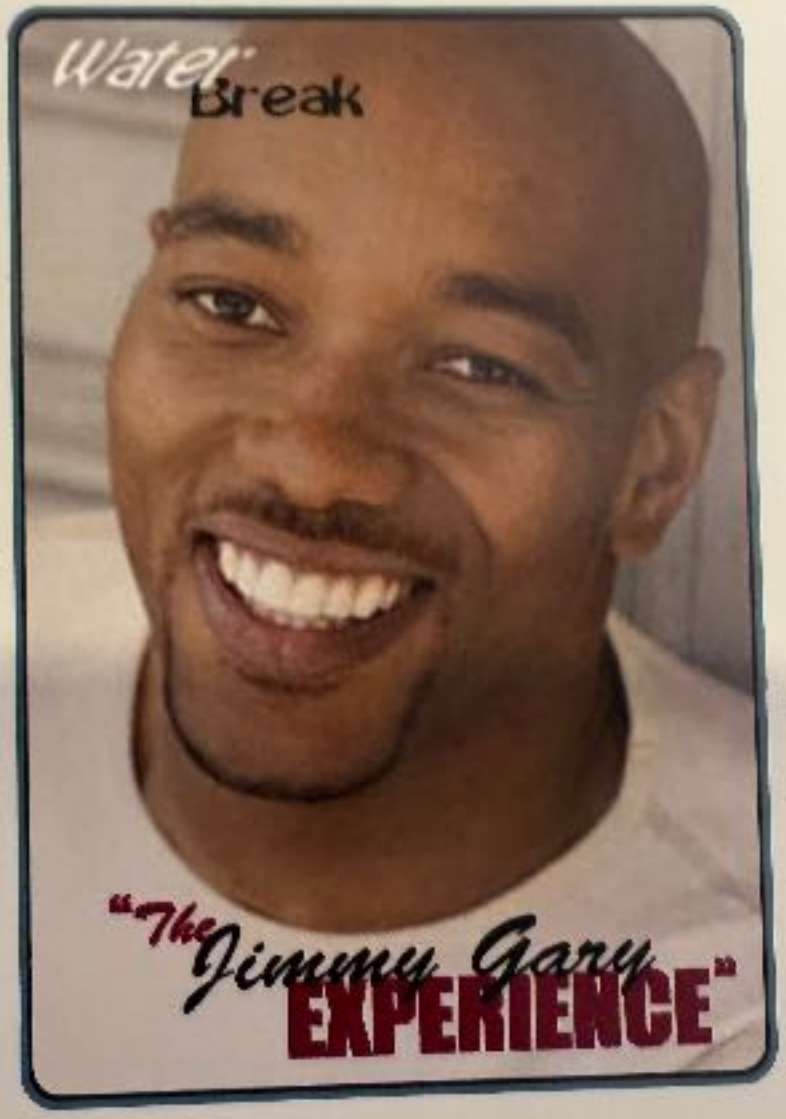
Alternating Lunges

Reps: 10

Shoot For The Moon!

getfitcards.com

6


Water Break
"The Jimmy Gary EXPERIENCE"

8

Push Ups

Reps: 10

Keep Working!

getfitcards.com

8

9

Alternating Lunges

Reps: 10

Value Yourself!

getfitcards.com

6

m 9

Strengthen The Bond!

getfitcards.com 3

8

9

Alternating Lunges

Reps: 10

Your Life!

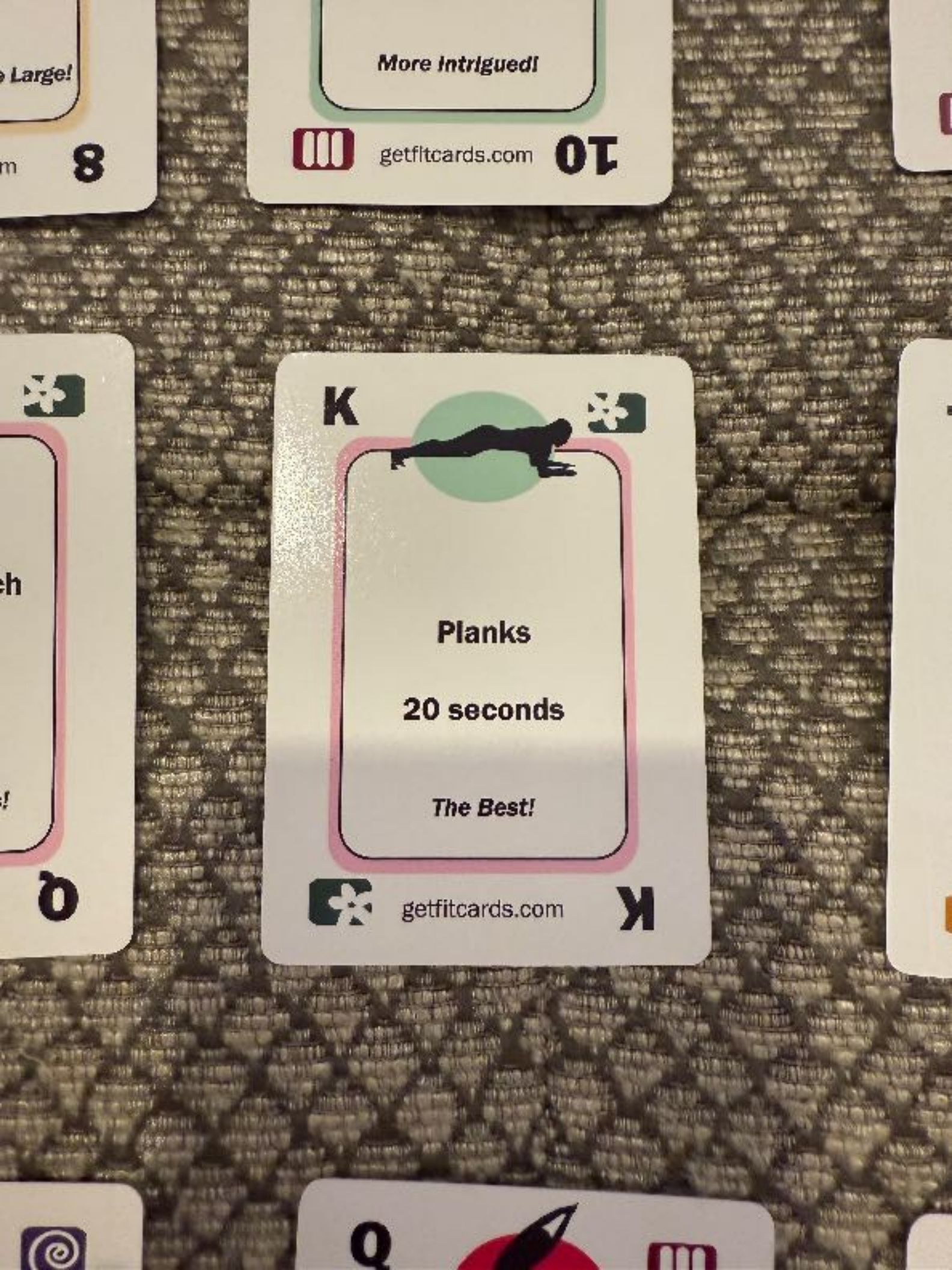
getfitcards.com 6

8
Push Ups
Reps: 10
Seize The Day!
getfitcards.com
8

J
Alternating
Swimming Stretch
20 seconds
Visualization!
getfitcards.com
J
getfitcards.com
5
8

Q
5
Oblique Stretch
20 seconds
each side
Go For It!
5
getfitcards.com
Q

J
Alternating
Swimming Stretch
20 seconds
Fantasize!
getfitcards.com


Large!
8
More Intrigued!
getfitcards.com
10
K
Planks
20 seconds
The Best!
getfitcards.com
K
Q
Q

Start Small Acheive Large!
getfitcards.com
8
Q
Oblique Stretch
20 seconds
each side
Friend That Lends!
getfitcards.com
Q
K

getfitcards.com
7
J
Alternating
Swimming Stretch
20 seconds
Think!
getfitcards.com
J
Q
3
5
4

getfitcards.com
4
7
Alternating
Scissor Stretch
Reps: 20
Reward Your Inner Self!
getfitcards.com
7
8
J
Q

8
Push Ups
Reps: 10
Start Small Acheive Large!
getfitcards.com
8
Q
K

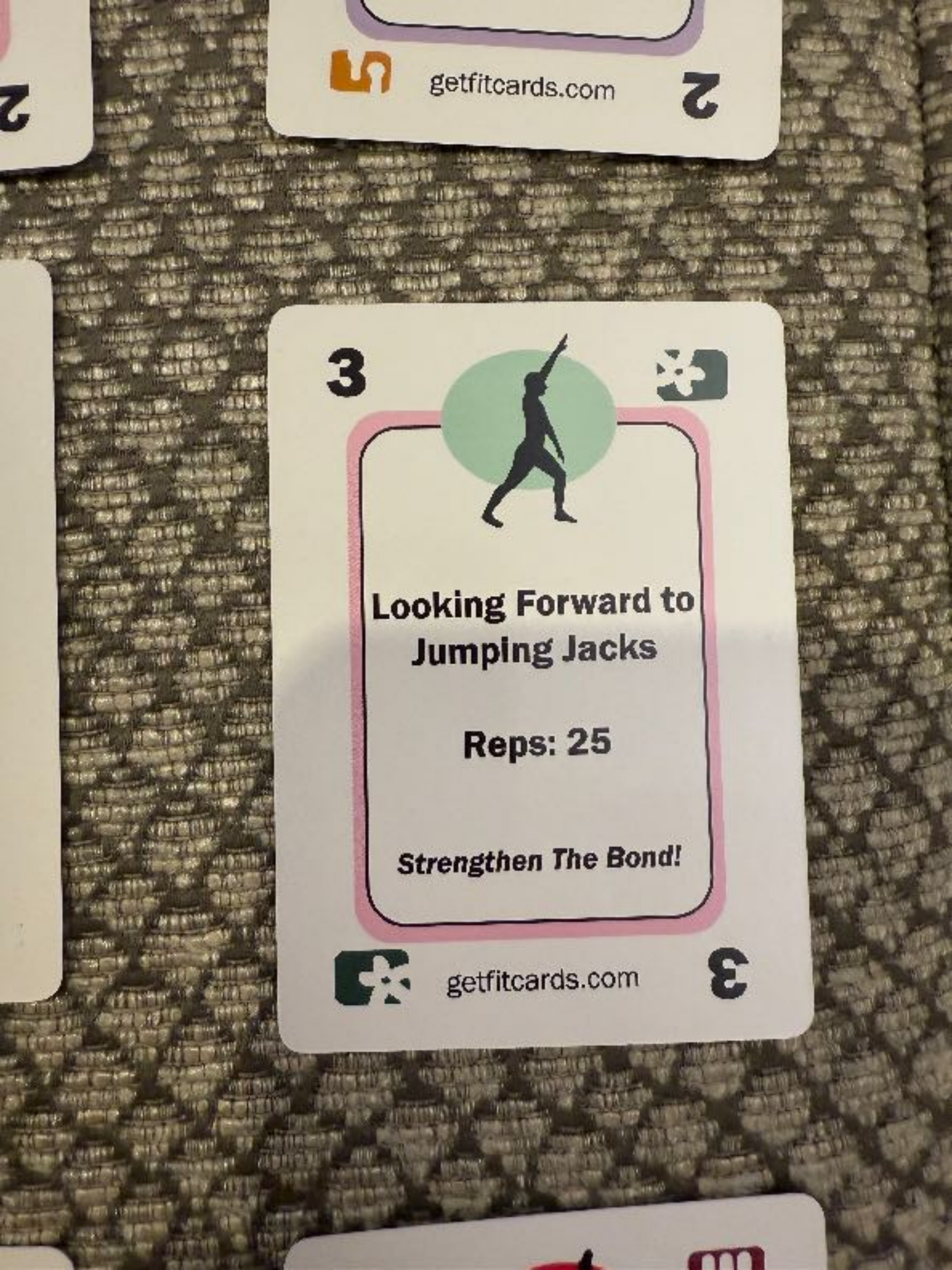
10
Squats
Reps: 10
More Intrigued!
getfitcards.com
10
K
8
e Large!
m
rds.com
5

9
getfitcards.com
6
J
Alternating
Swimming Stretch
20 seconds
Medicine For The Soul!
getfitcards.com

7
Alternating
Scissor Stretch
Reps: 20
Passion With Gusto!
getfitcards.com
7
getfitcards.com
10
Q
5

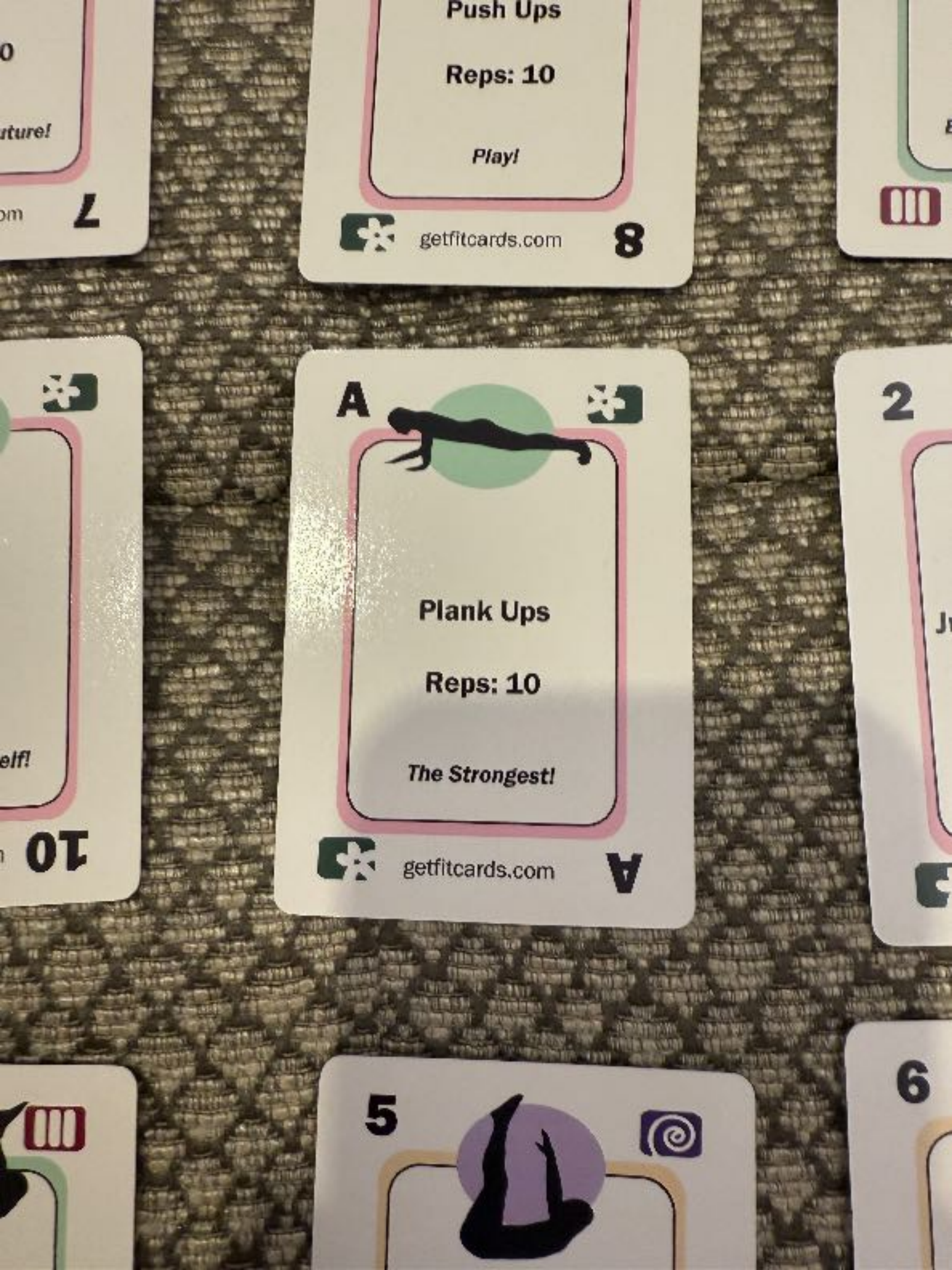
The Strongest!
getfitcards.com
A
6
5
Toe Touches
Reps: 20
Value Yourself!
getfitcards.com
5
J

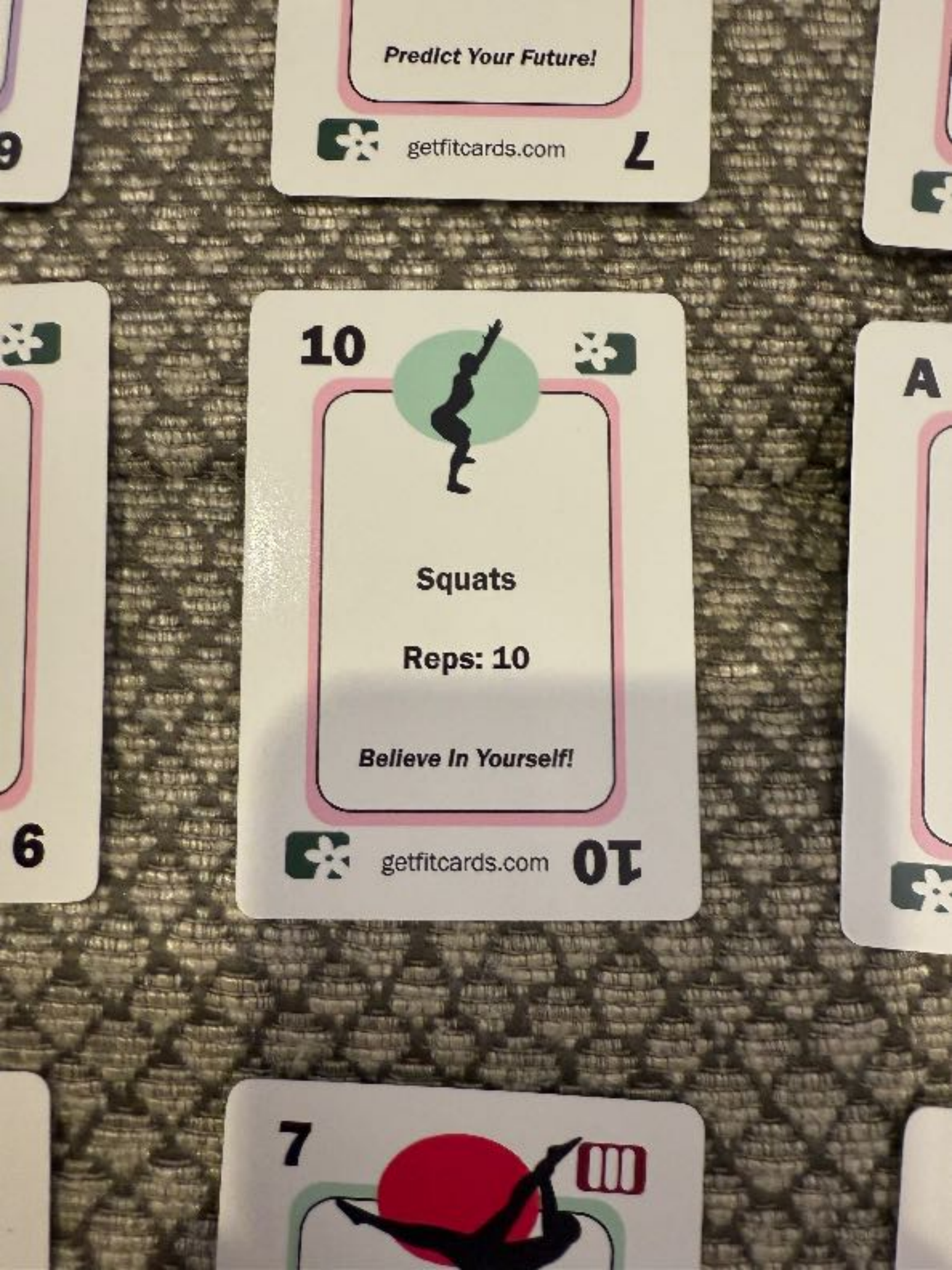
Be Grateful!
getfitcards.com
2
A
5
6
Bicycles
Reps: 20
Forgive!
getfitcards.com
9


3
Looking Forward to Jumping Jacks
Reps: 25
Strengthen The Bond!
getfitcards.com
3
getfitcards.com
2
2

10
urself!
om
A
Spread Love Everywhere!
getfitcards.com
2
Jacks
5
!
om
2
2
5
Jump for Joy Jacks
Reps: 25
Long To Live!
5
getfitcards.com
2
3

Reps: 10
Believe In Yourself!
getfitcards.com
A
8
2
Jump for Joy Jacks
Reps: 25
Be Grateful!
getfitcards.com
2
2
6
3

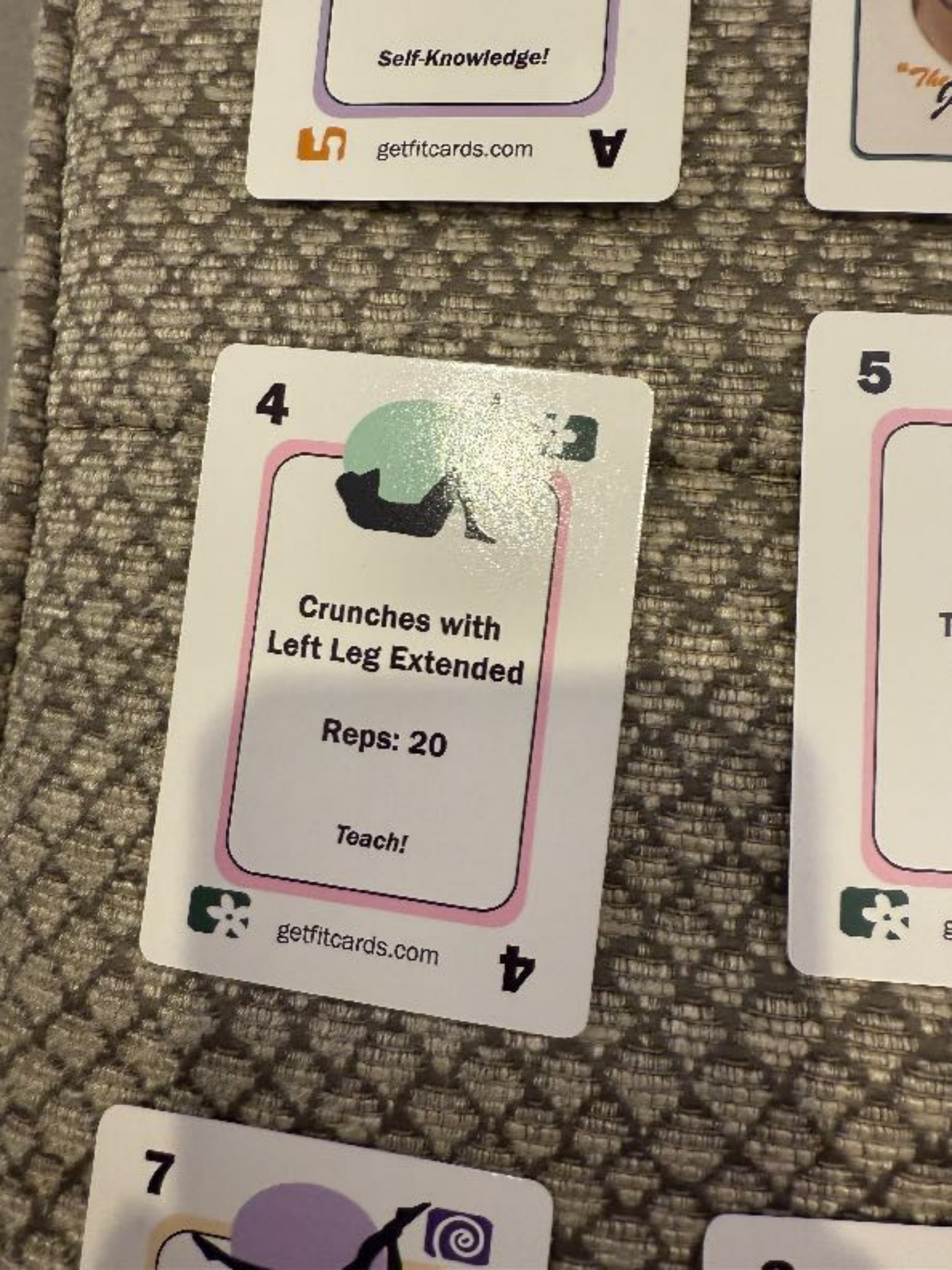

Push Ups
Reps: 10
Play!
getfitcards.com
8
A
Plank Ups
Reps: 10
The Strongest!
getfitcards.com
A
2
5
6
7
10


Predict Your Future!
getfitcards.com
7
9
6
10
Squats
Reps: 10
Believe In Yourself!
getfitcards.com
10
A
7

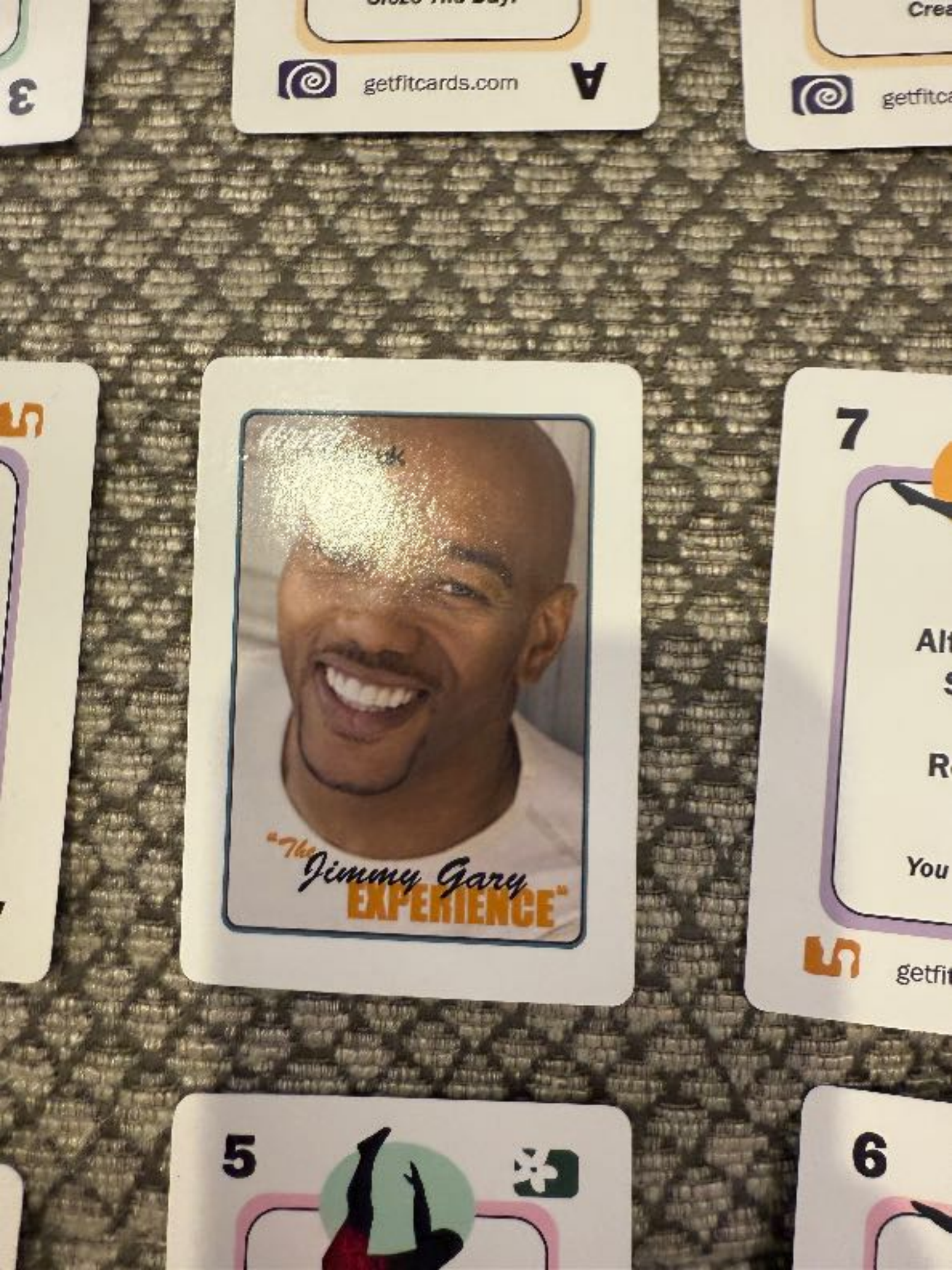
Reps: 20
Listen To Your Body!
getfitcards.com
9
9
Alternating
Lunges
Reps: 10
The Best Way!
getfitcards.com
6
10
J
7

You Can Do It!
getfitcards.com
7
6
Reps: 20
Happiness!
getfitcards.com
9
9

"The Jimmy Gary EXPERIENCE"
5
Toe Touches
Reps: 20
Life!
getfitcards.com
5
6

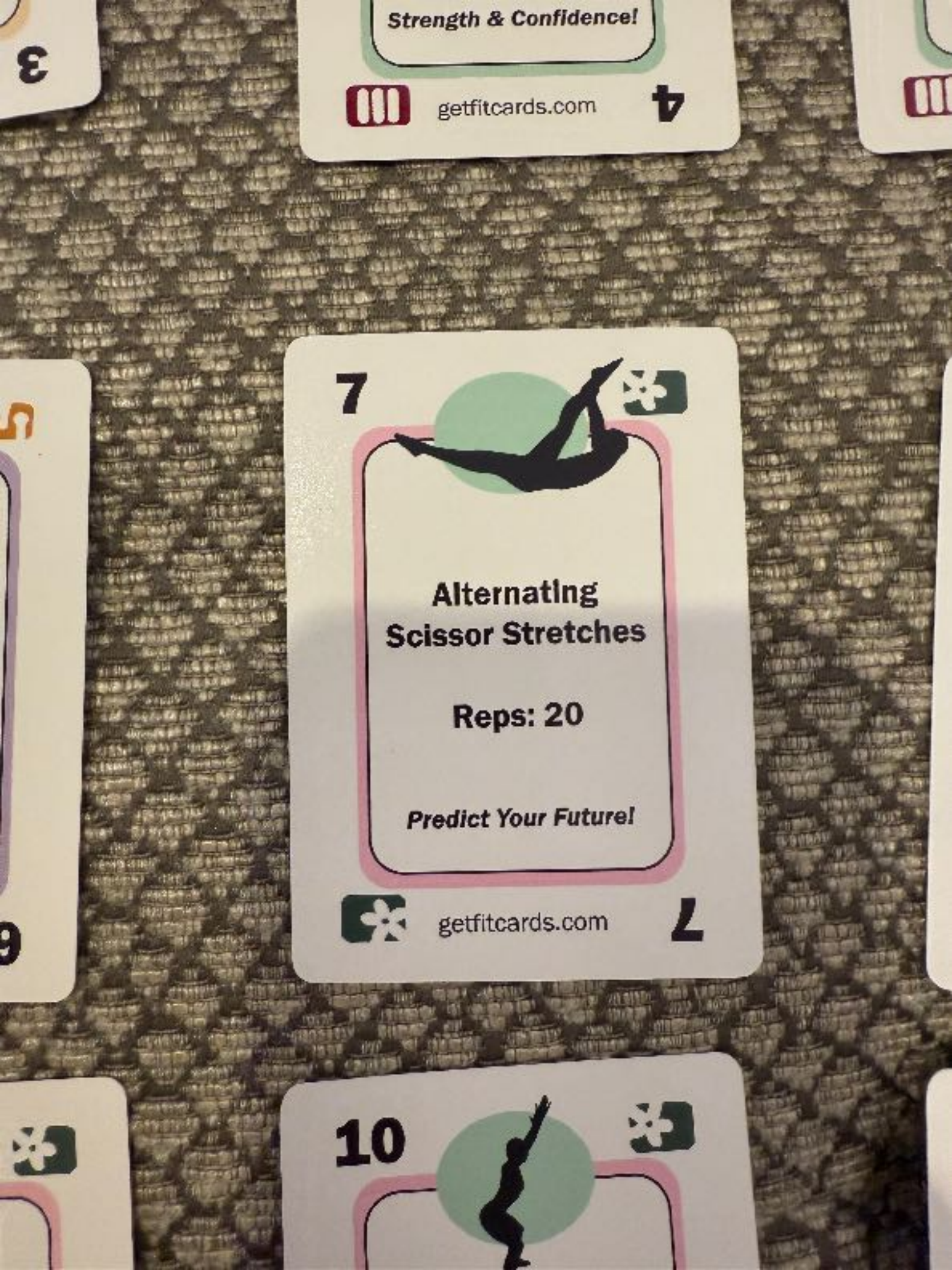

Self-Knowledge!
5
getfitcards.com
A
4
Crunches with
Left Leg Extended
Reps: 20
Teach!
getfitcards.com
4
5
7

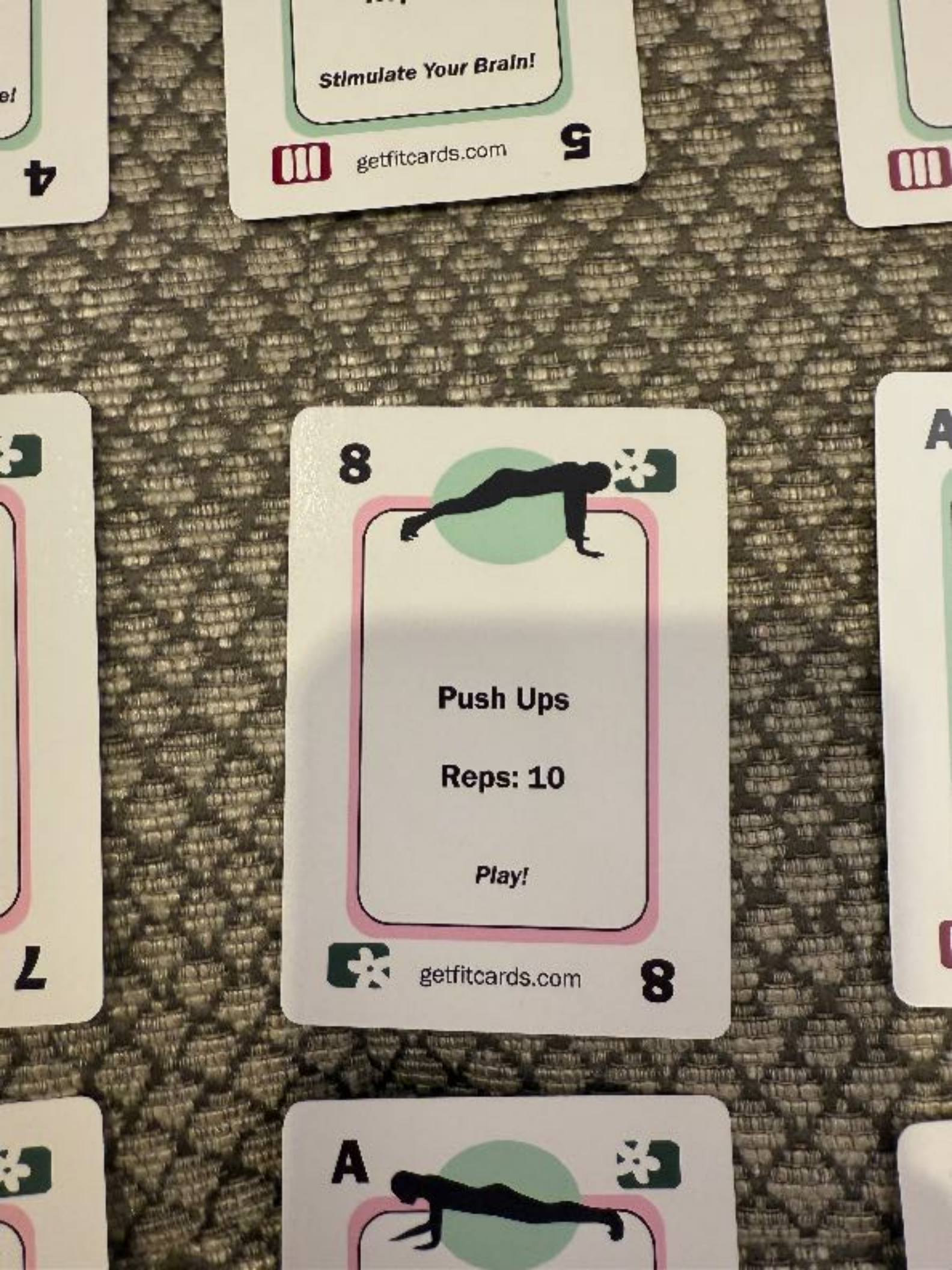
A
Plank Ups
Reps: 10
Self-Knowledge!
getfitcards.com
A
3
getfitcards.com
4
5

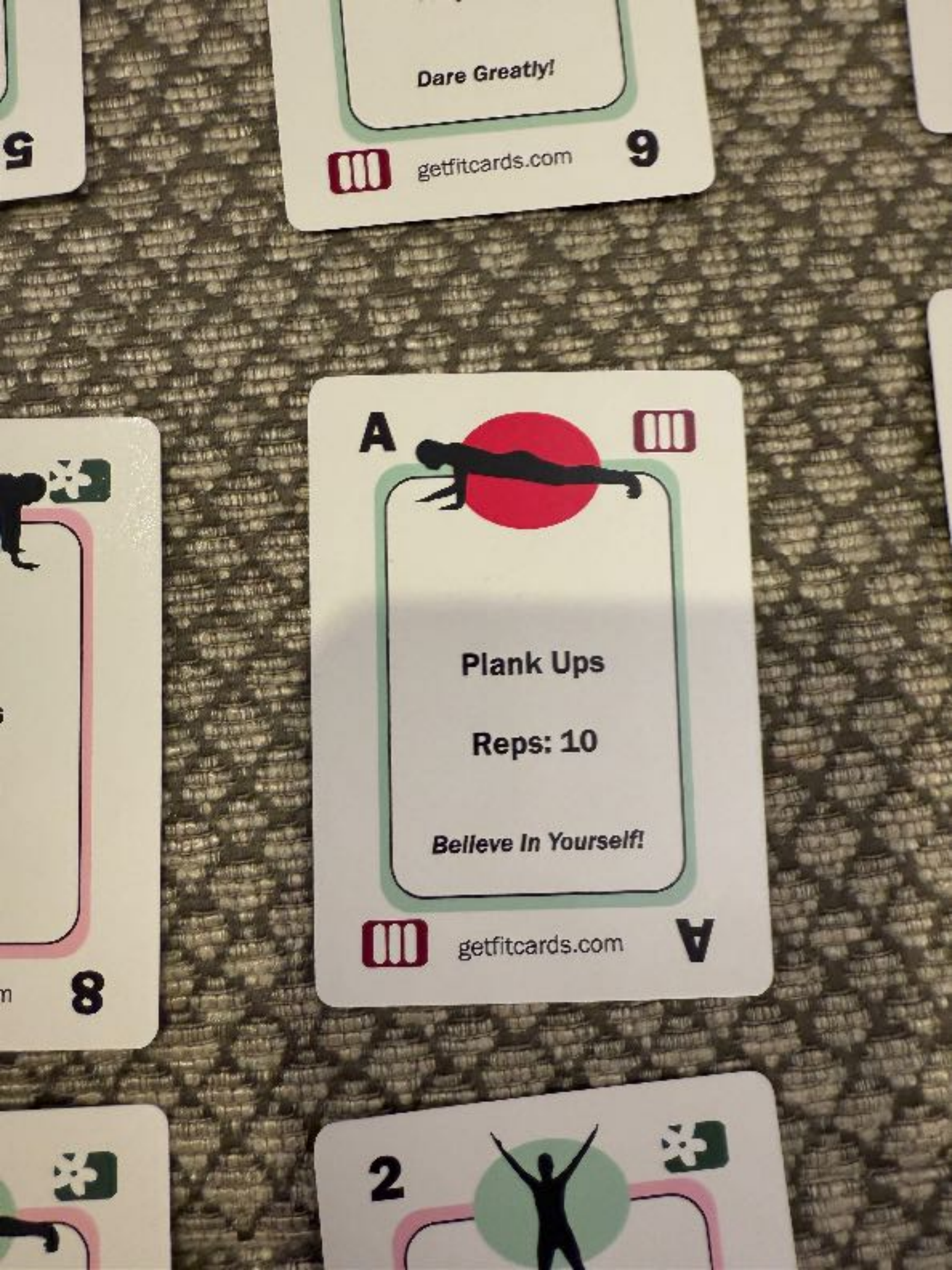

getfitcards.com
A
"The Jimmy Gary EXPERIENCE"
7
5
5
6

Creative!
getfitcards.com
2
A
Alternating
Scissor
Reps: 20
You Can Do It!
getfitcards.com
7
6

Embrace Yourself!
getfitcards.com
3
6
Bicycles
Reps: 20
Listen To Your Body!
getfitcards.com
9
9


Strength & Confidence!
getfitcards.com
7
Alternating
Scissor Stretches
Reps: 20
Predict Your Future!
getfitcards.com
10

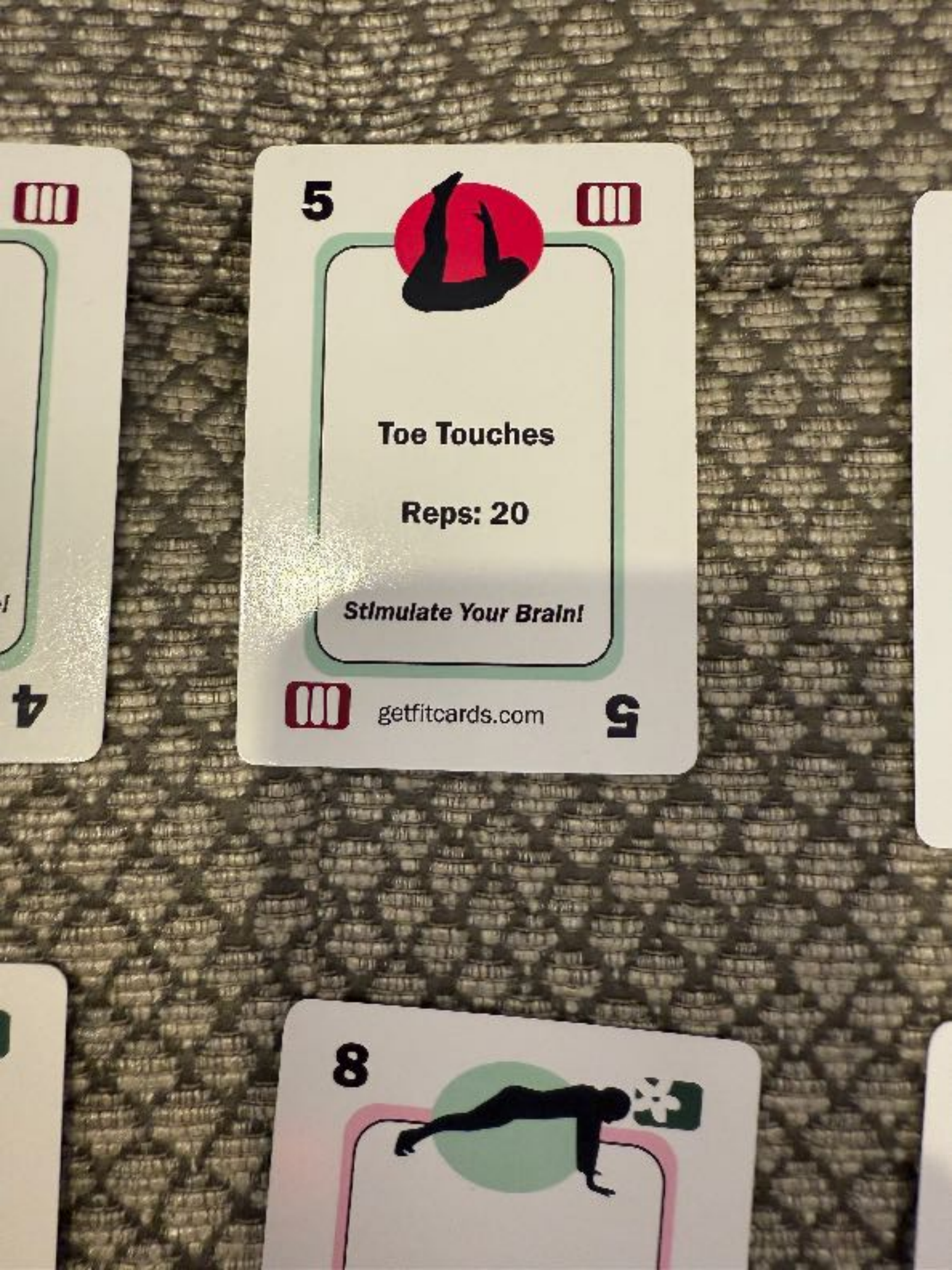

Stimulate Your Brain!
getfitcards.com
5
8
Push Ups
Reps: 10
Play!
getfitcards.com
8
A


Dare Greatly!
getfitcards.com
9
A
Plank Ups
Reps: 10
Believe In Yourself!
getfitcards.com
A
8
2

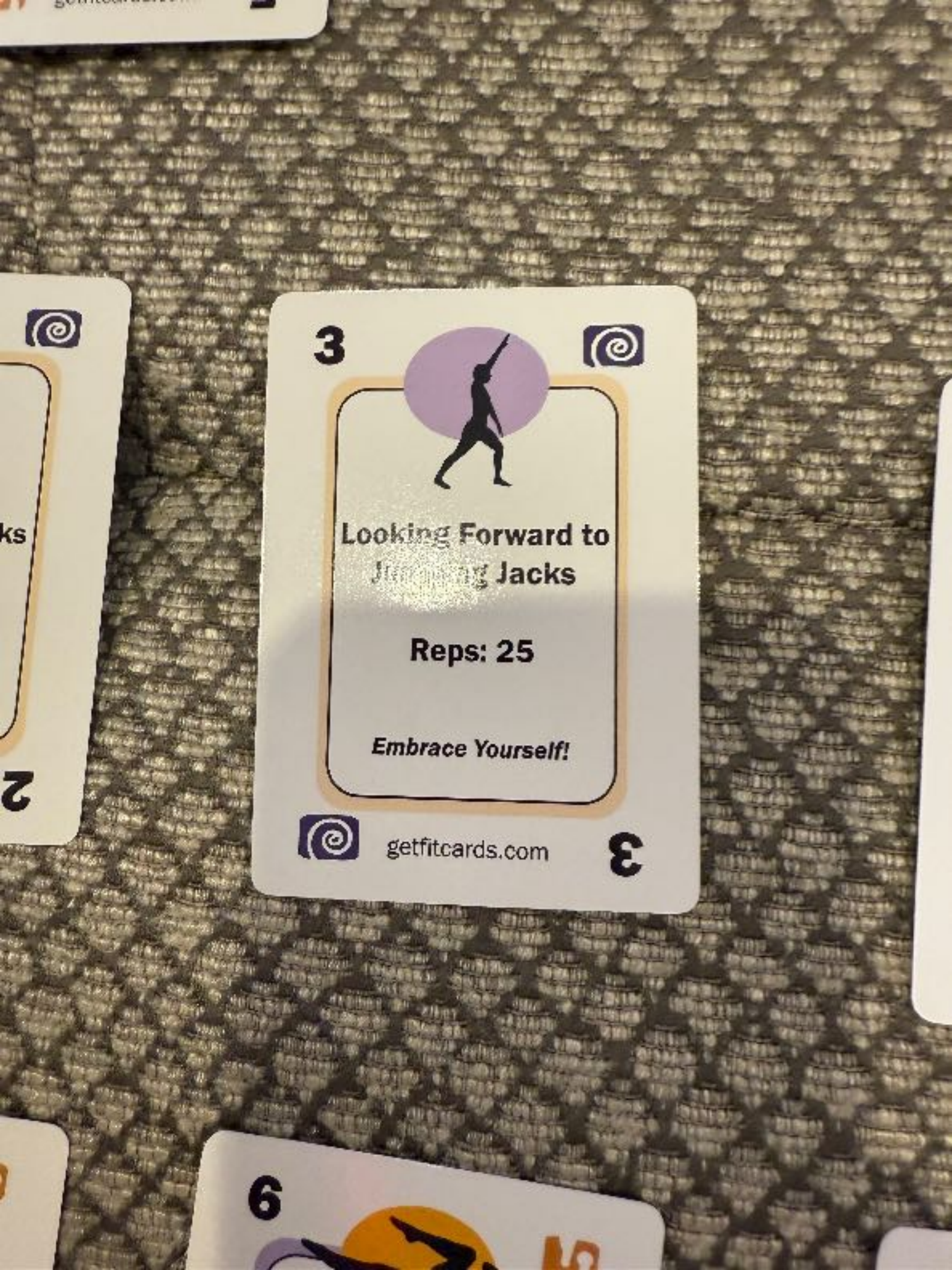
Feel Confident!
getfitcards.com
K
9
2
Jump for Joy Jacks
Reps: 25
Spread Love Everywhere!
getfitcards.com
2
A
2
5

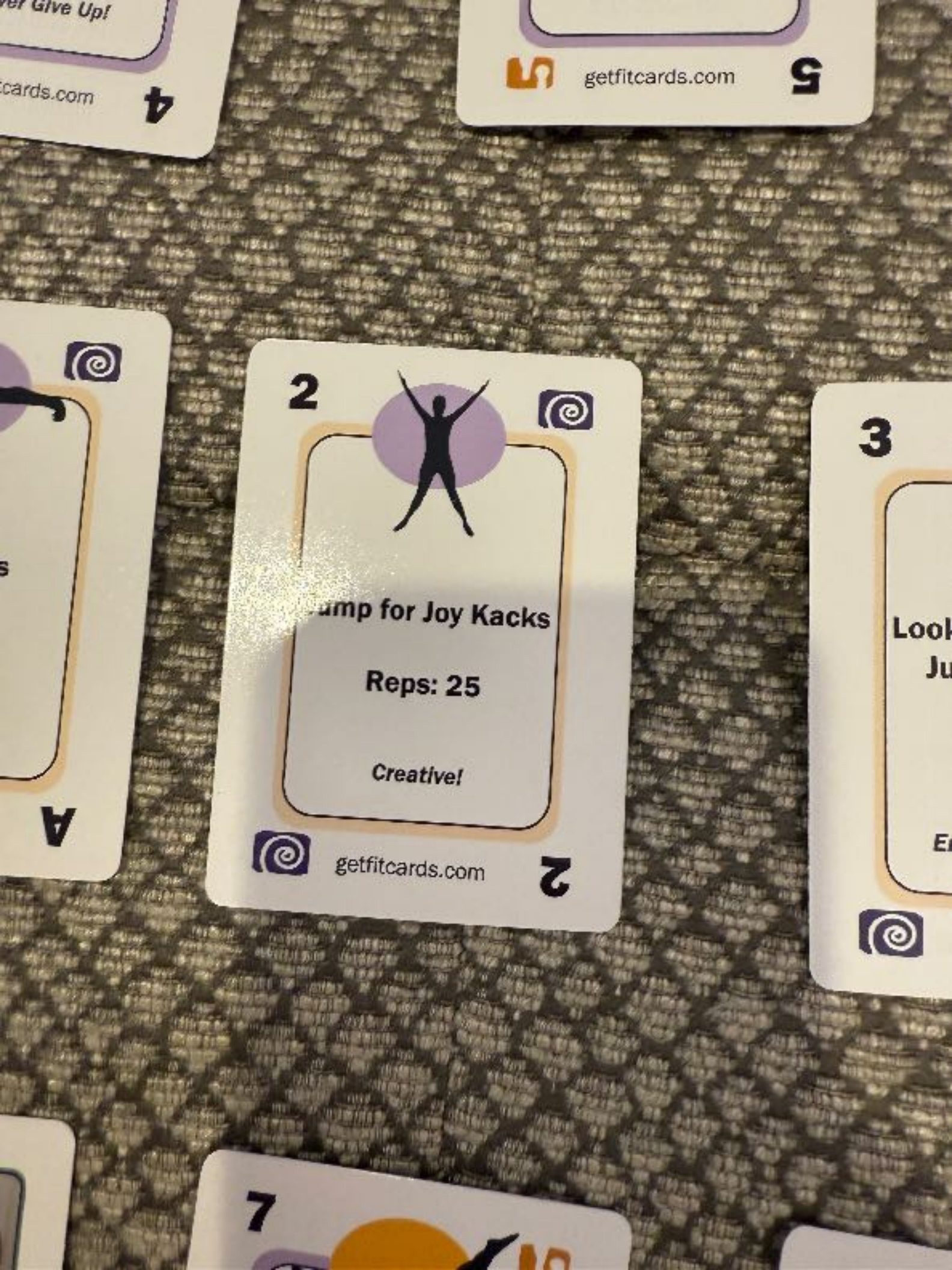
K
Planks
20 seconds
Feel Confident!
getfitcards.com
K
2

6
Bicycles
Reps: 20
Dare Greatly!
getfitcards.com
9
A
2


5
Toe Touches
Reps: 20
Stimulate Your Brain!
getfitcards.com
5
8

4
Crunches
Reps: 20
Strength & Confidence!
getfitcards.com
4
7


3
Looking Forward to
Jacks
Reps: 25
Embrace Yourself!
getfitcards.com
3
6


ver Give Up!
cards.com
4
5
getfitcards.com
5
A
2
ump for Joy Kacks
Reps: 25
Creative!
getfitcards.com
2
3
Look
Ju
7

Never Give Up!
getfitcards.com
A
Plank Ups
Reps: 10
Sieze The Day!
getfitcards.com
2
3
K
4
5

Sit Quietly and Listen!
getfitcards.com
K
3
Looking Forward
Jumping Jacks
Reps: 25
Live Long!
getfitcards.com
3
A
A
5

K
Planks
20 seconds
Sit Quietly and Listen!
getfitcards.com
K
4
Crunc
Reps:
Never Give
5
getfitcards.c
3
III
A

4
Crunches
Reps: 20
Never Give Up!
getfitcards.com
5
A
2

5
Toe Touches
Reps: 20
Live Out Loud!
getfitcards.com
5
2
3
4

5
ouches
s: 20
ut Loud!
rds.com
5
K
5
Planks
20 seconds
Be Creative!
5
getfitcards.com
K
3
Looking Forward to
Jumping Jacks
4