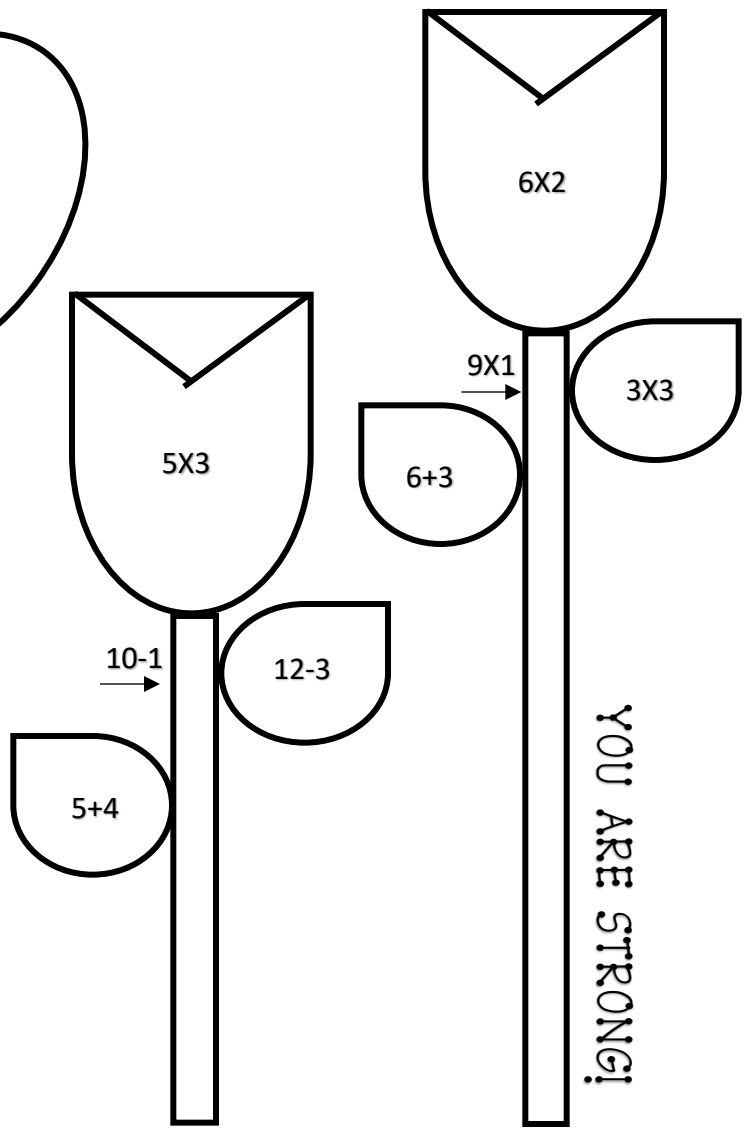
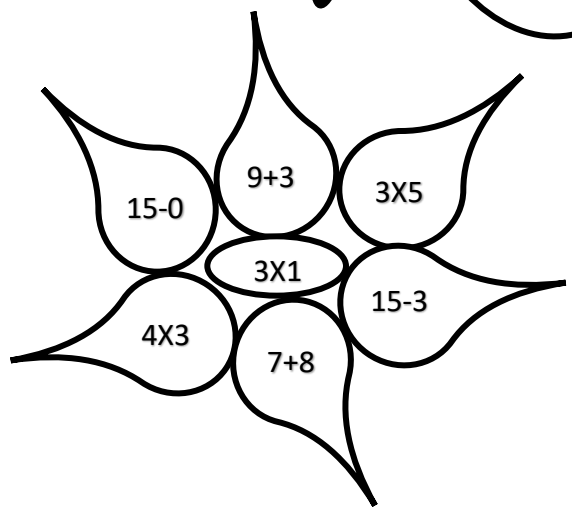
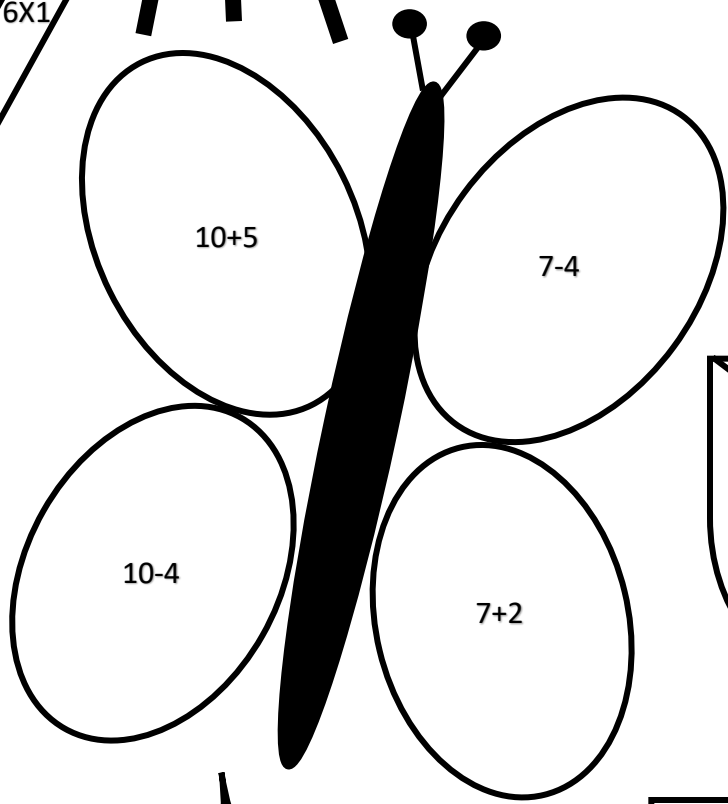
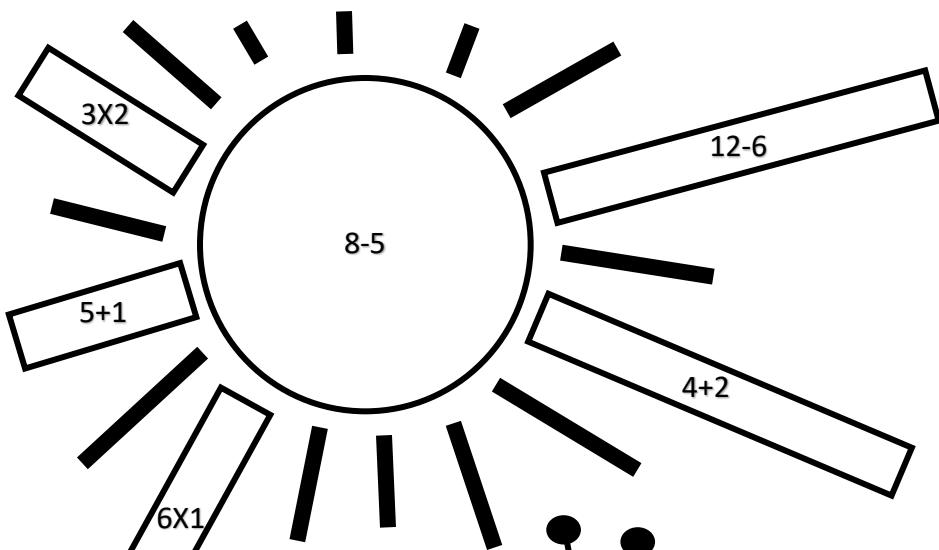


SPRING INTO FITNESS



YOU ARE STRONG!

*In each space, complete the math, color the shape, and perform the exercise to match!

REPEAT to complete your picture and your workout!

- | | | |
|--------|----|-----------------------------|
| YELLOW | 3 | FORWARD ROLLS |
| ORANGE | 6 | LUNGES |
| GREEN | 9 | SQUATS |
| RED | 12 | HIGH KNEES |
| PURPLE | 15 | SECONDS OF A YOGA TREE POSE |