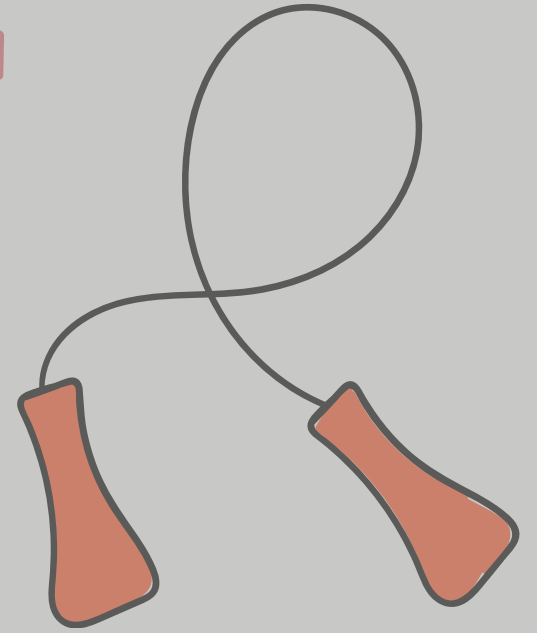
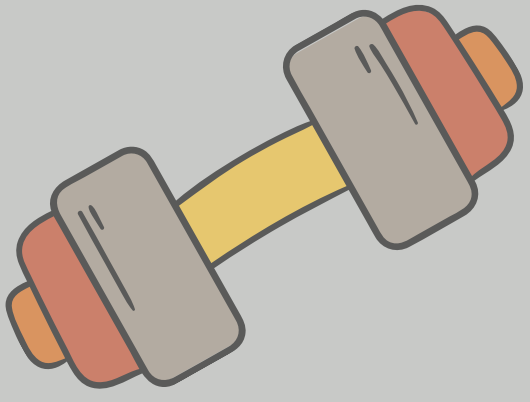
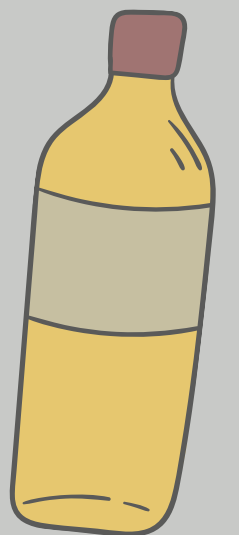
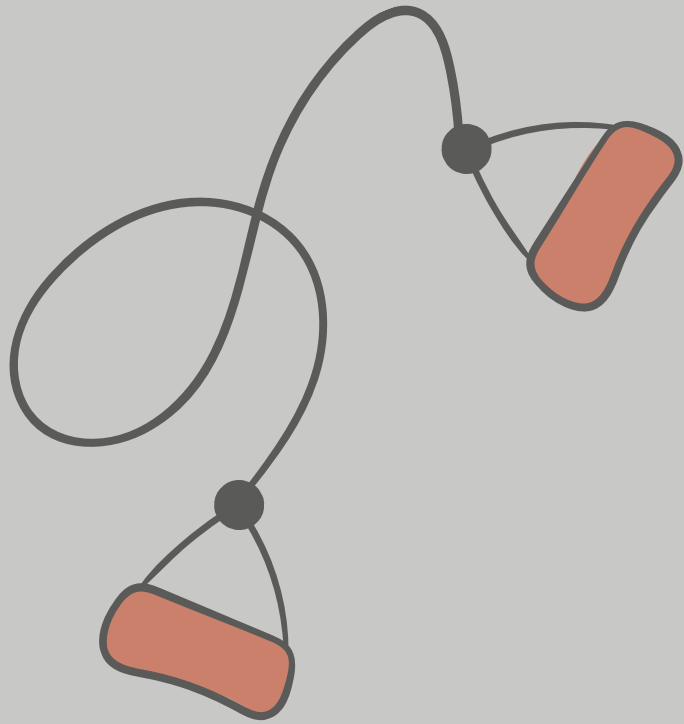


KIDS 137 MEMORIAL WORKOUT



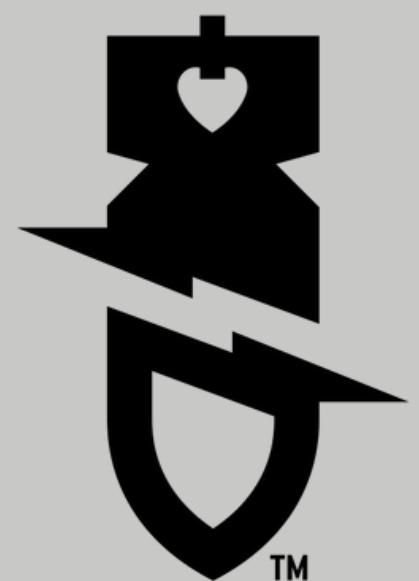
65 JUMPING JACKS
40 SQUATS
15 BURPEES
17 DUMBBELL CURLS

65 HIGH KNEES
40 LUNGES (20 EACH LEG)
15 PUSH UPS
17 SIT UPS



65 JUMPING JACKS
40 SQUATS
15 BURPEES
17 DUMBBELL CURLS

65 HIGH KNEES
40 LUNGES (20 EACH LEG)
15 PUSH UPS
17 SIT UPS



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