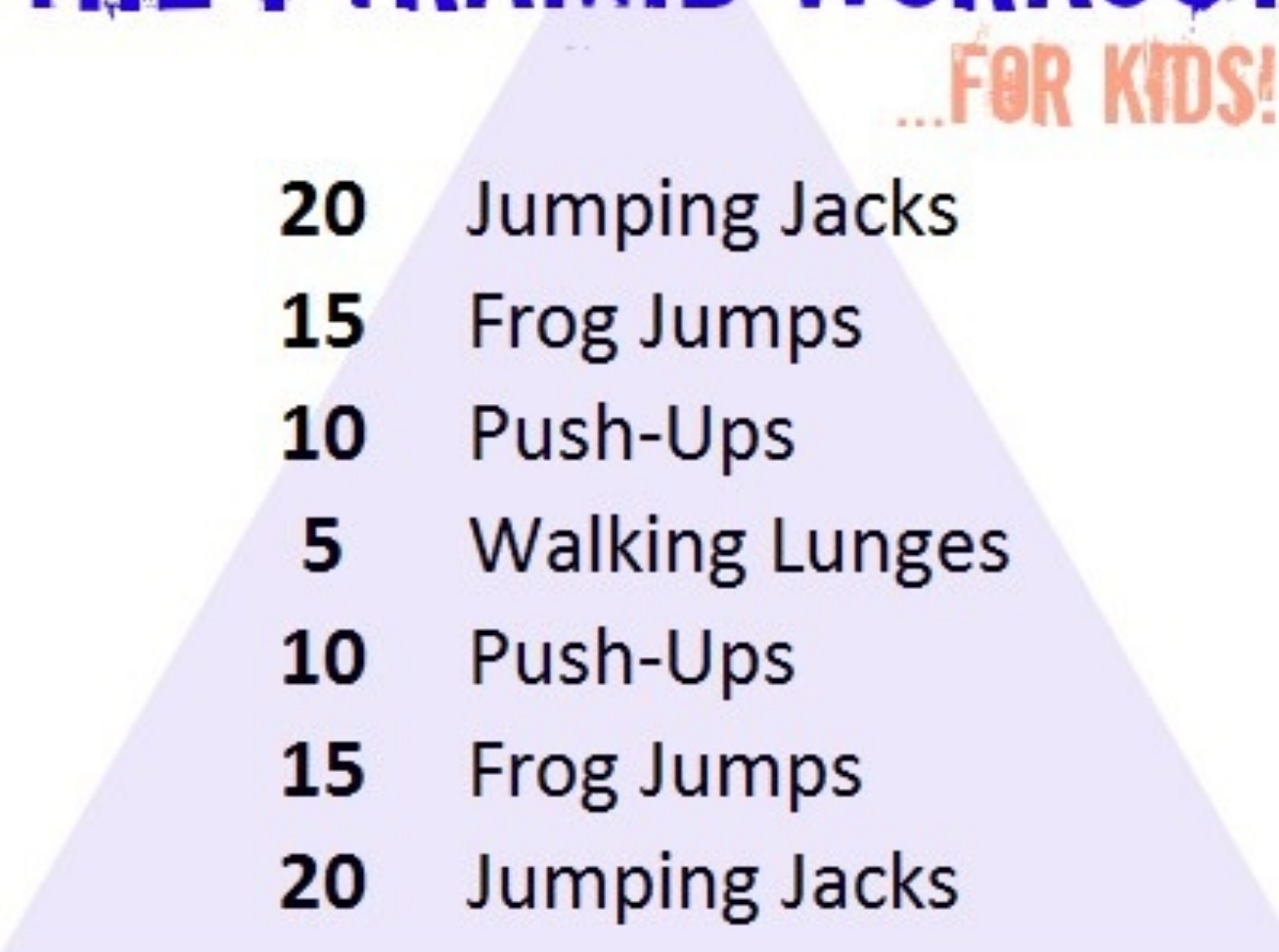


# THE PYRAMID WORKOUT

...FOR KIDS!

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- 20** Jumping Jacks
  - 15** Frog Jumps
  - 10** Push-Ups
  - 5** Walking Lunges
  - 10** Push-Ups
  - 15** Frog Jumps
  - 20** Jumping Jacks