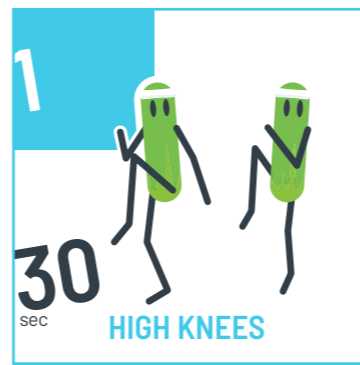
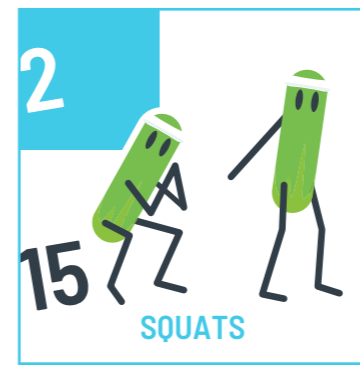


31 DAYS OF FRESH ACTIVITIES

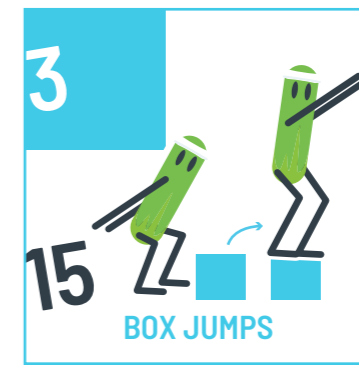
1
30 sec
HIGH KNEES



2
15
SQUATS




3
15
BOX JUMPS



4
15
MOUNTAIN CLIMBER



5
15
SIDE LEG RAISE



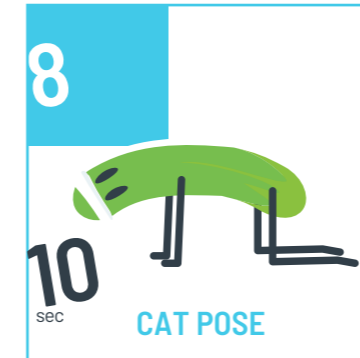
6
15
RUSSIAN TWIST



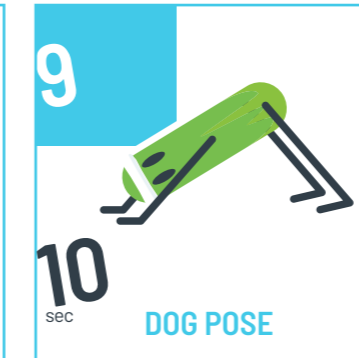
7
15
DONKEY KICKS



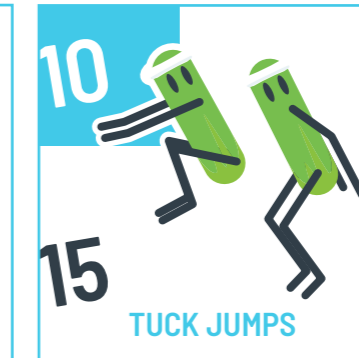
8
10 sec
CAT POSE



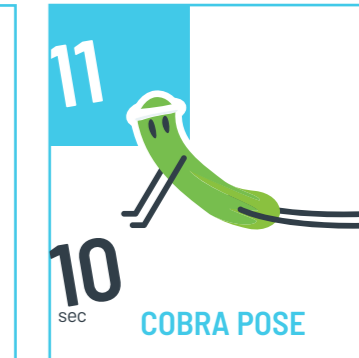
9
10 sec
DOG POSE



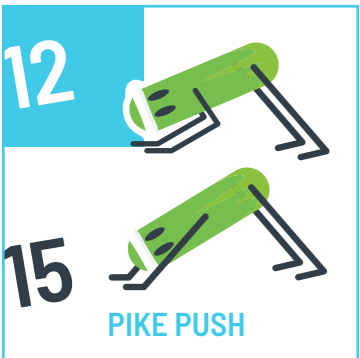
10
15
TUCK JUMPS



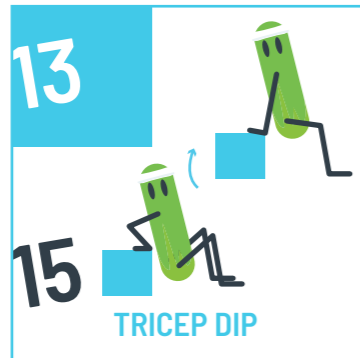
11
10 sec
COBRA POSE



12
15
PIKE PUSH



13
15
TRICEP DIP



14
20
MARCHING GLUTE BRIDGE



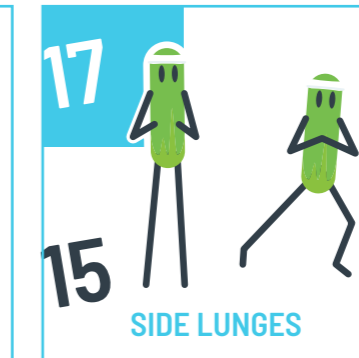
15
30 sec
LEGS UP POSE



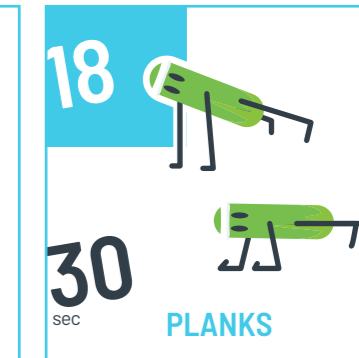
16
20
WALKING TOE TOUCHES



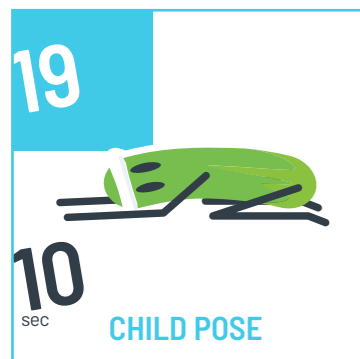
17
15
SIDE LUNGES



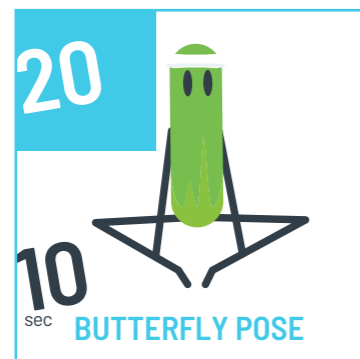
18
30 sec
PLANKS



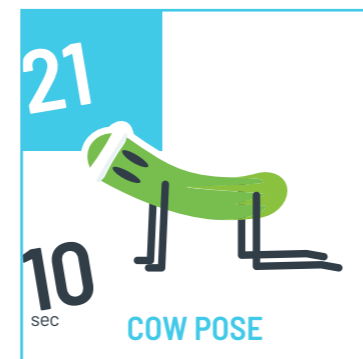
19
10 sec
CHILD POSE



20
10 sec
BUTTERFLY POSE



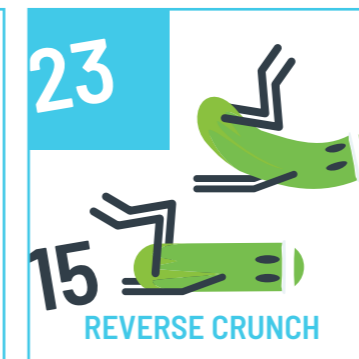
21
10 sec
COW POSE



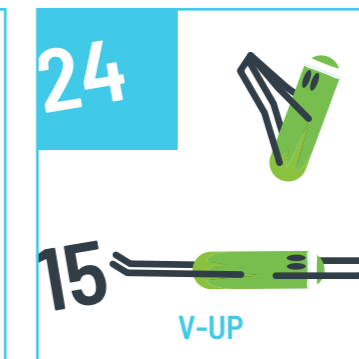
22
30 sec
JUMPING JACKS



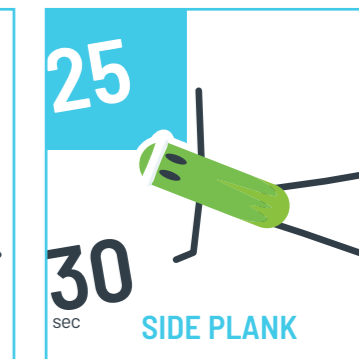
23
15
REVERSE CRUNCH



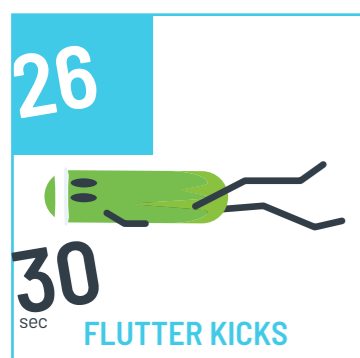
24
15
V-UP



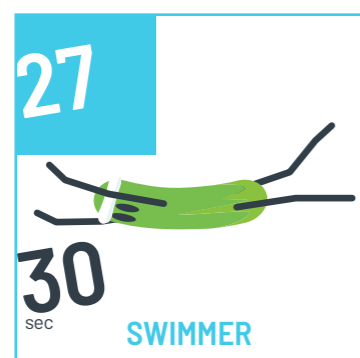
25
30 sec
SIDE PLANK



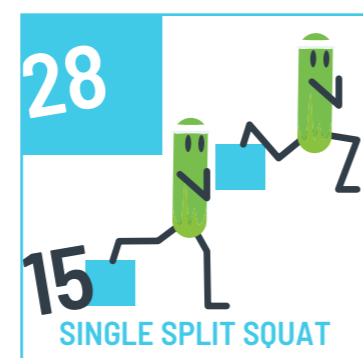
26
30 sec
FLUTTER KICKS



27
30 sec
SWIMMER



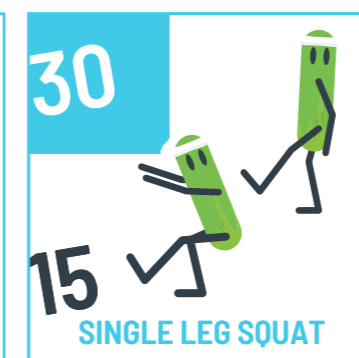
28
15
SINGLE SPLIT SQUAT



29
20
FIRE HYDRANT



30
15
SINGLE LEG SQUAT



31
30 sec
RESTING POSE

