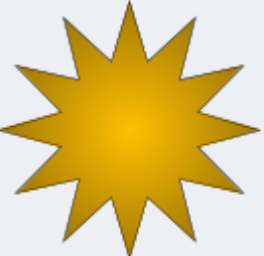
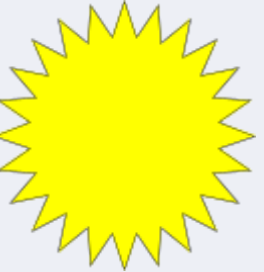
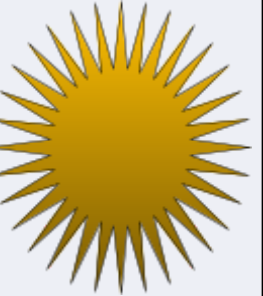




Unplugged Fitness activities

						
2 star jumps	10 high knees	4 push ups	10 shuttle runs	6 hops on each foot	5 burpees	10 side jumps

My fitness algorithm

						
x2	x1	x1	Repeat sequence 3 x	x2	x2	Repeat whole sequence 2x