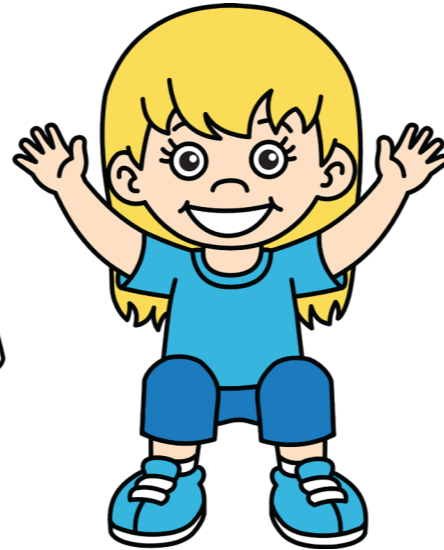
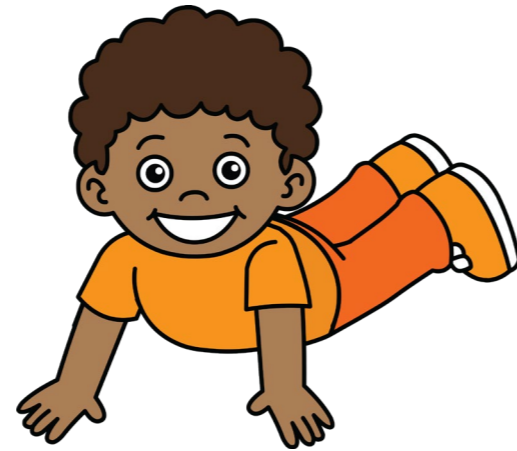


FITNESS



32
WORDS





1



SIT-UPS





PUSH-UPS

2





3



JUMP ROPE





4



LUNGES





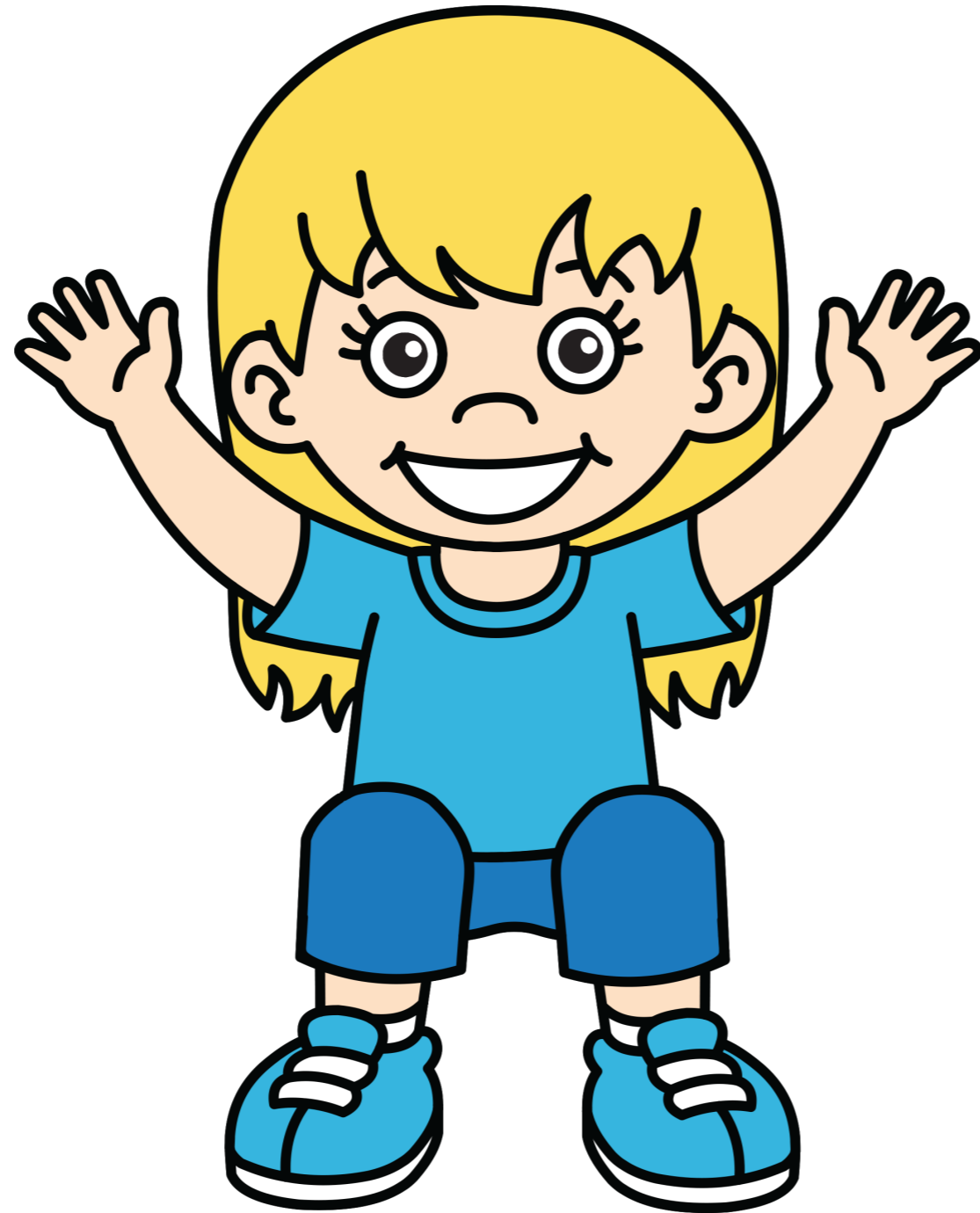
PLANKS

5





6



SQUATS





WORK OUT

7





8



CLIMB A ROPE





9

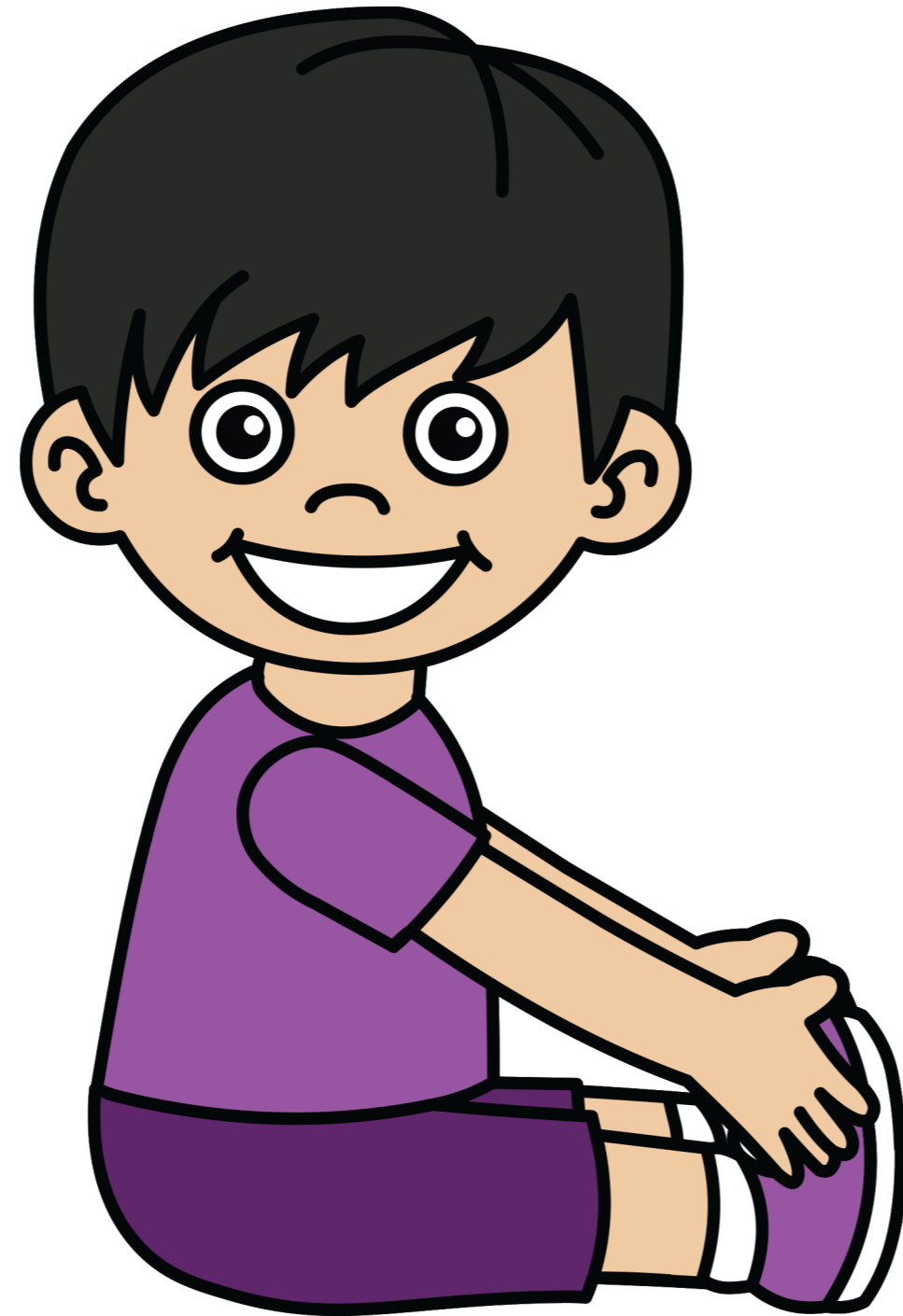


TOUCH TOES



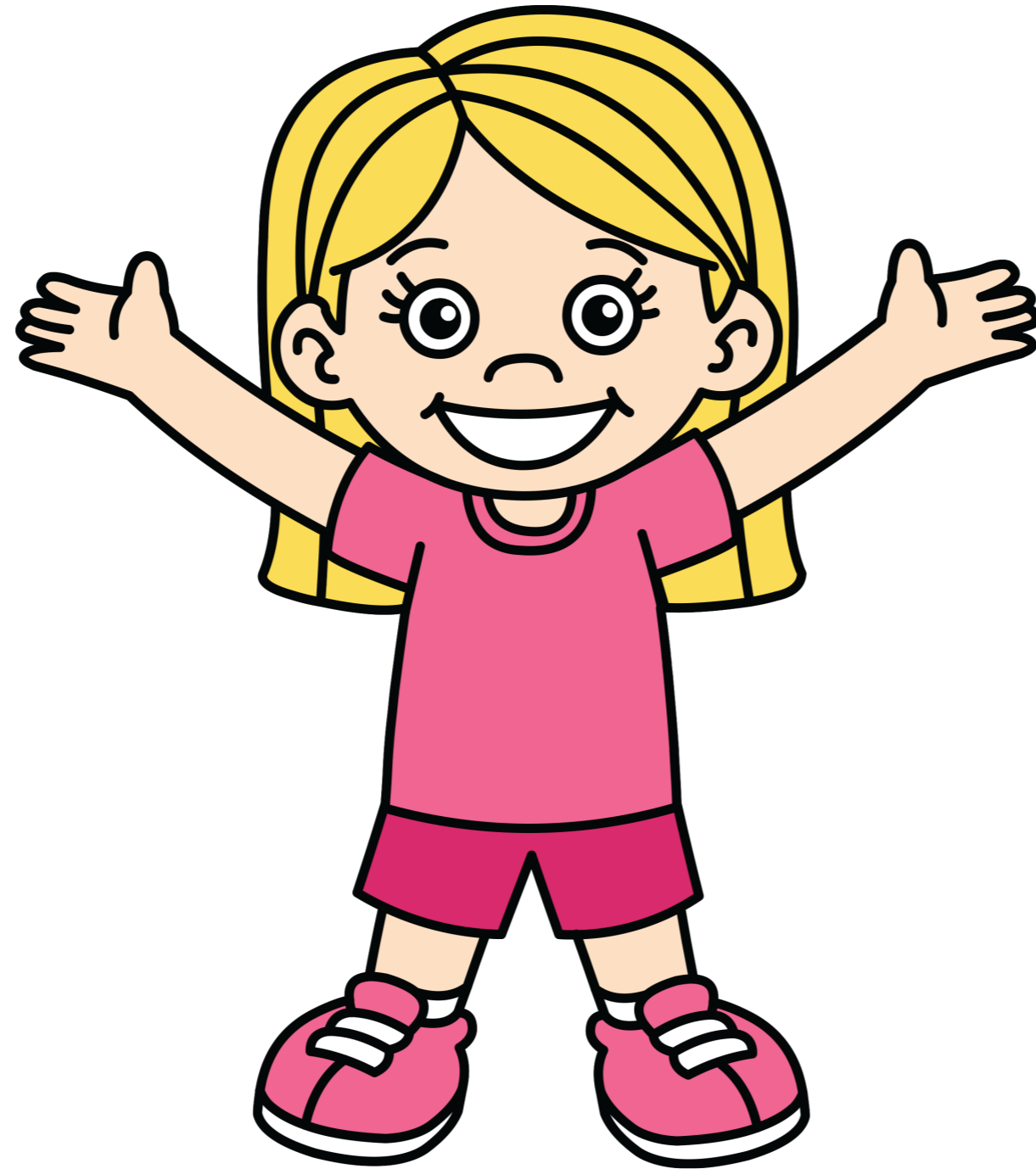


10

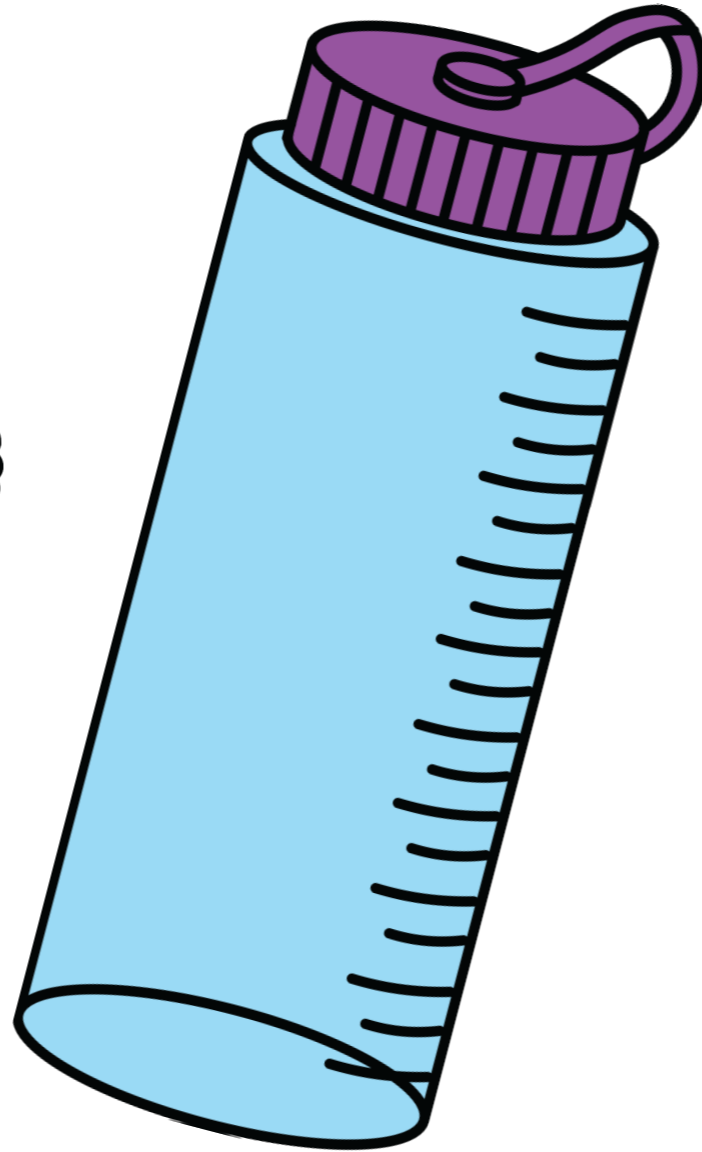


STRETCH





HAVE A GOOD ATTITUDE



HOLD A WATER BOTTLE

12





13



USE A STEPPER





ELLIPTICAL MACHINE

14





15



STATIONARY BIKE





16



PULL-UP BAR



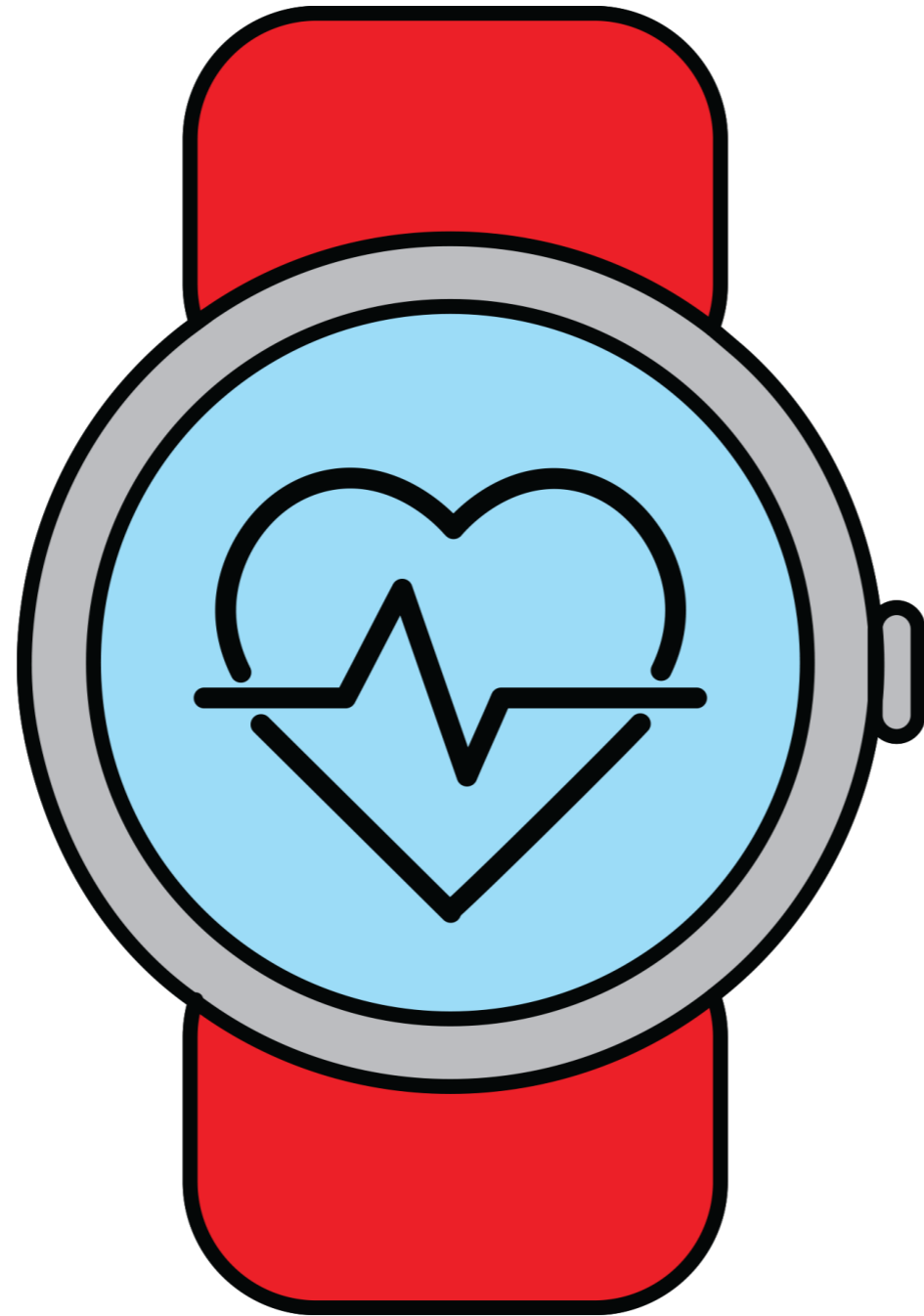


TREADMILL





18

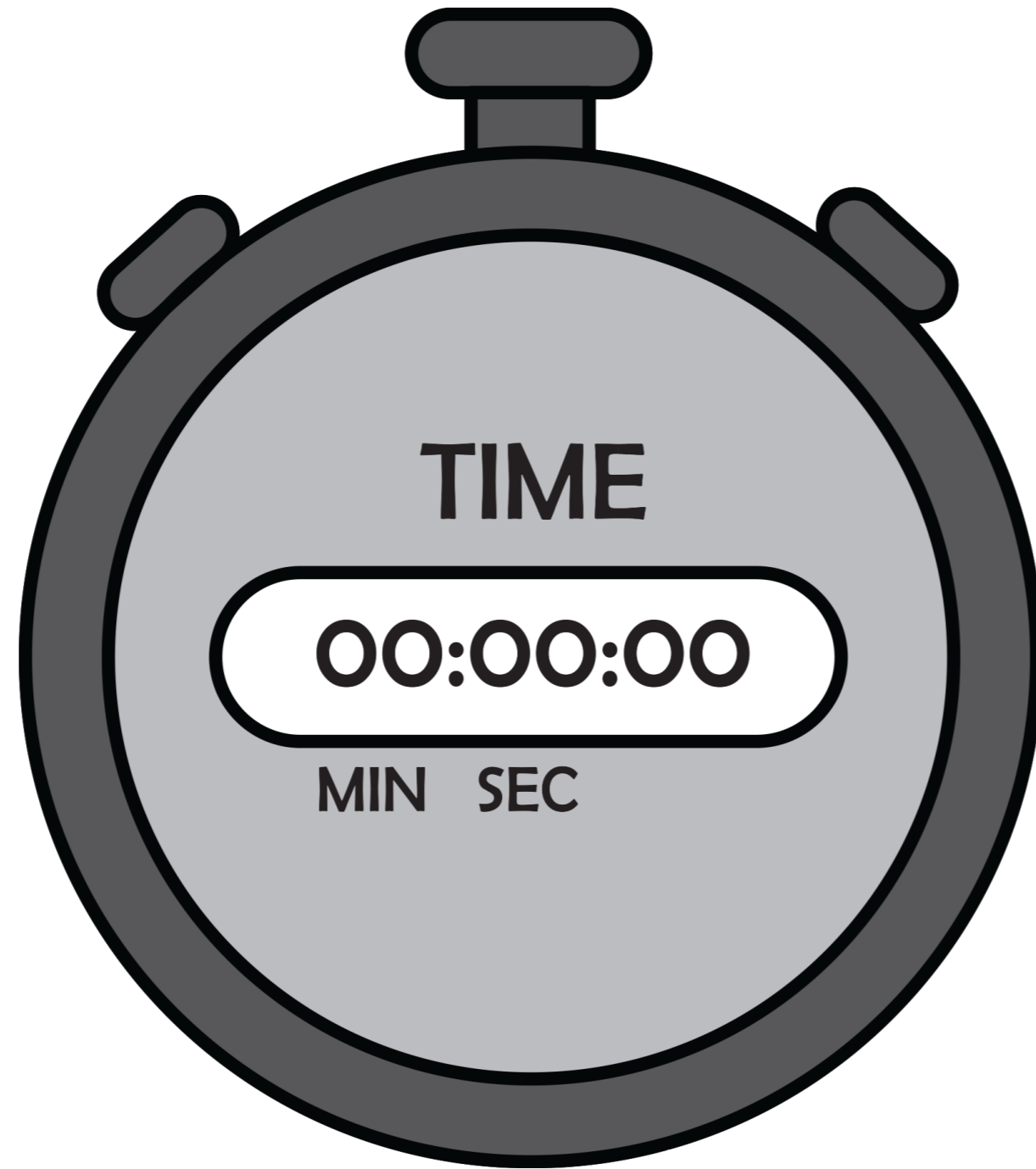


HEART RATE





19



STOPWATCH TIMER

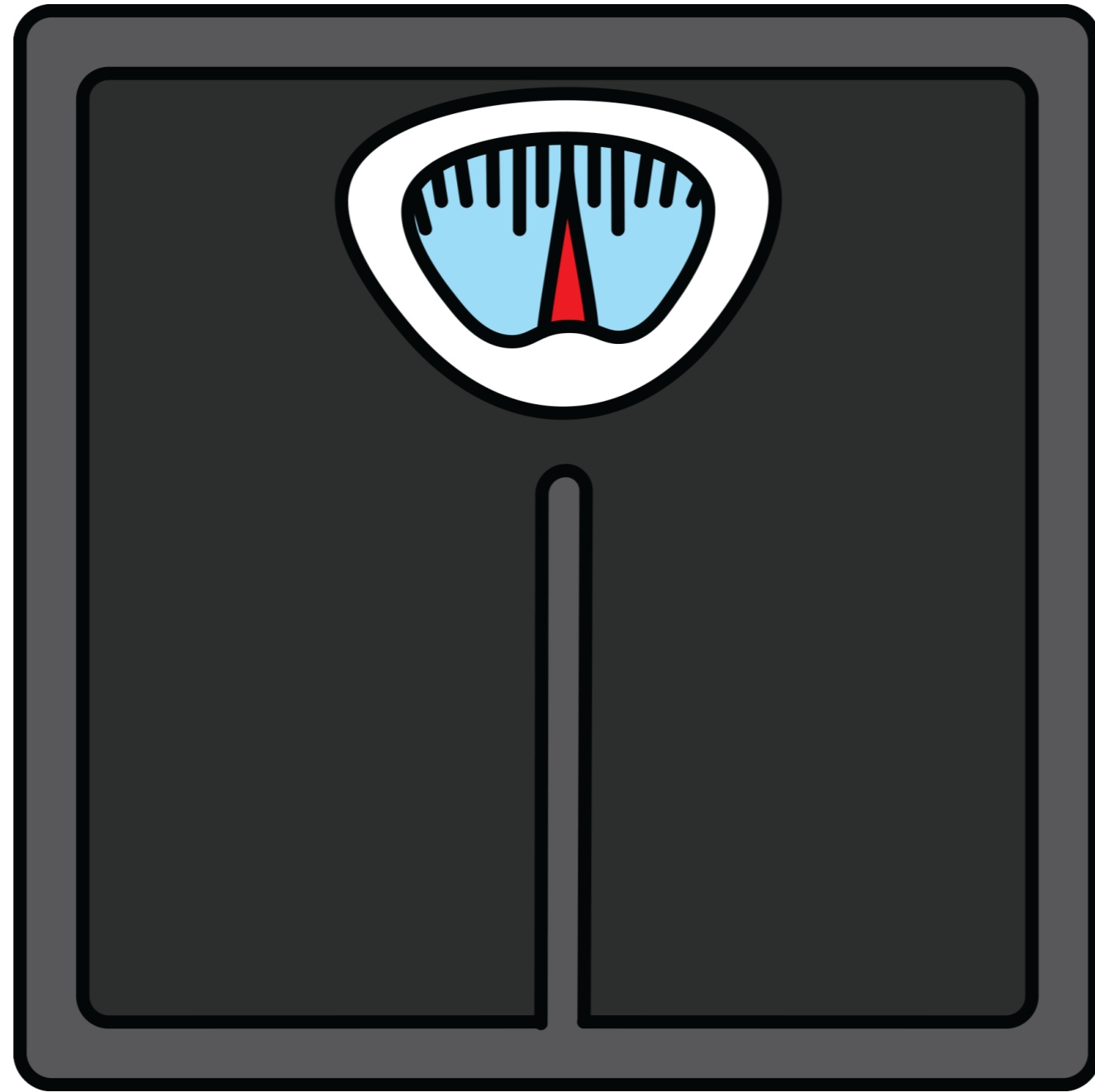




SNEAKERS

20



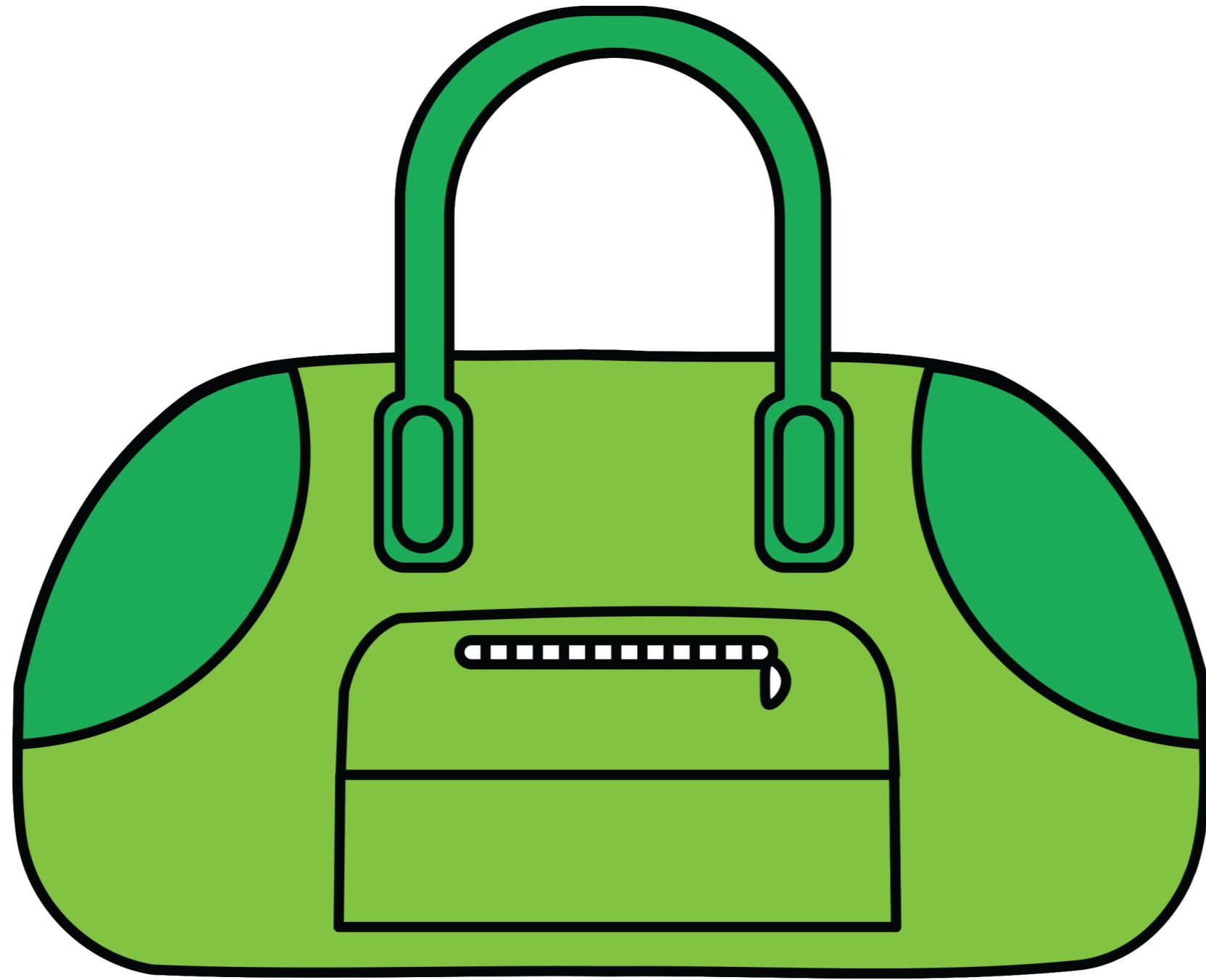


WEIGHT SCALE





22



GYM BAG



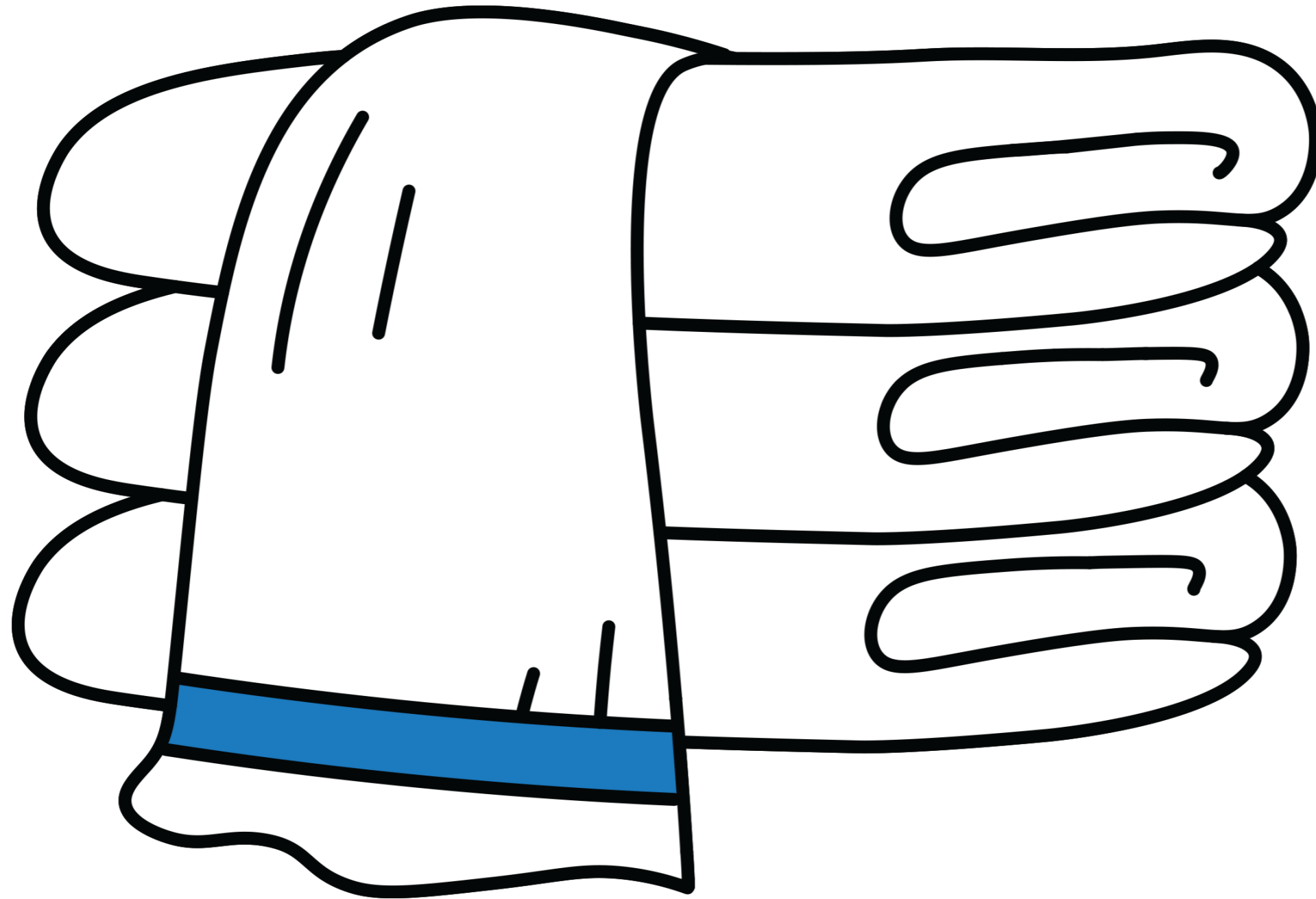


23



FOAM MAT





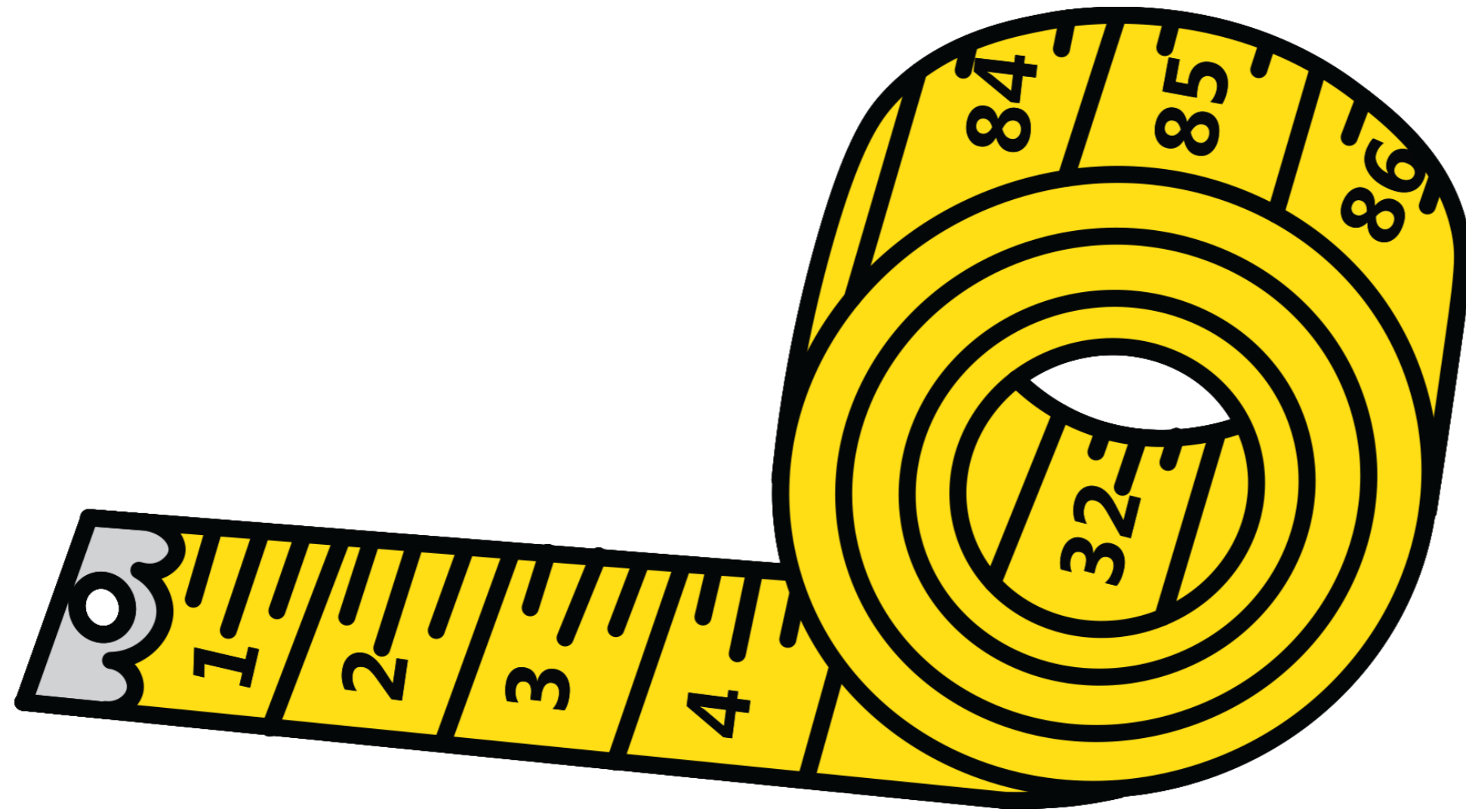
GYM TOWELS

24





25

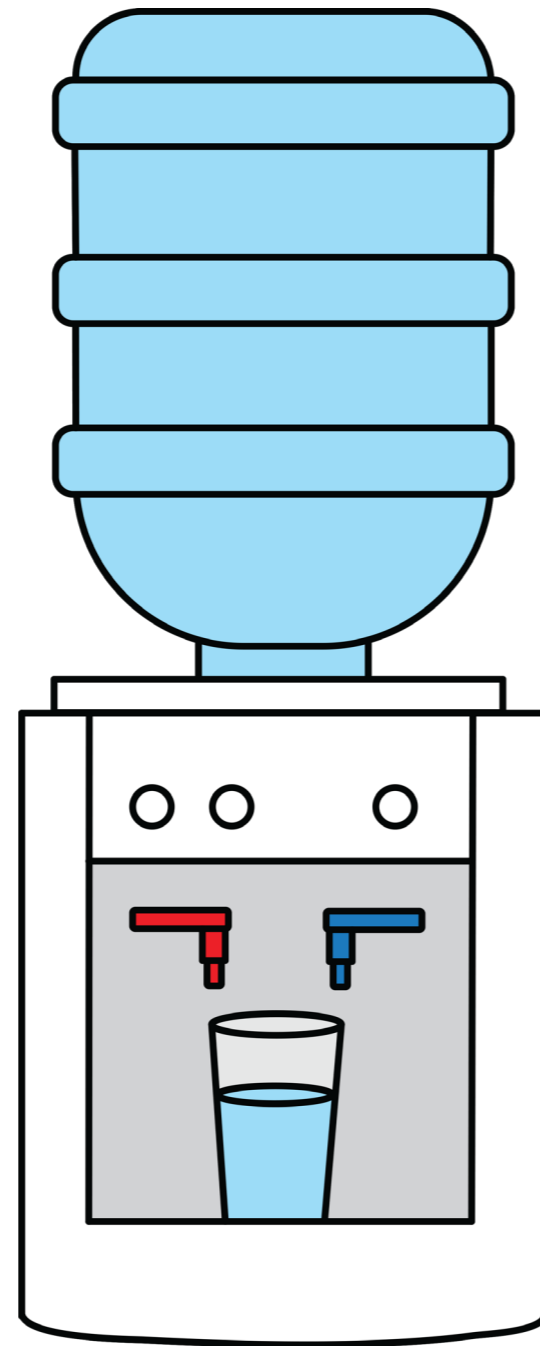


TAPE MEASURE





26

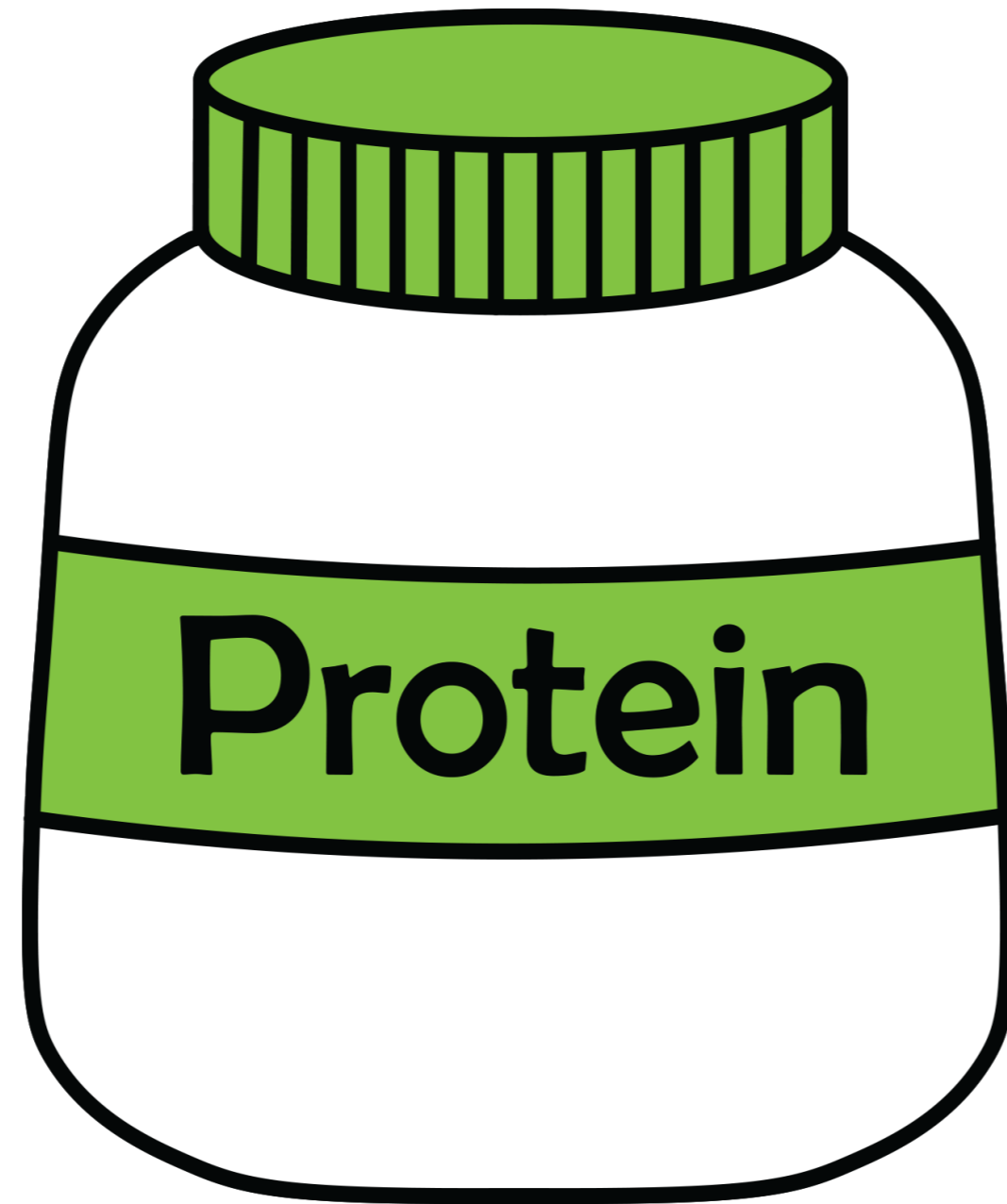


WATER COOLER



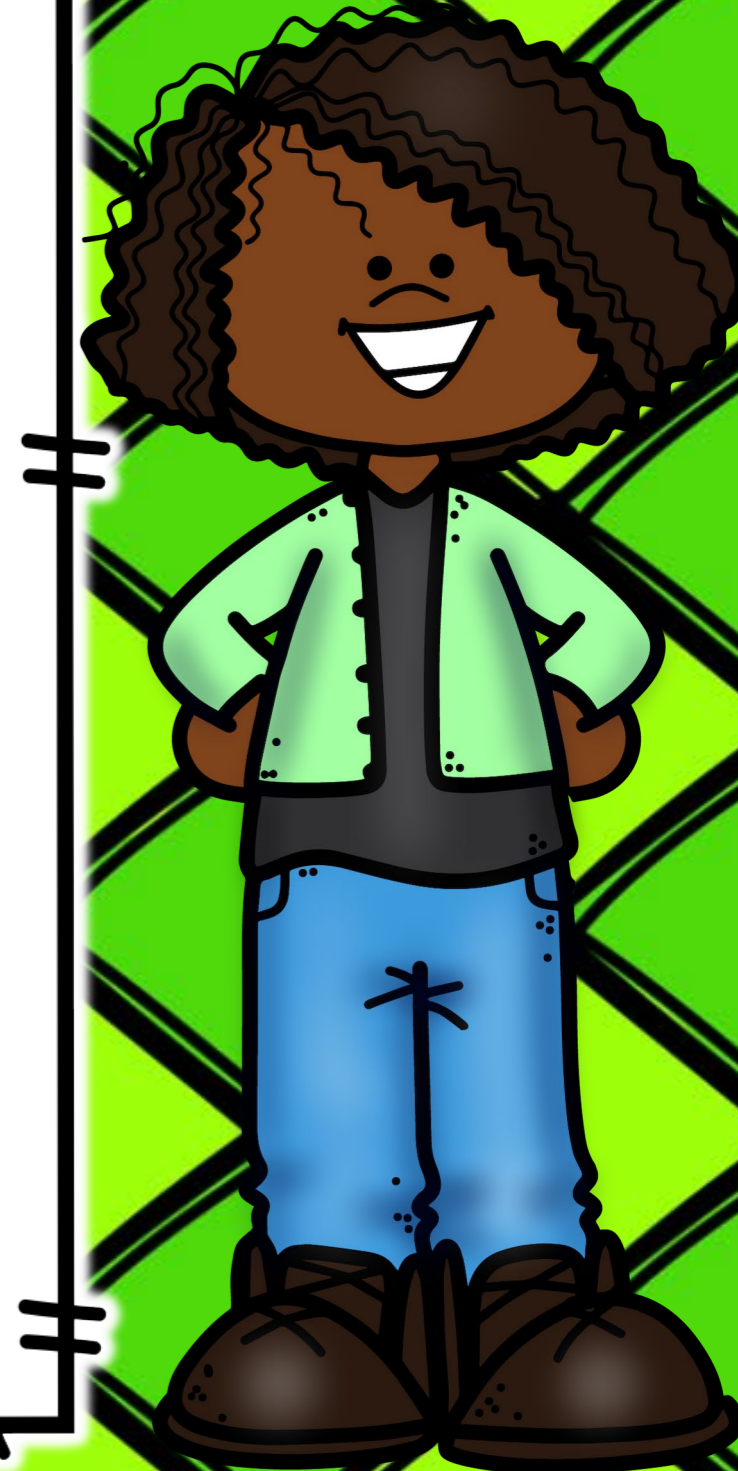
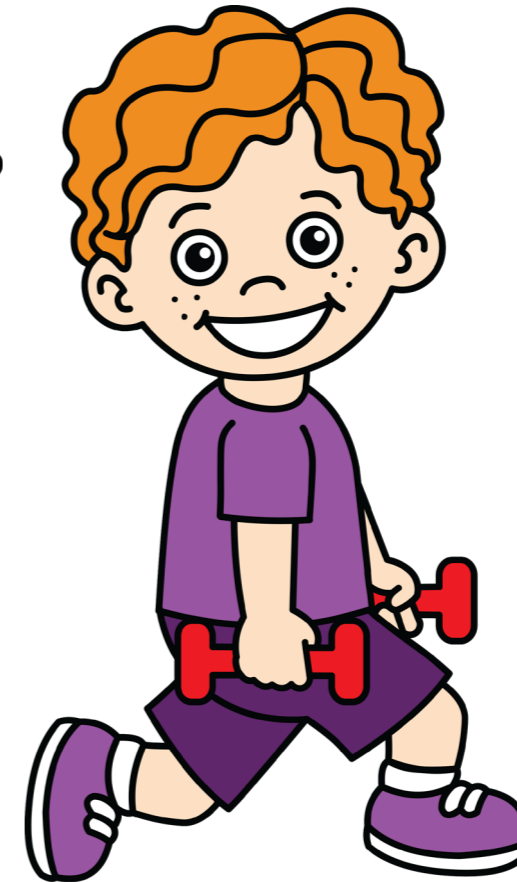
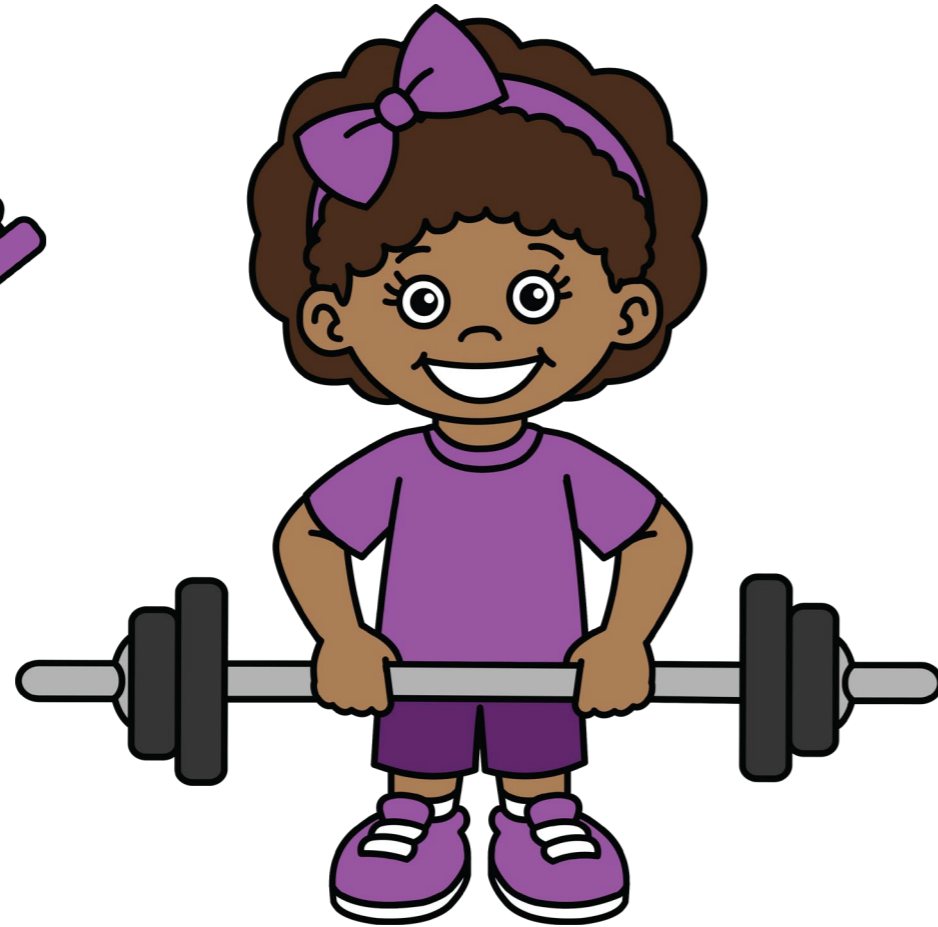


27

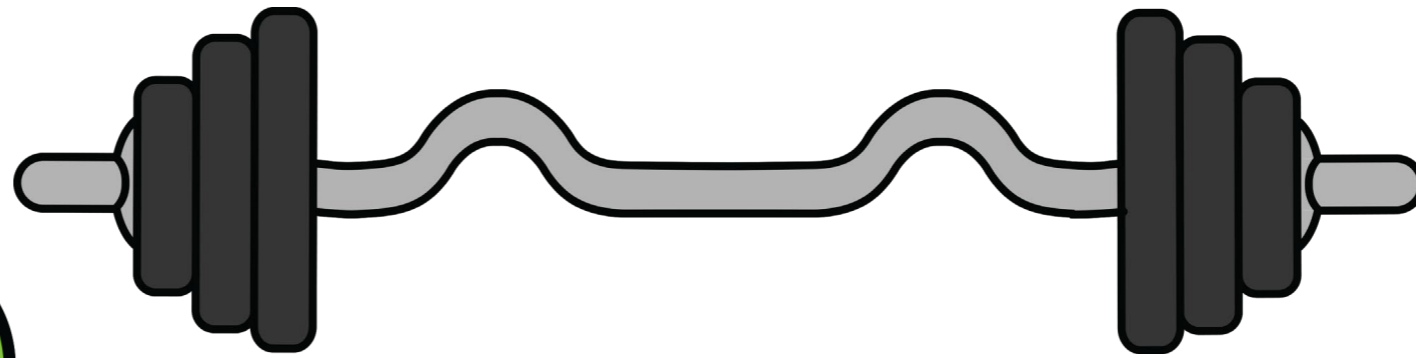


PROTEIN POWDER





LIFT WEIGHTS

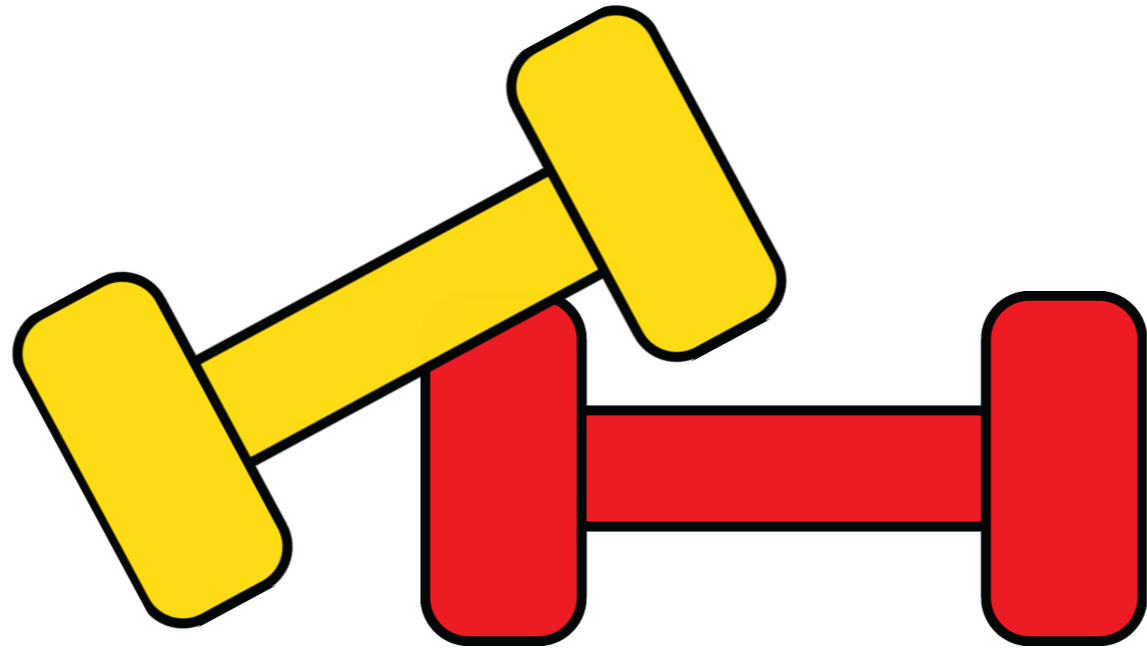
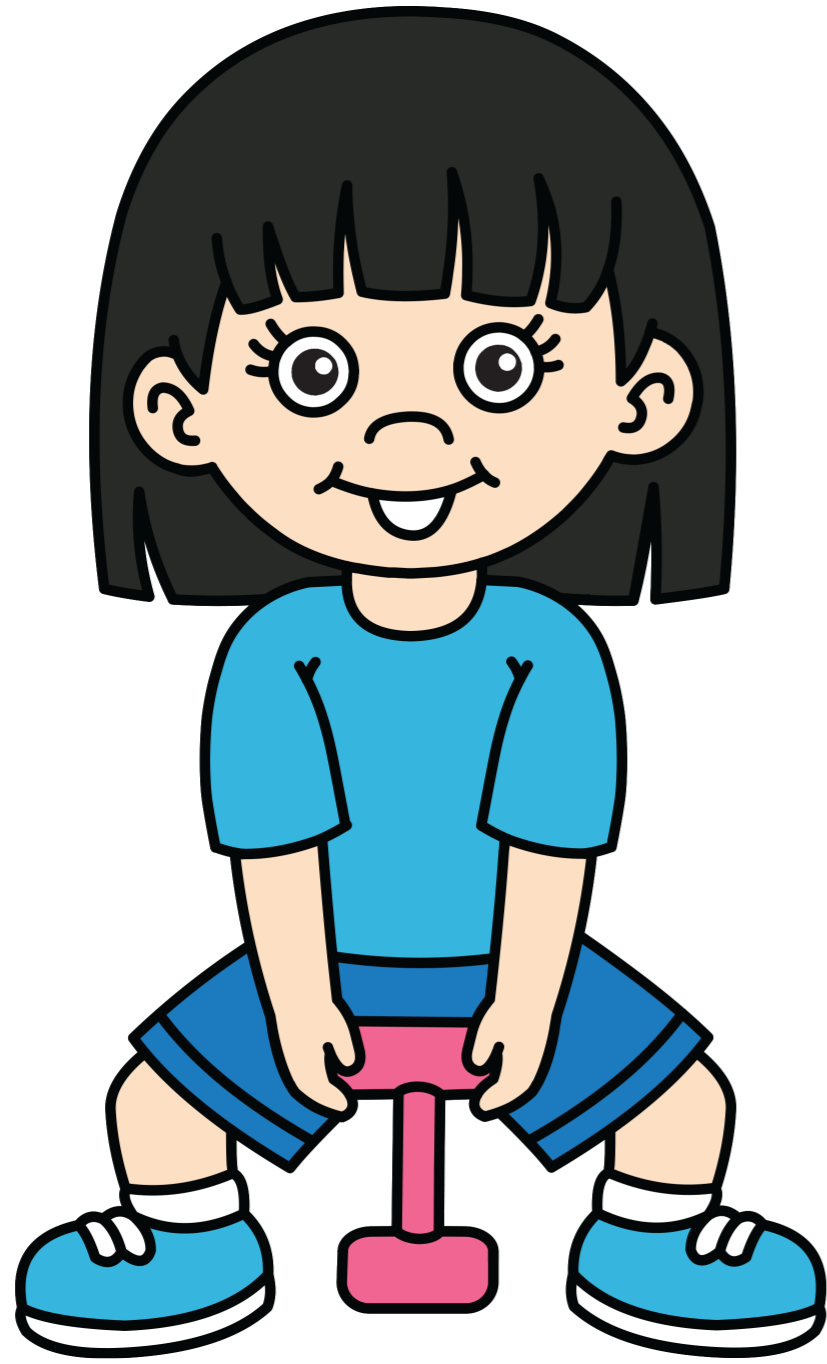


BARBELL



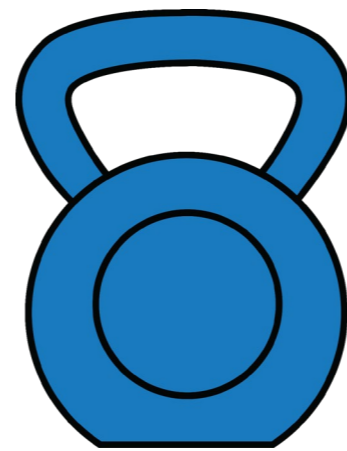


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DUMBBELL

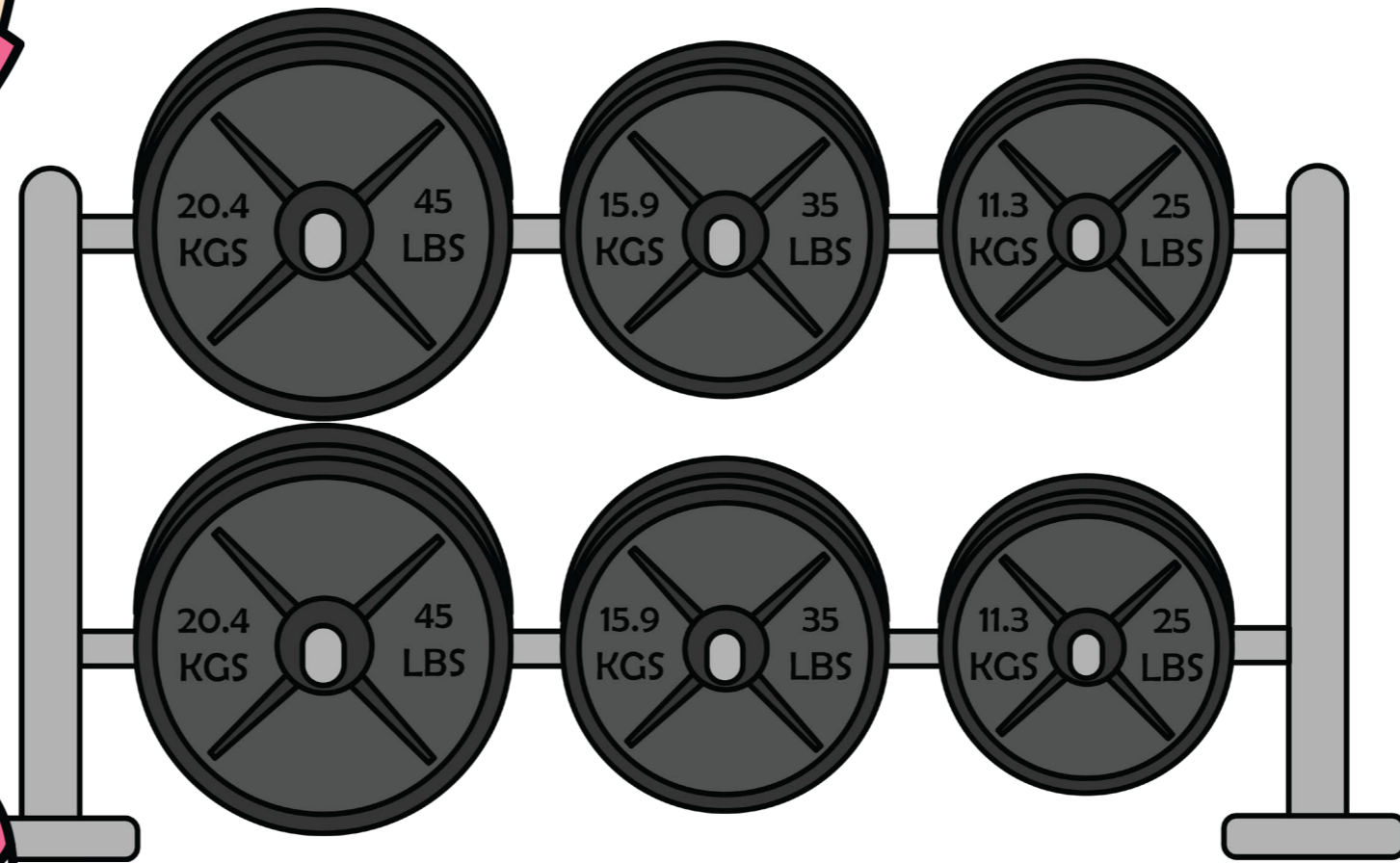
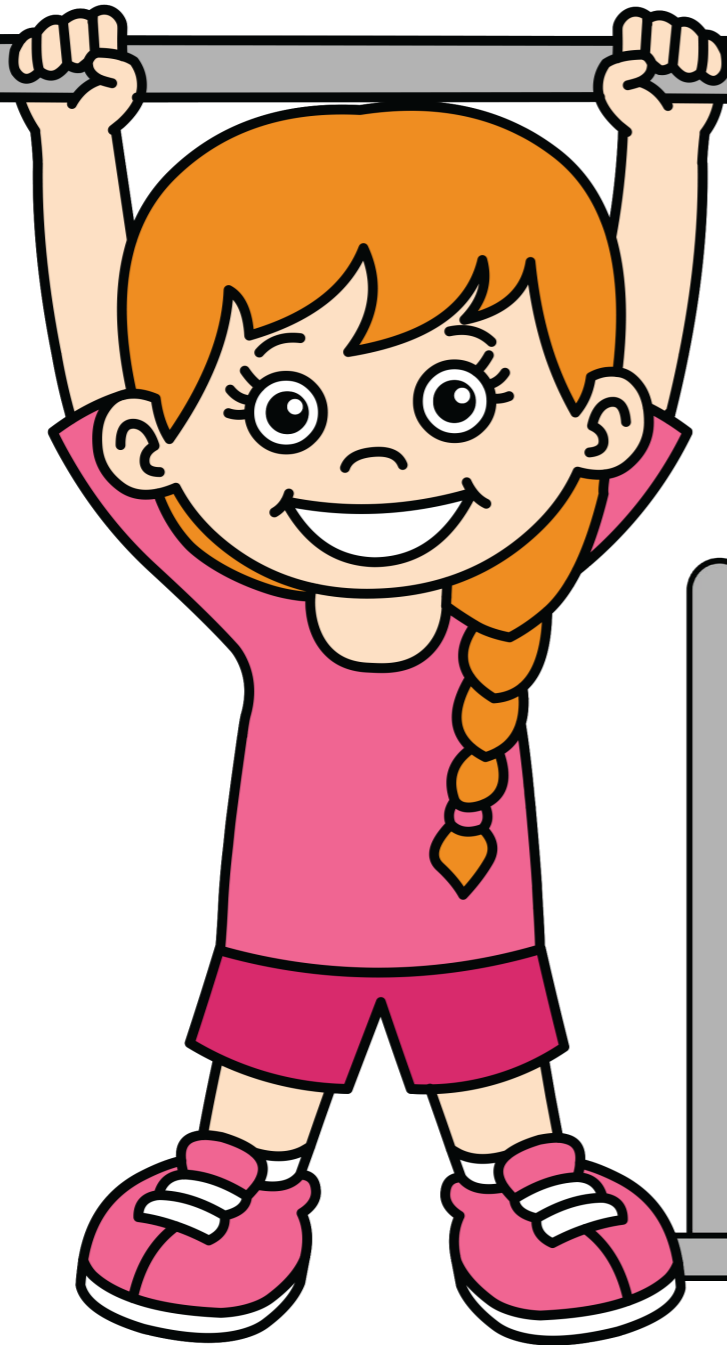
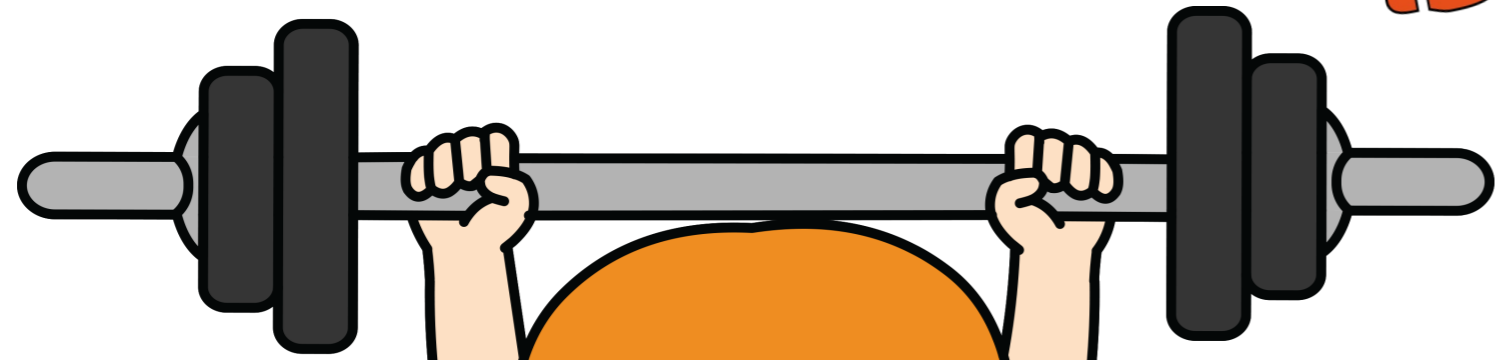




KETTLEBELL

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WEIGHT DISC





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GRAPHIC CREDITS



Bubbly Borders and more!

