

WORK OUT YOUR MUSCLES

Color in the muscle parts used for each exercise!



Running



Swimming



Crunches



Climbing



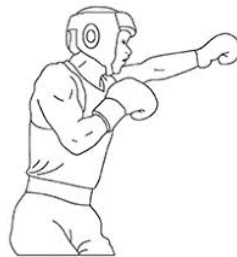
Tennis



Lifting



Skipping



Boxing



Cycling



Squats

**WHAT'S
YOUR 30?**
30 MINUTES. 30 DAYS.



30 OCT - 28 NOV