

AT THE GYM

Lift weights	Rowing Machine	Exercise Bike	Treadmill	Aerobics
Step Machine	Do sit-ups	Skip	Stretch	Run



LABEL THE PICTURES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

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



30 OCT - 28 NOV