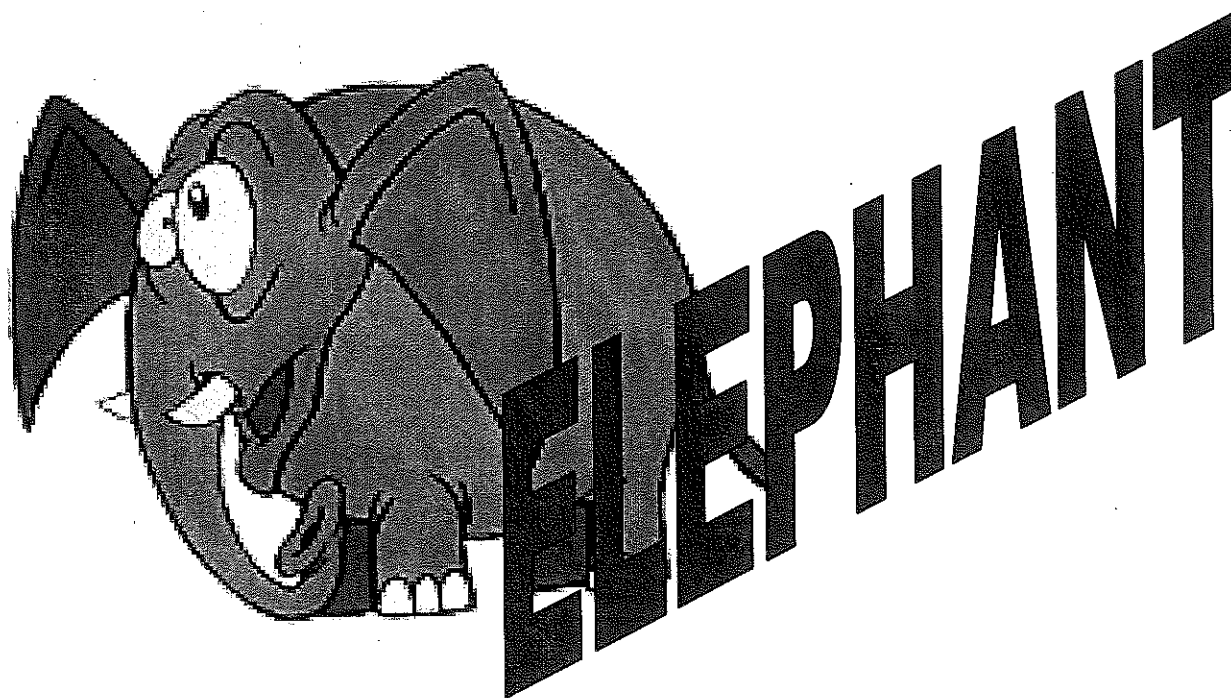


Strongest Jungle Animal

Each player decides which animal they want to be. Choose 5 exercises bank. The player then performs the number of exercises suggested for that animal.

1. Turtle: 5 star jumps, 5 stride jumps, 5 shoulder touches, 5 sit ups, run length of yard/living room, 5 tuck jumps, run back, repeat run 3 more times
2. Monkey: 10 star jumps, 10 stride jumps, 10 shoulder touches, 10 sit ups, run length of yard/living room, 10 tuck jumps, run back, repeat run 3 more times
3. Tiger: 15 star jumps, 15 stride jumps, 15 shoulder touches, 15 sit ups, run length of yard/living room, 15 tuck jumps, run back, repeat run 3 more times
4. Elephant: 20 star jumps, 20 stride jumps, 20 shoulder touches, 20 sit ups, run length of yard/living room, 20 tuck jumps, run back, repeat run 3 more times
5. Tarzan/Jane: 25 star jumps, 25 stride jumps, 25 shoulder touches, 25 sit ups, run length of yard/living room, 25 tuck jumps, run back, repeat run 3 more times



20 Star Jumps

20 Stride Jumps

20 Shoulder Touches

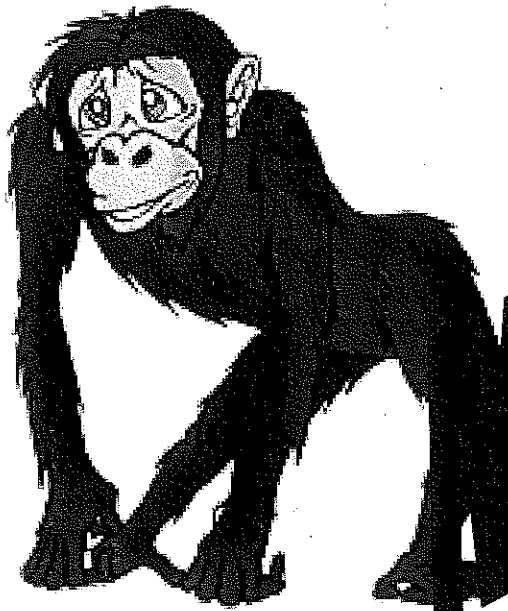
20 Curl-Ups

Run width of ^{living room} gym,
tuck jump & run back,
repeat run 3 more times

Strongest Jungle Animal

11b

BLM



MONKEY

10 Star Jumps

10 Stride Jumps

10 Shoulder Touches

10 Curl-Ups

Run width of ^{living room} gym,
tuck jump & run back,
repeat run 3 more times

Strongest Jungle Animal

11c

BLM



25 Star Jumps

25 Stride Jumps

25 Shoulder Touches

25 Curl-Ups

Run width of ^{living room} gym,
tuck jump & run back,
repeat run 3 more times

Strongest Jungle Animal

11d

BLM



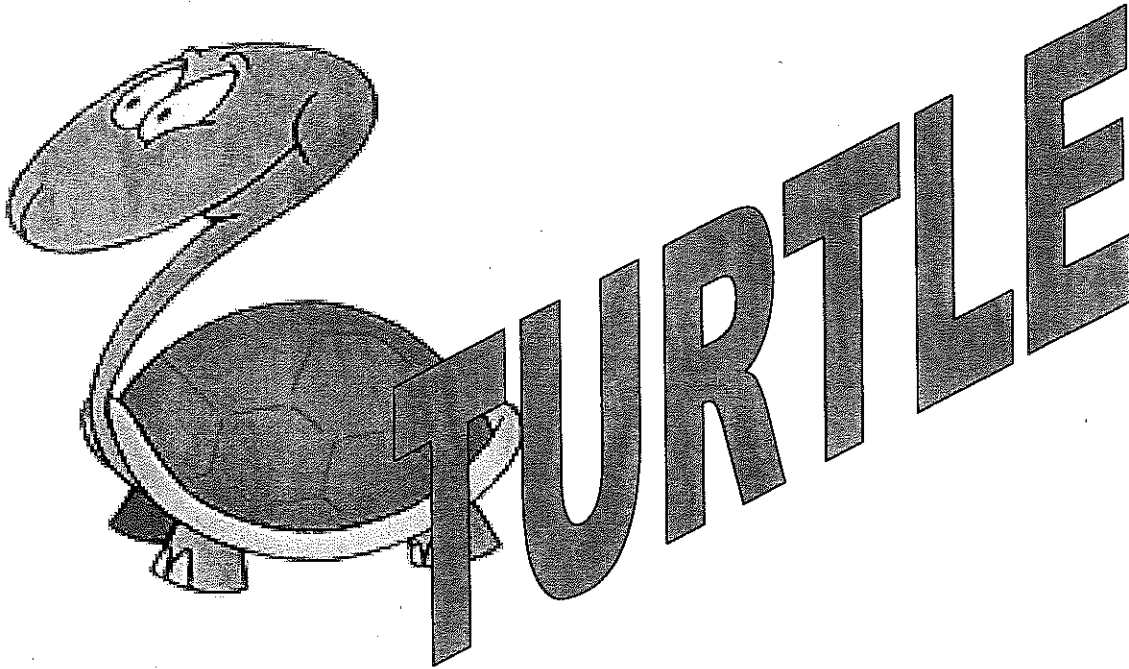
15 Star Jumps

15 Stride Jumps

15 Shoulder Touches

15 Curl-Ups

Run width of ^{living room} gym,
tuck jump & run back,
repeat run 3 more times



5 Star Jumps

5 Stride Jumps

5 Shoulder Touches

5 Curl-Ups

Run width of gym,
tuck jump & run back,
repeat run 3 more times