



The date is:

The day of the week is:

Monday

Tuesday

Wednesday

Thursday

Friday

The weather today is:



Get moving!



stretch



lunge

Add text here

Add text here



The date is:

The day of the week is:

Monday    Tuesday    Wednesday    Thursday    Friday

The weather today is:



Get moving!



stretch



crunches

Add text here

Add text here



The date is:

The day of the week is:

Monday

Tuesday

Wednesday

Thursday

Friday

The weather today is:



Get moving!



stretch



elbow to knee

Add text here

Add text here



The date is:

The day of the week is:

Monday

Tuesday

Wednesday

Thursday

Friday

The weather today is:



Get moving!



stretch



leg lifts

Add text here

Add text here

The date is:

The day of the week is:



Monday    Tuesday    Wednesday    Thursday    Friday

The weather today is:



Get moving!



stretch



leg lifts

Add text here

Add text here