

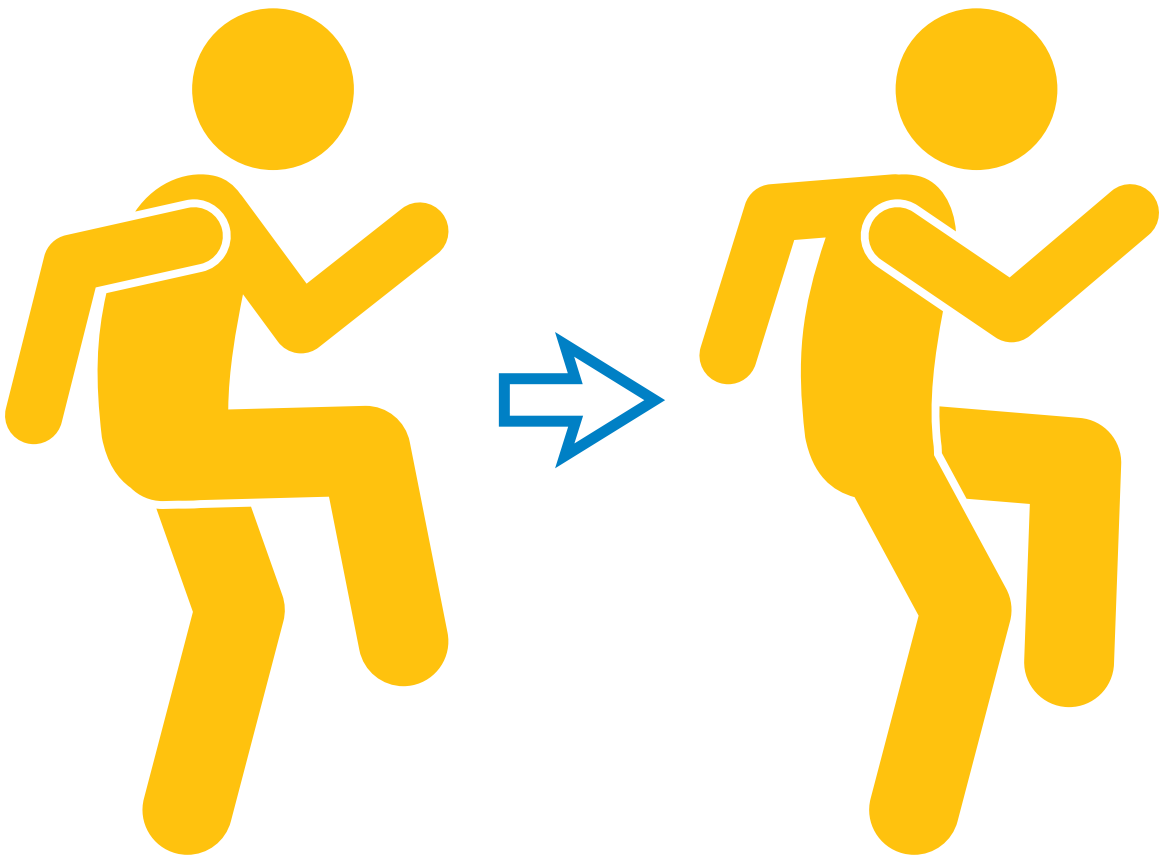
**JR. CHARGERS**

**FITNESS  
CARDS**



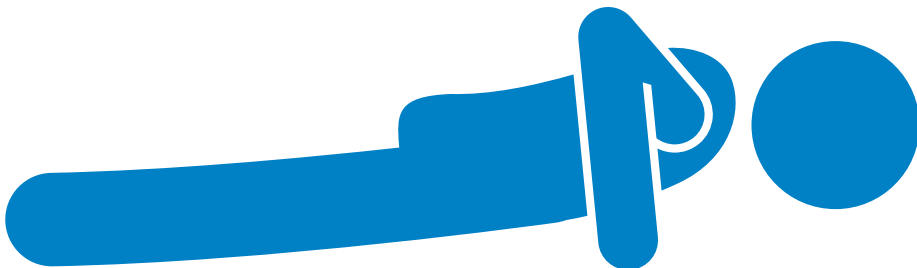
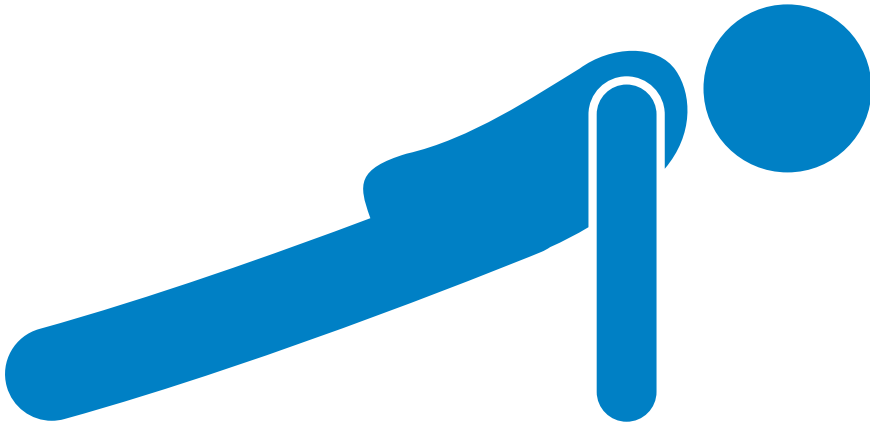
⚡ 10 ⚡

# HIGH KNEES



1

# PUSH-UP



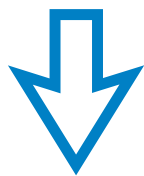
⚡ 15 ⚡

# BICYCLES



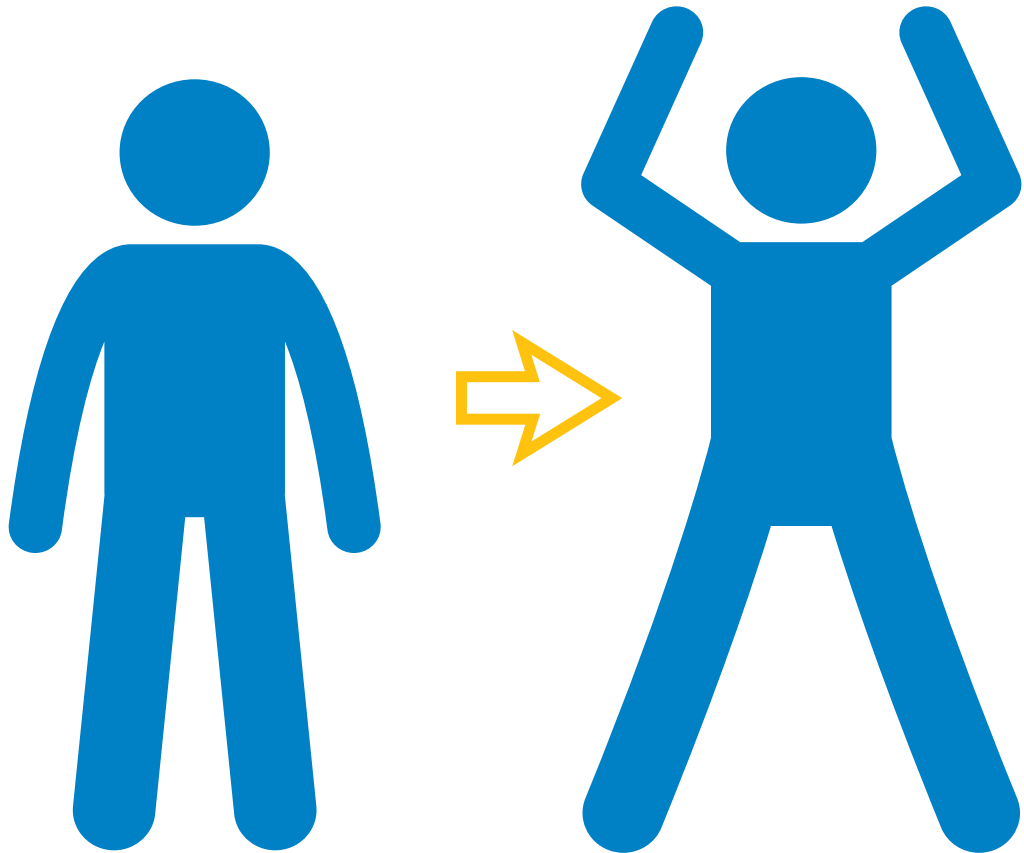
⚡ 10 ⚡

# SIT-UPS



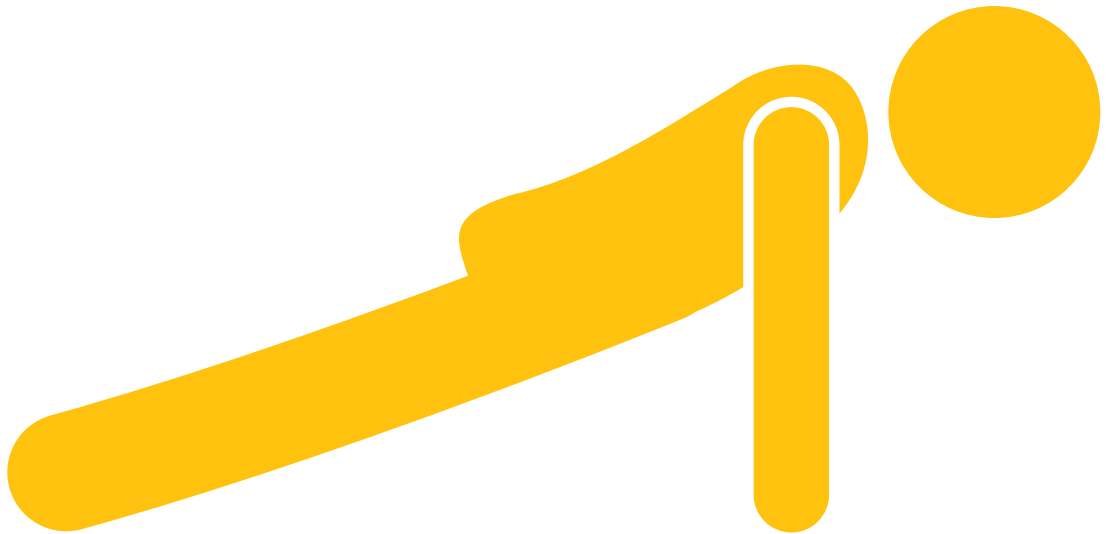
⚡ 15 ⚡

# JUMPING JACKS



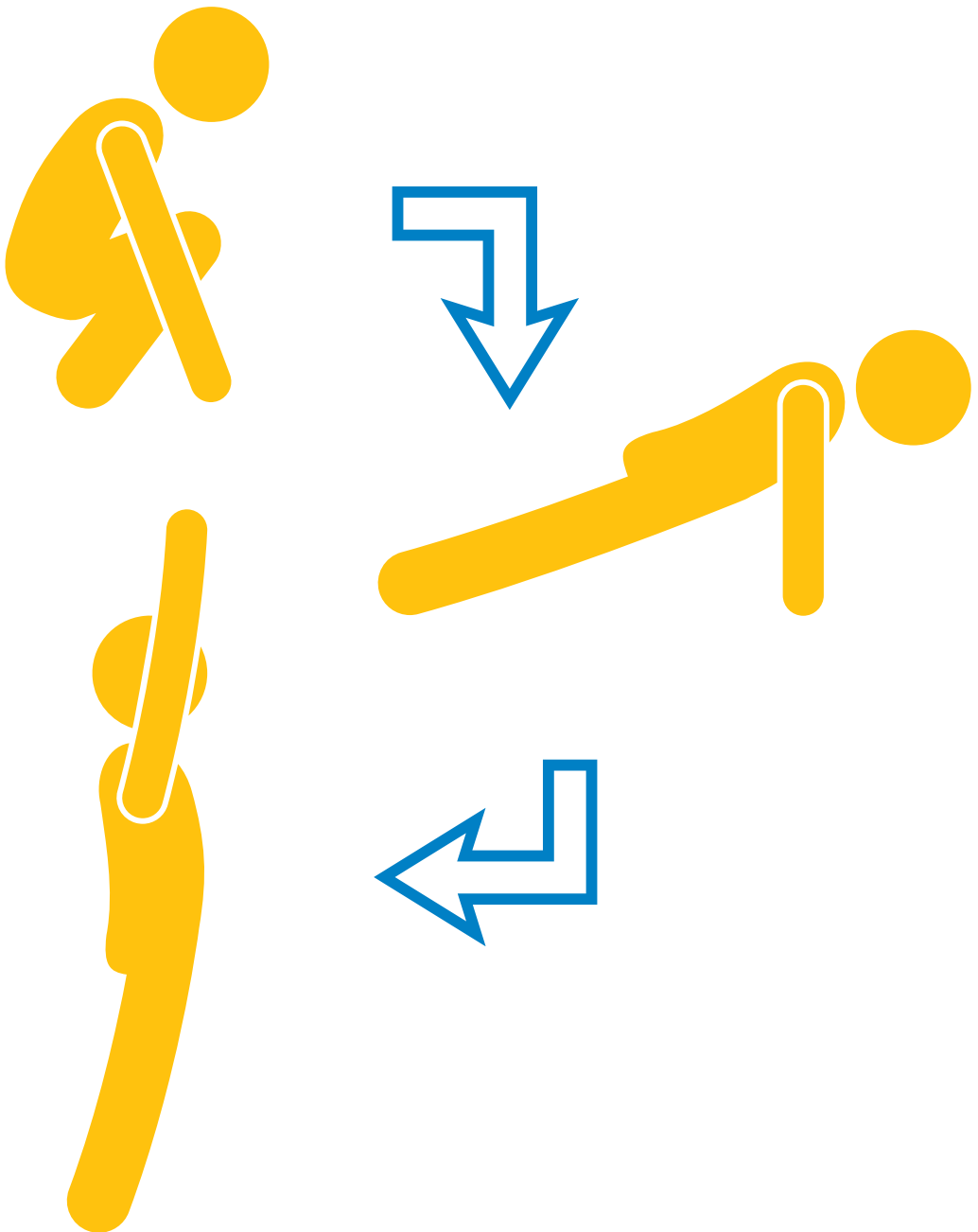
⚡ 10 SEC ⚡

**PLANK**



1

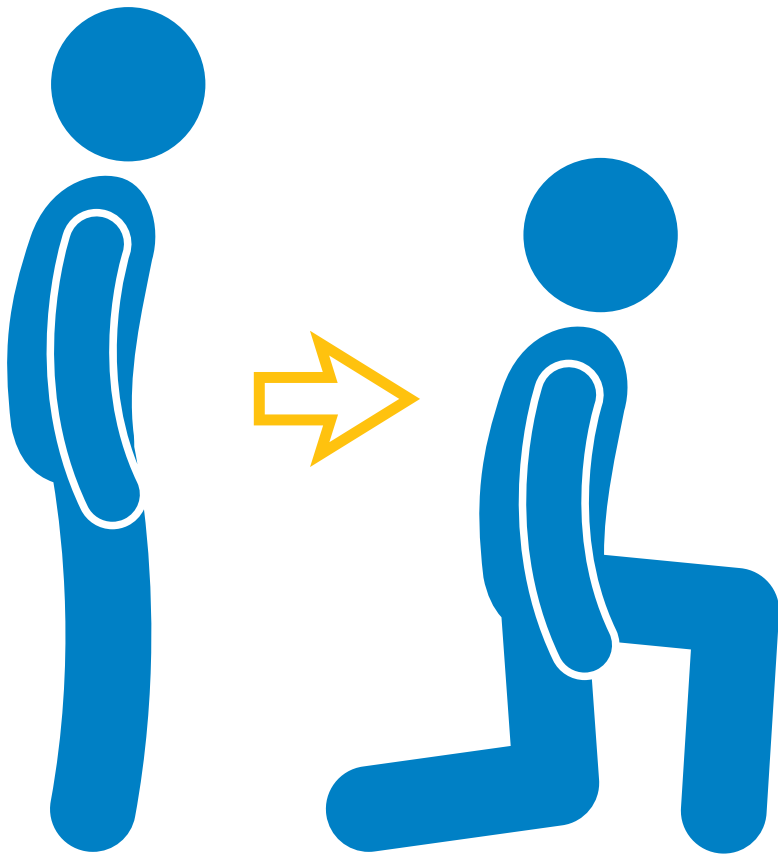
# BURPEE





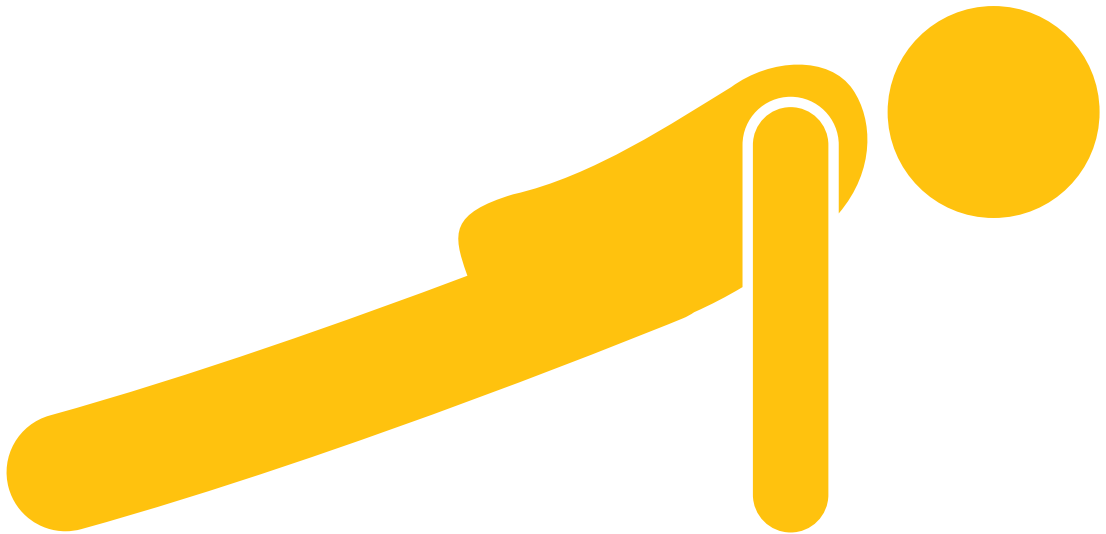
⚡ 15 ⚡

# LUNGES



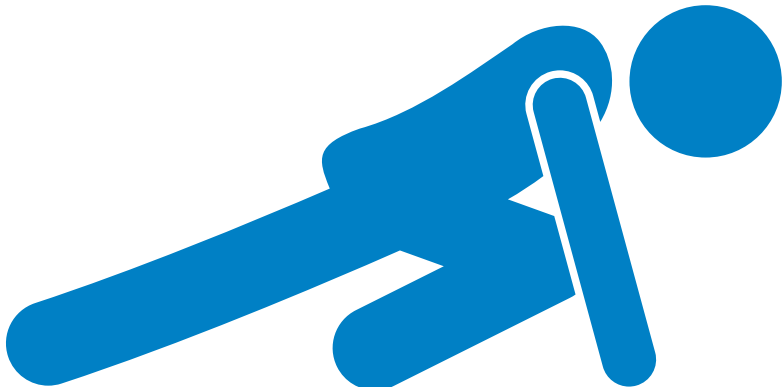
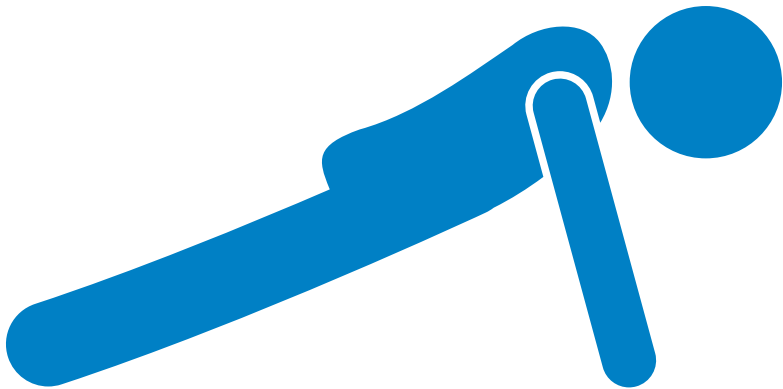
⚡ 30 SEC ⚡

**PLANK**



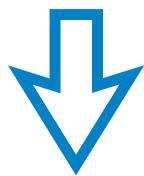
1

# MOUNTAIN CLIMBER



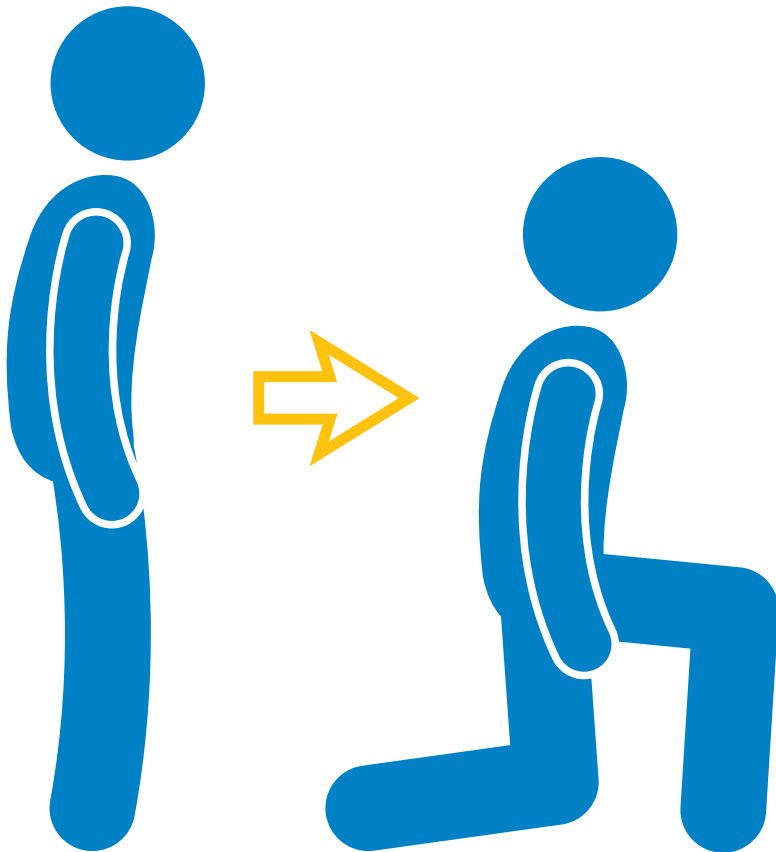
⚡ 15 ⚡

# SIT-UPS



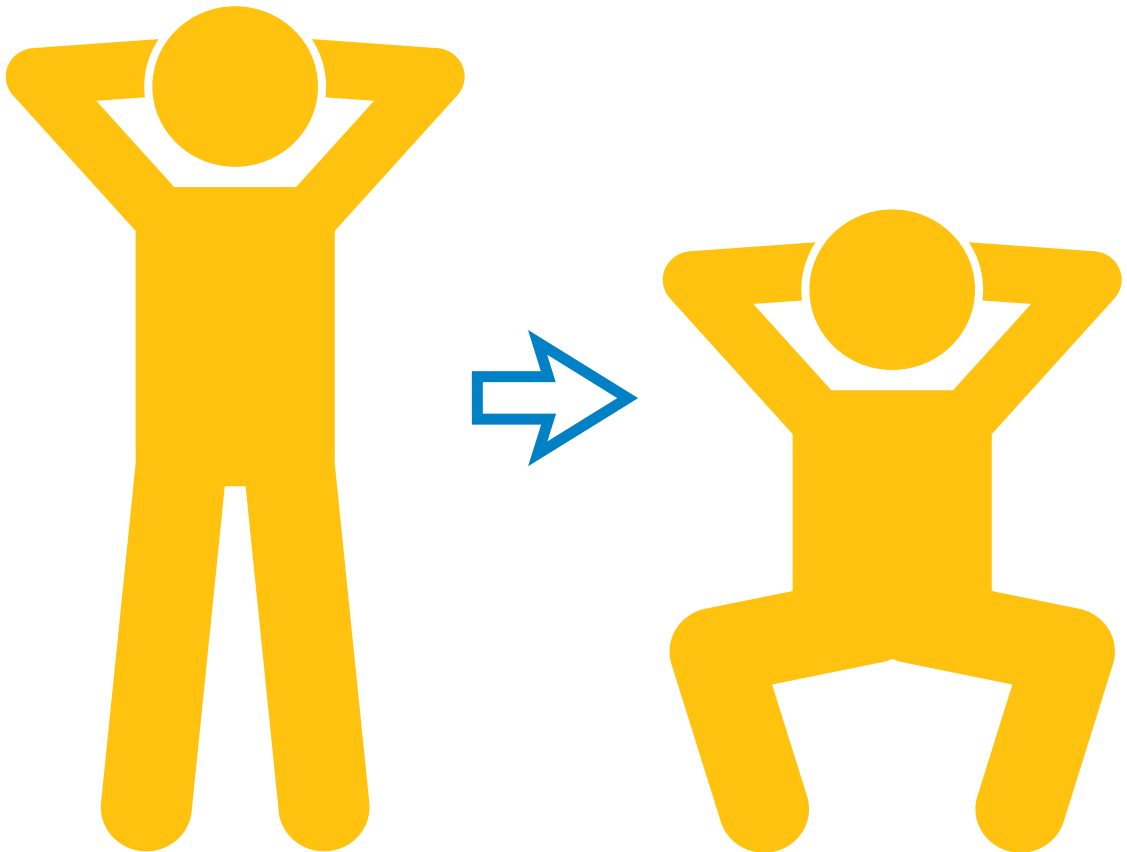
⚡ 5 ⚡

# LUNGES



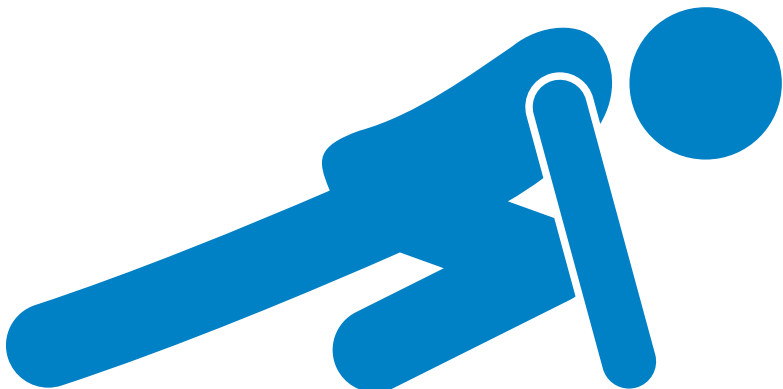
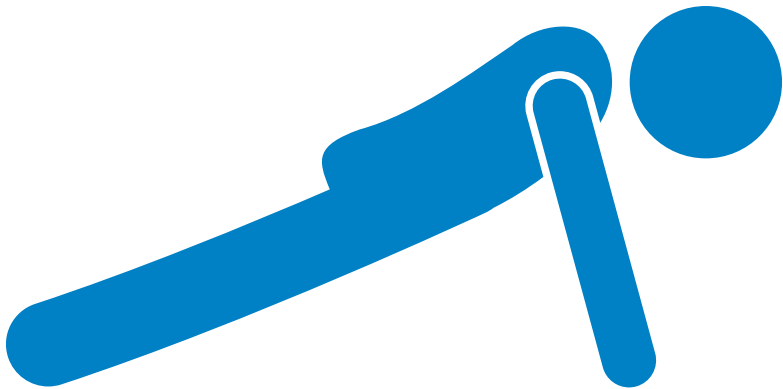
⚡ 10 ⚡

# SQUATS



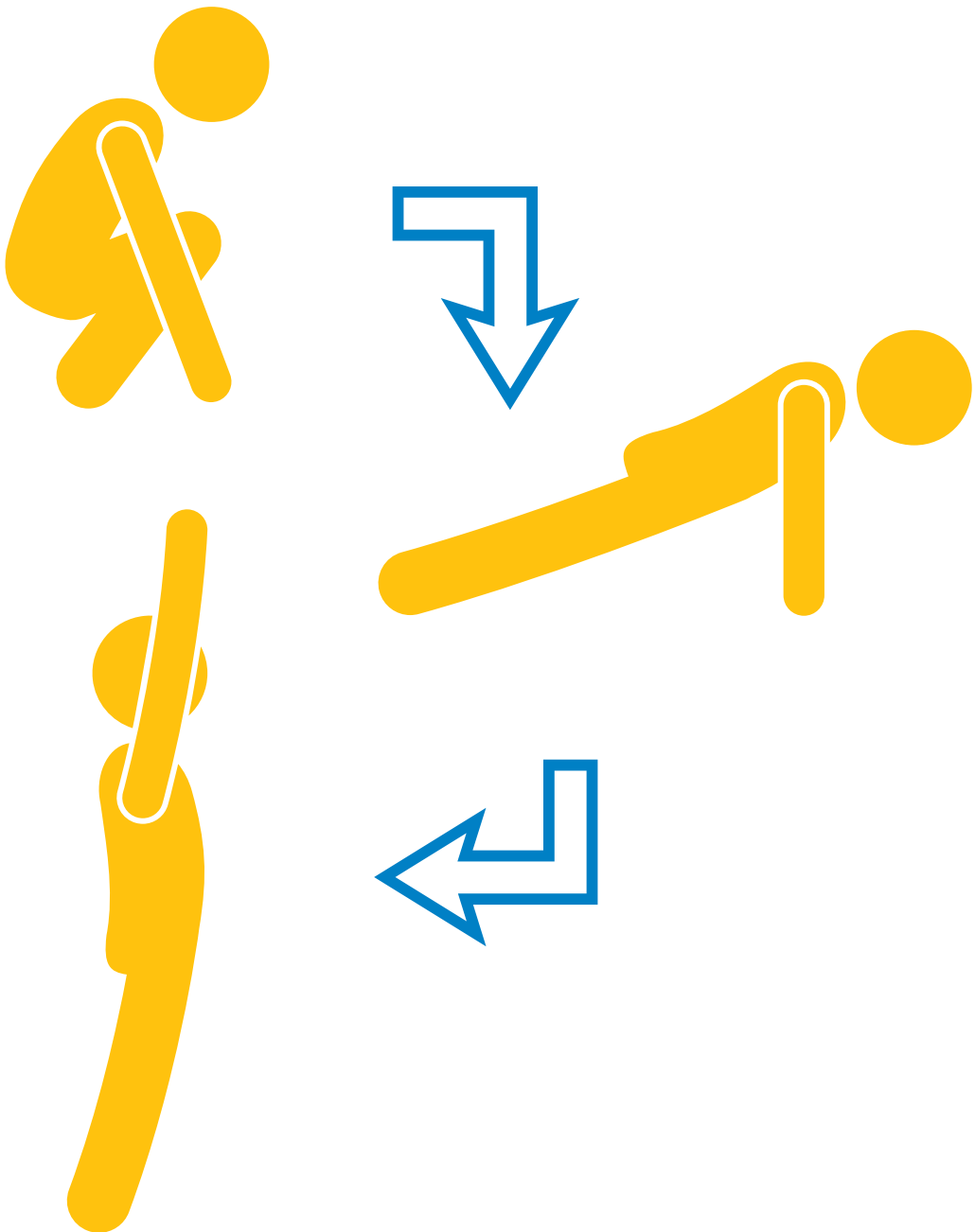
⚡ 5 ⚡

# MOUNTAIN CLIMBERS



⚡ 15 ⚡

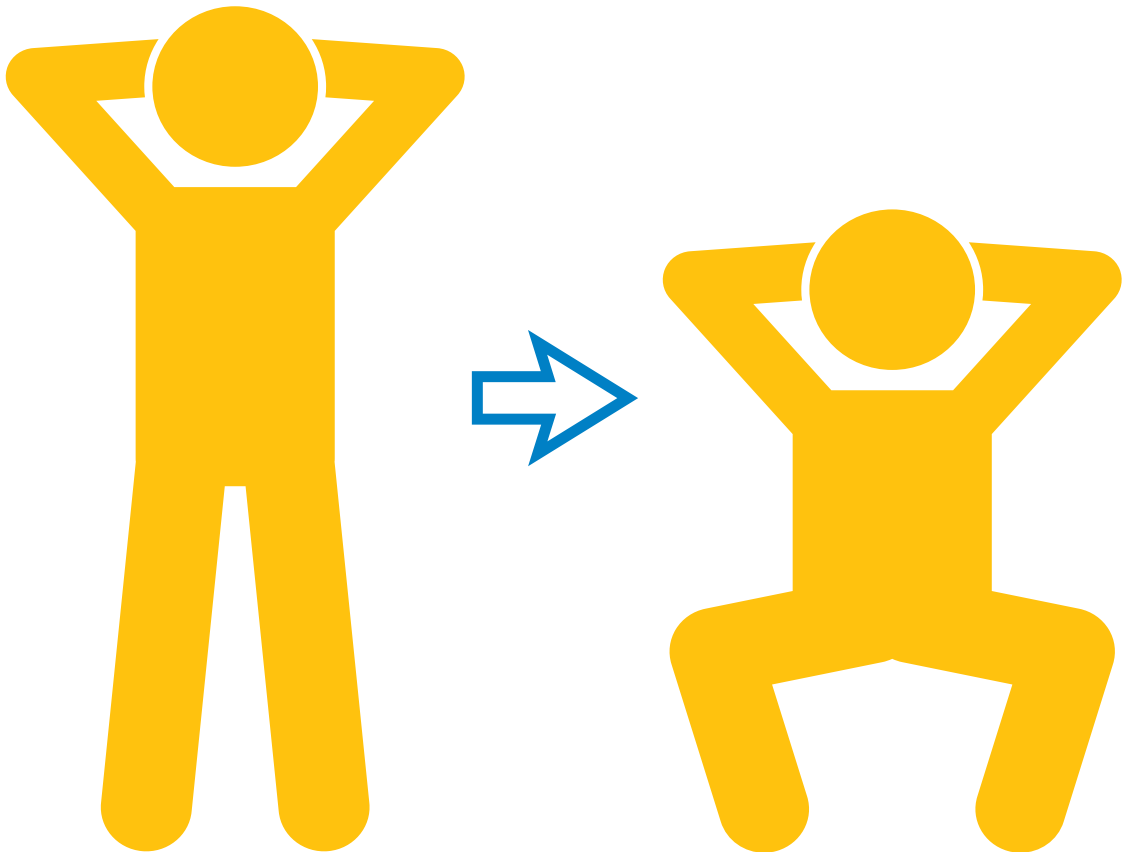
# BURPEES





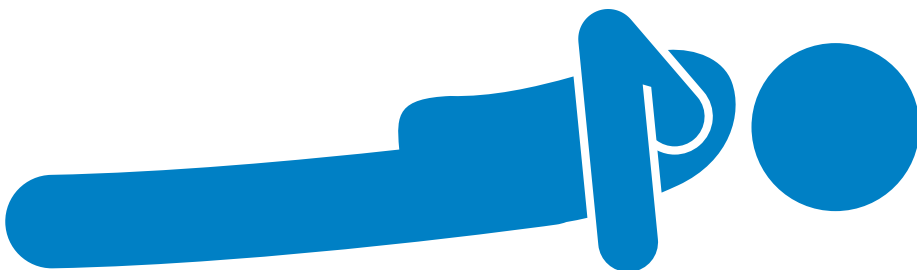
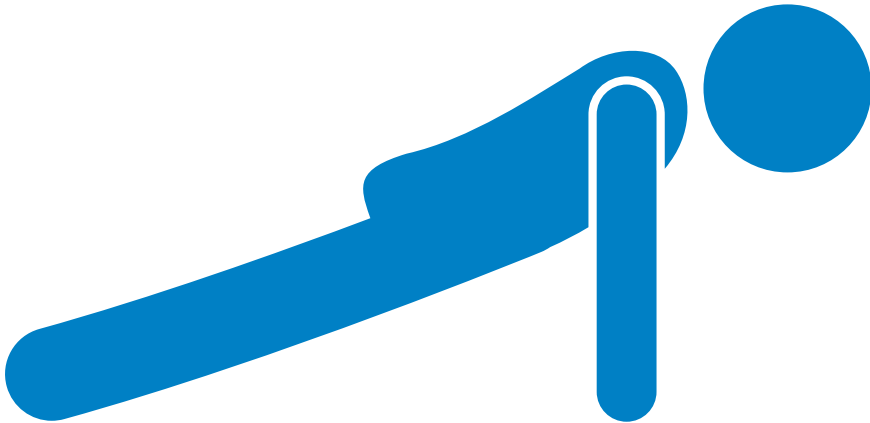
⚡ 5 ⚡

# SQUATS



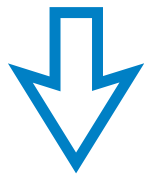
⚡ 5 ⚡

# PUSH-UPS



⚡ 5 ⚡

# SIT-UPS



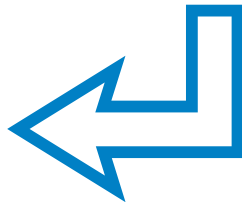
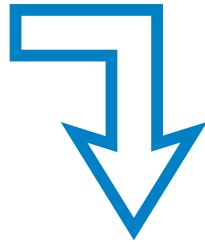
⚡ 5 ⚡

# BICYCLES



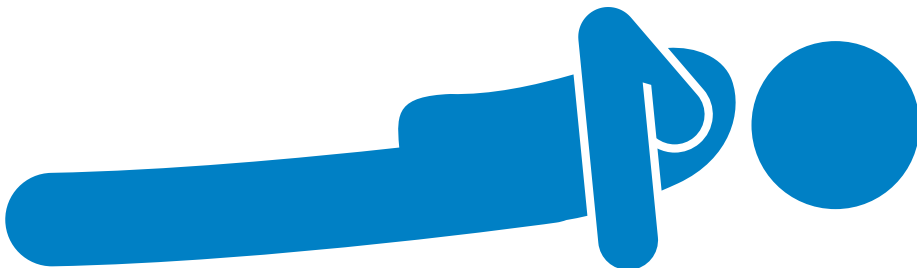
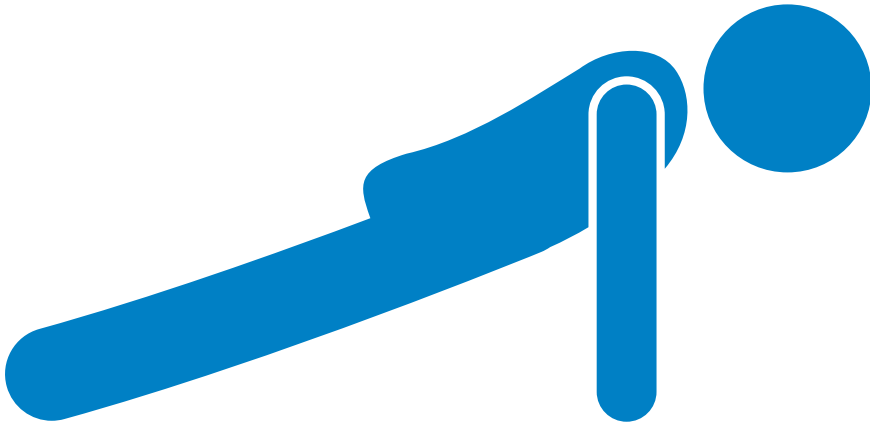
⚡ 5 ⚡

# BURPEES



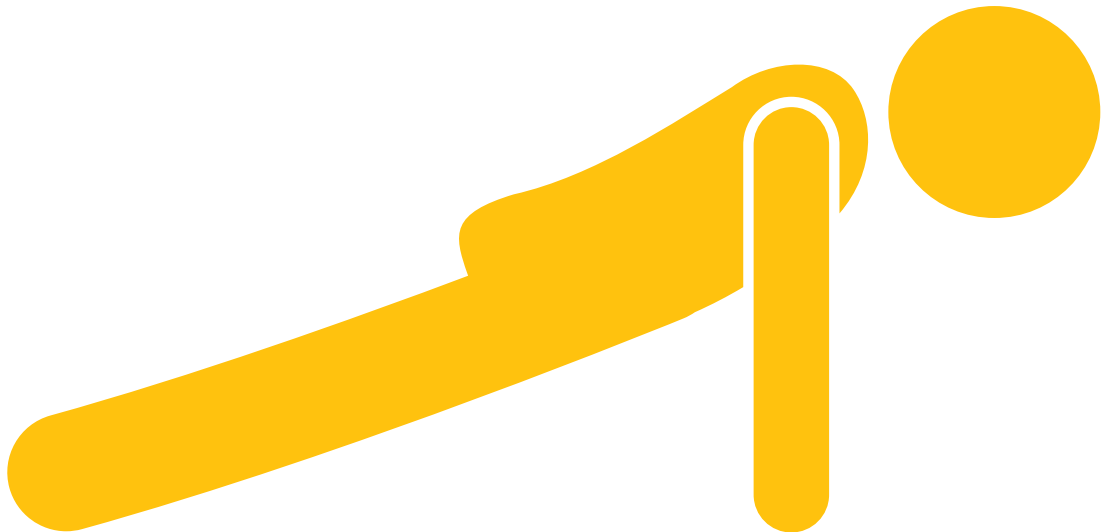
⚡ 10 ⚡

# PUSH-UPS



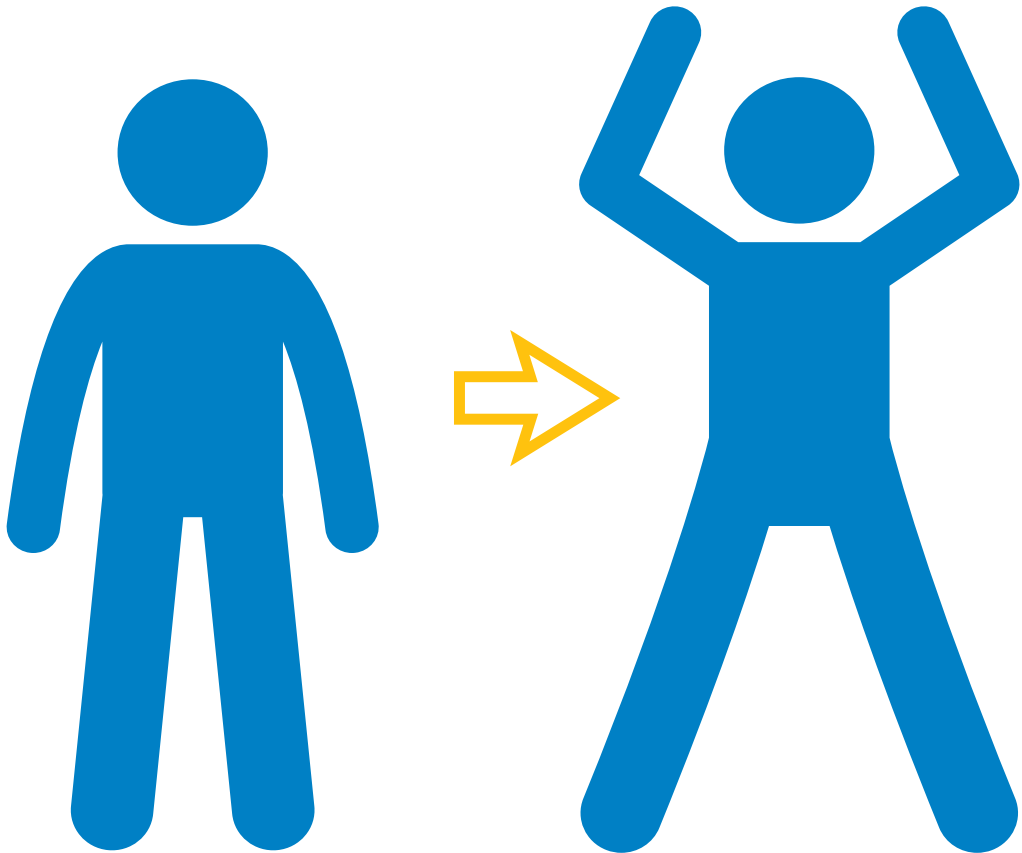
⚡ 5 SEC ⚡

**PLANK**



⚡ 5 ⚡

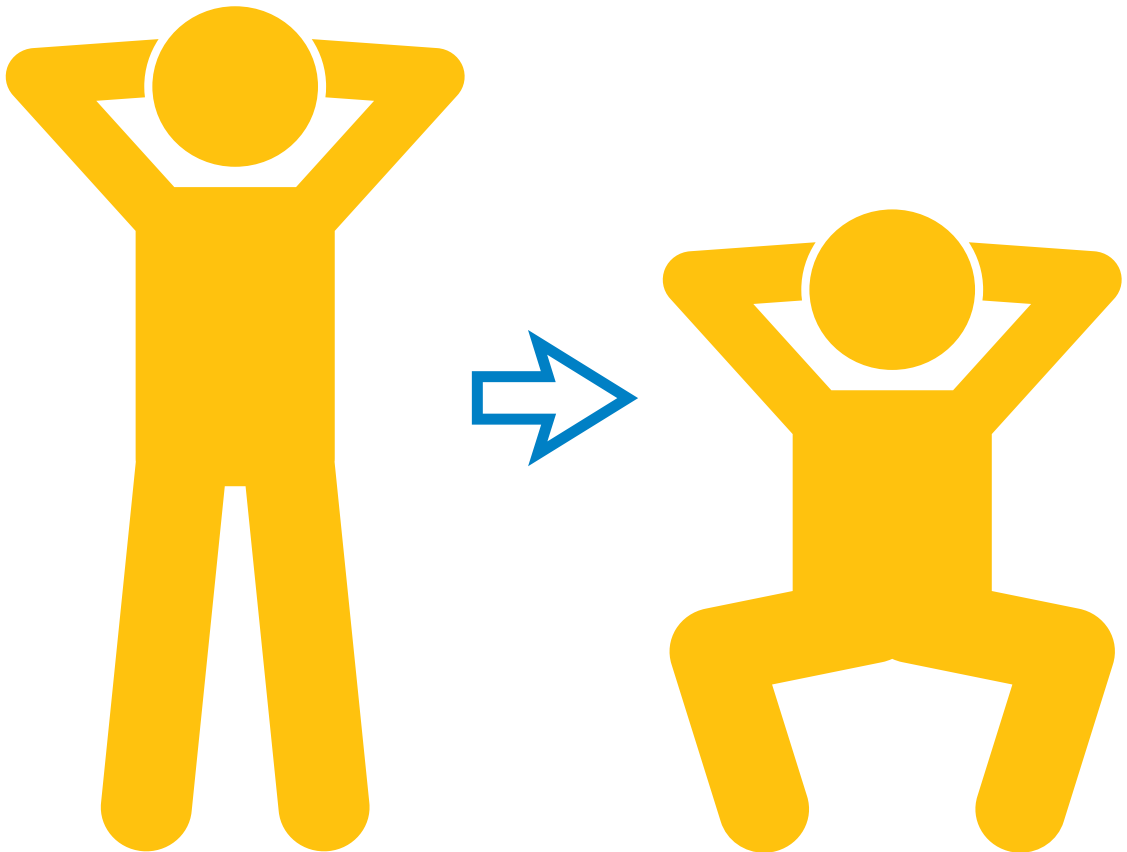
# JUMPING JACKS





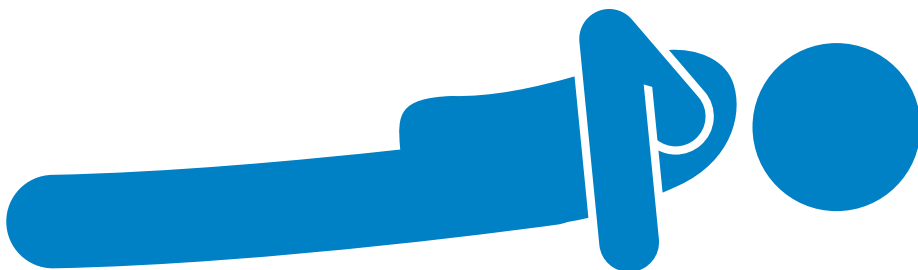
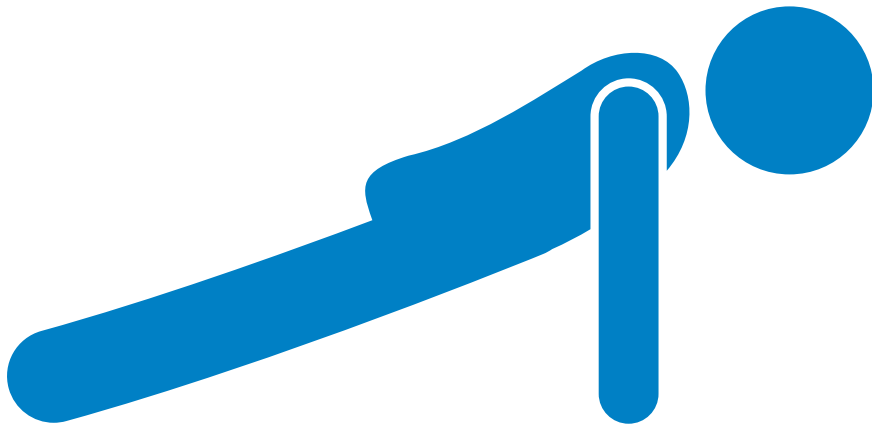
1

# SQUAT



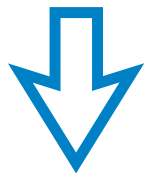
⚡ 15 ⚡

# PUSH-UPS



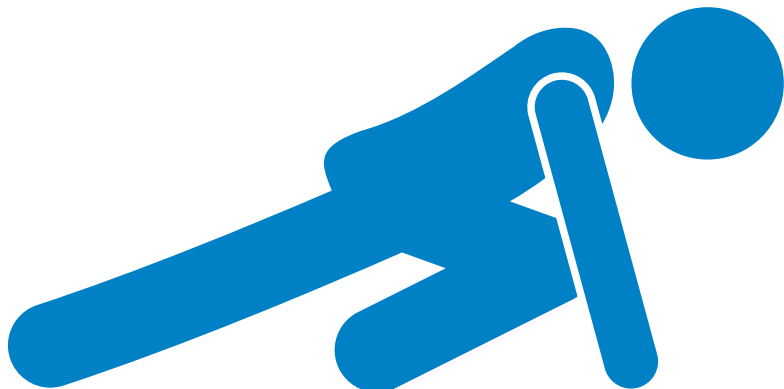
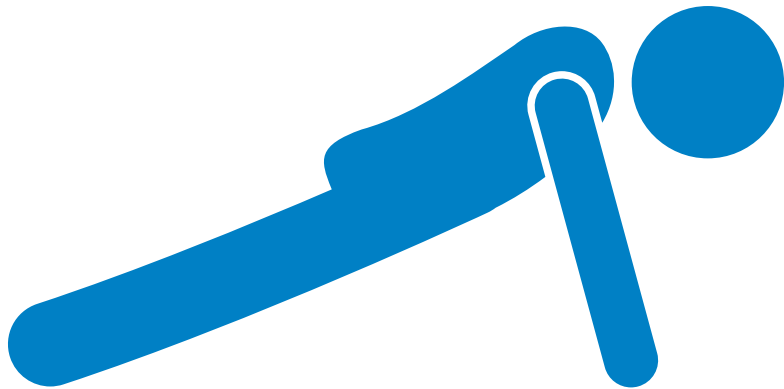
1

# SIT-UP



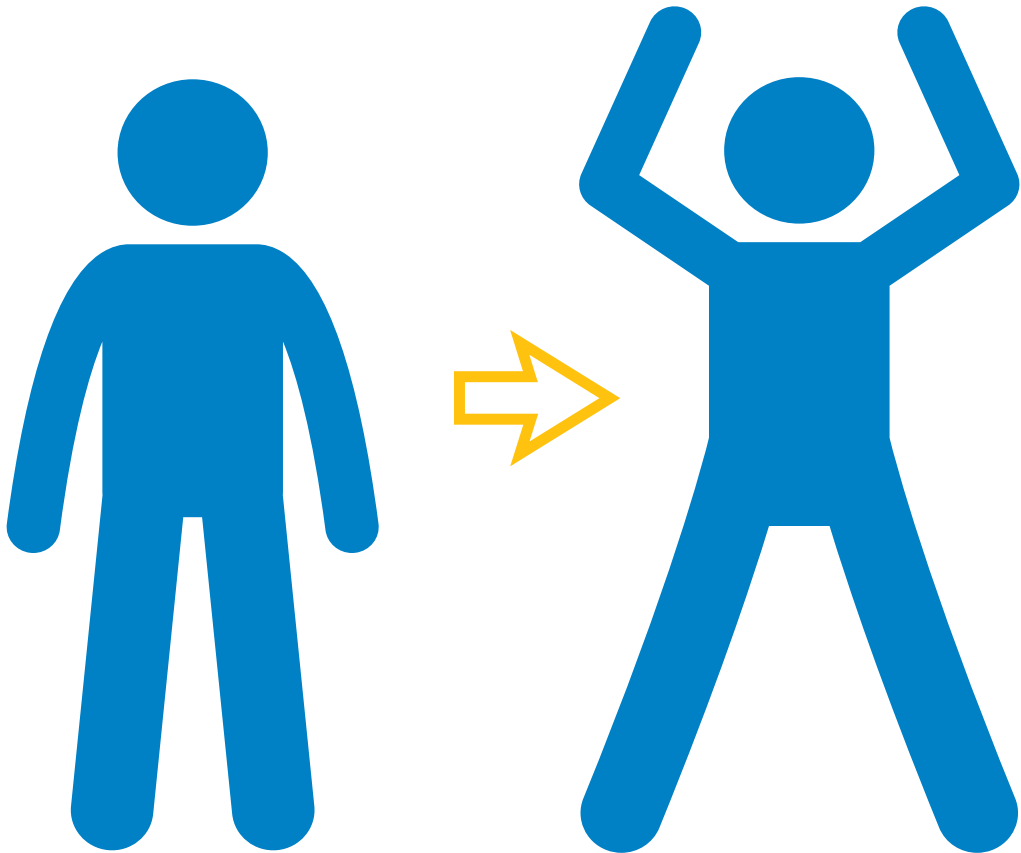
⚡ 15 ⚡

# MOUNTAIN CLIMBERS



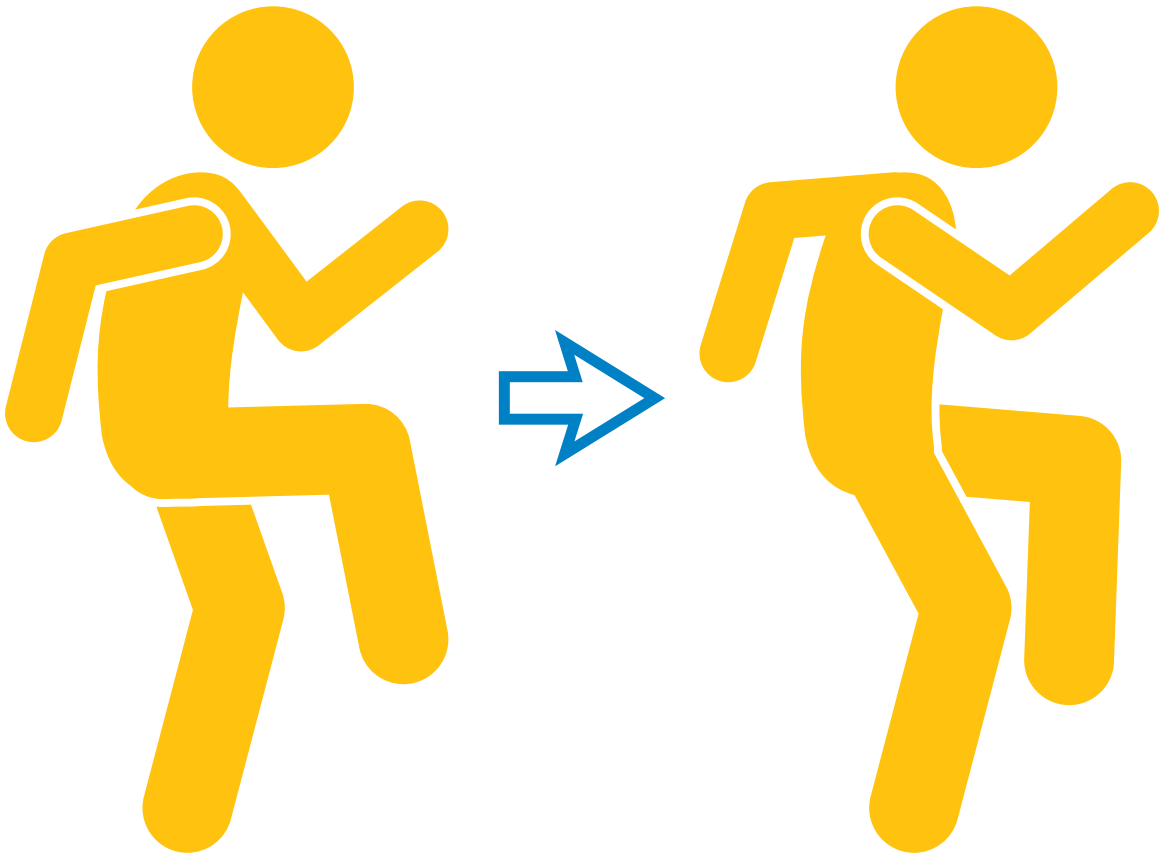
1

# JUMPING JACK



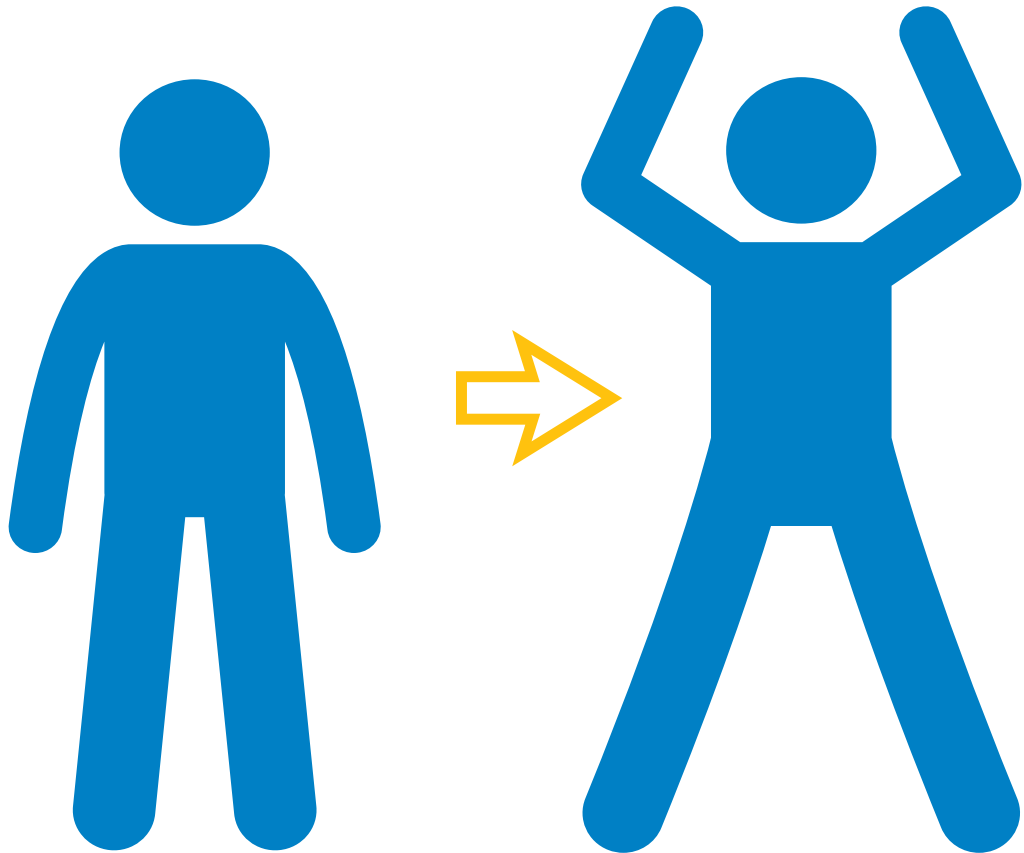
⚡ 5 ⚡

# HIGH KNEES



⚡ 10 ⚡

# JUMPING JACKS



⚡ 1 ⚡

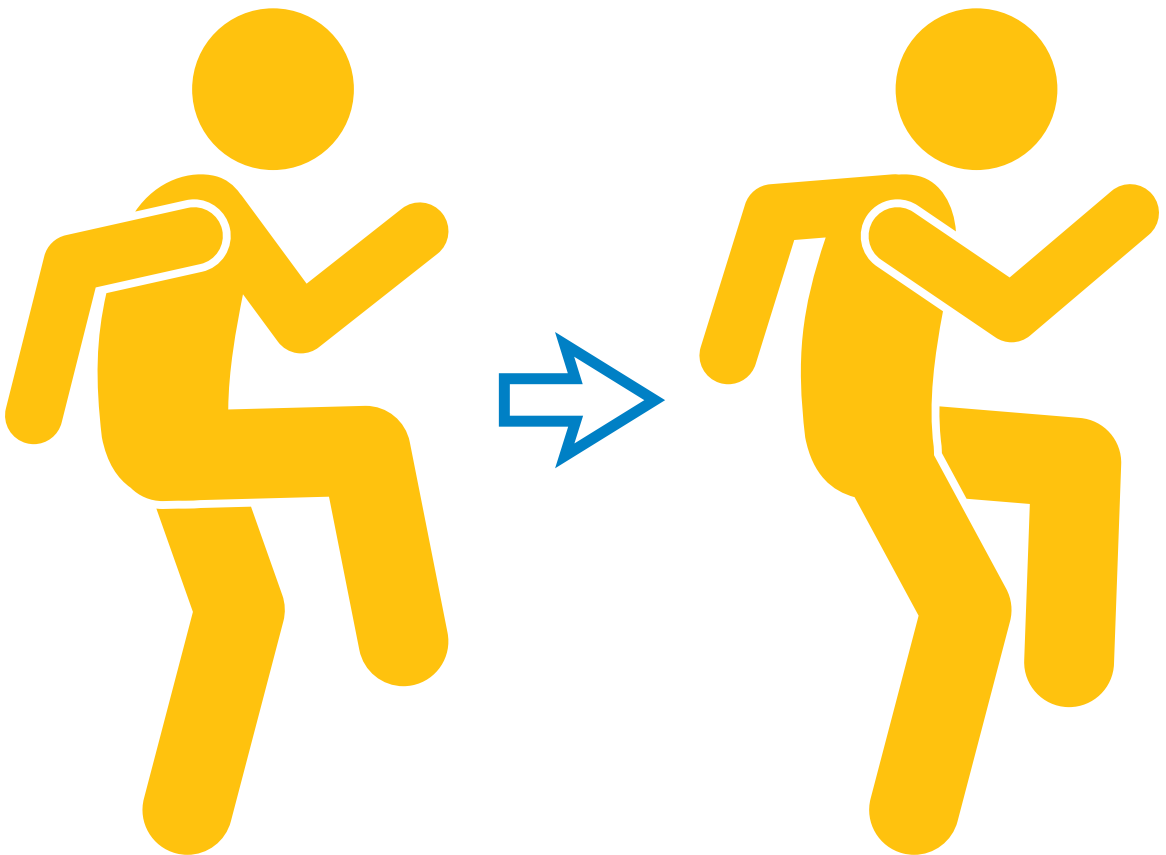
**BICYCLE**





⚡ 15 ⚡

# HIGH KNEES



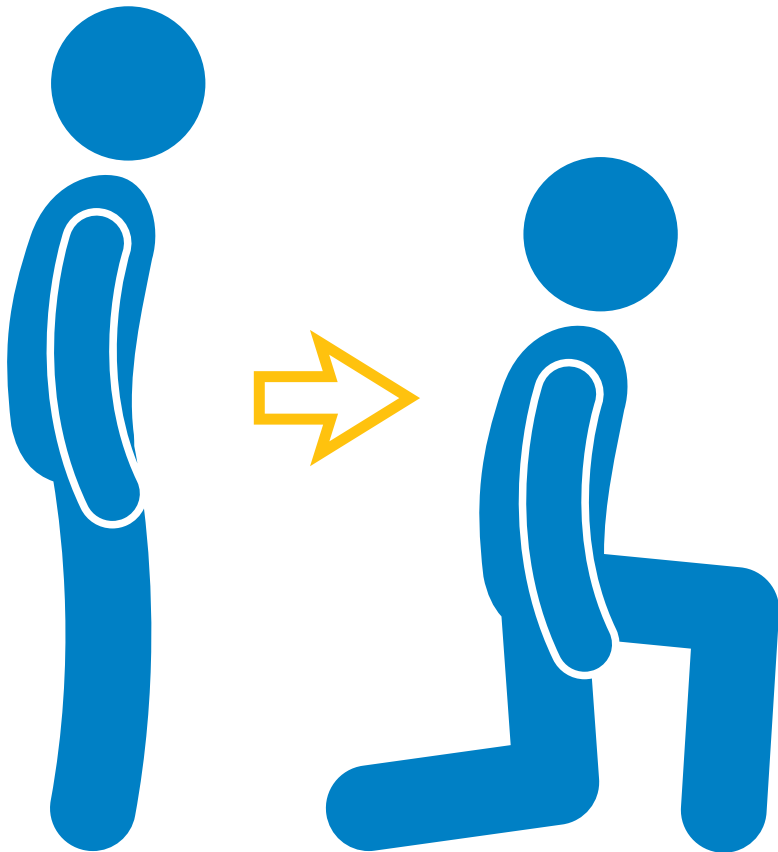
⚡ 10 ⚡

# BICYCLES



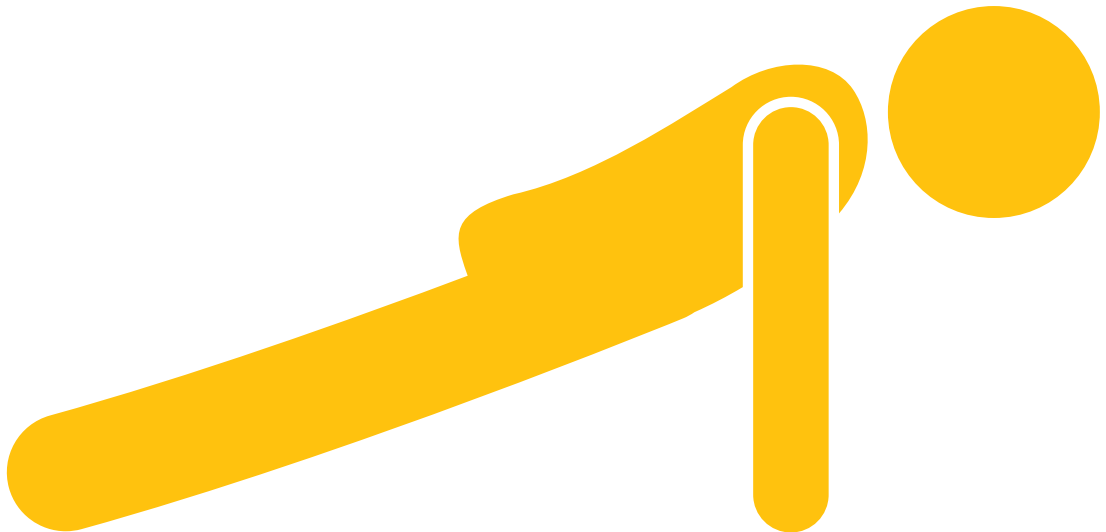
1

# LUNGE



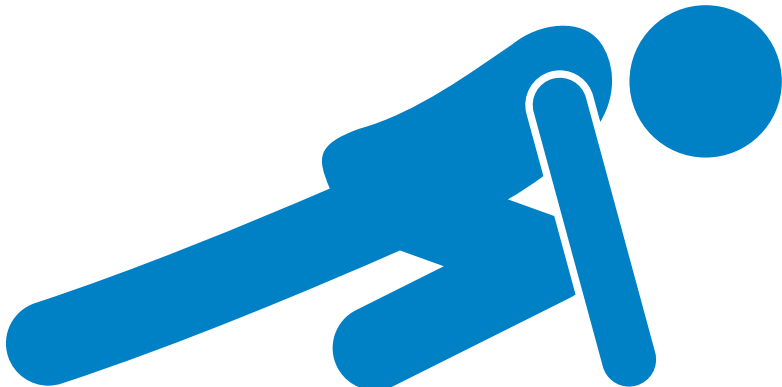
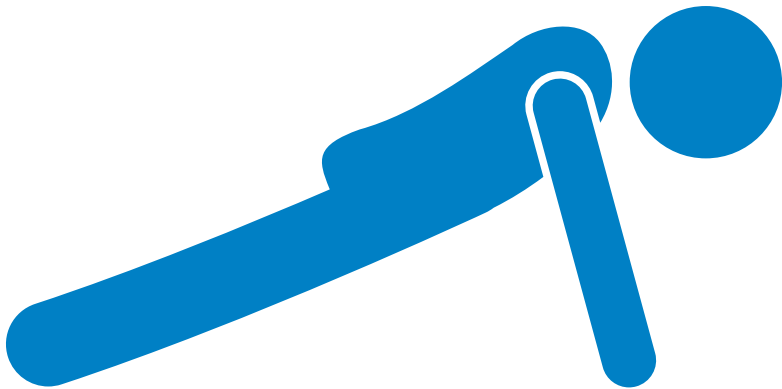
⚡ **15 SEC** ⚡

**PLANK**



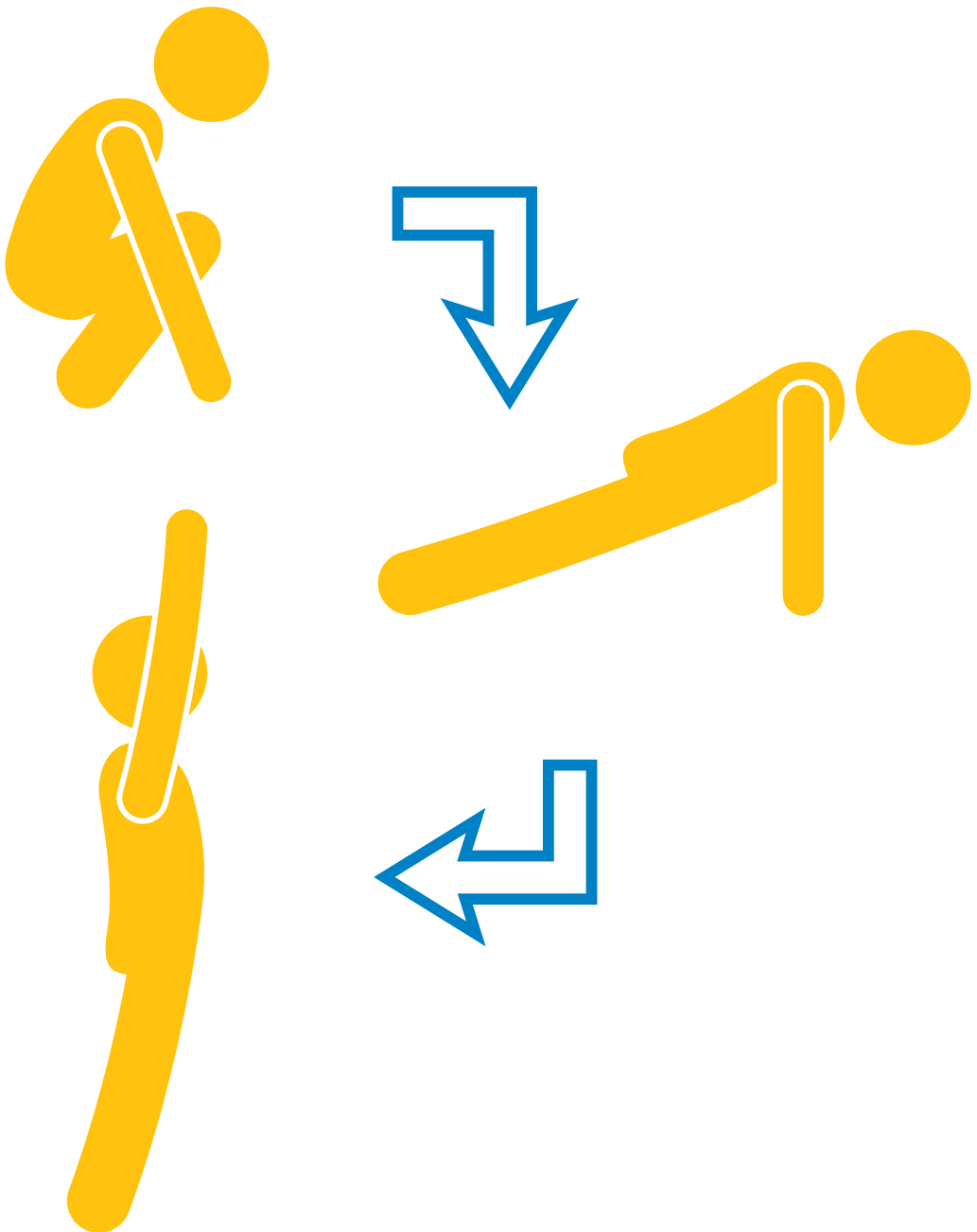
⚡ 10 ⚡

# MOUNTAIN CLIMBERS



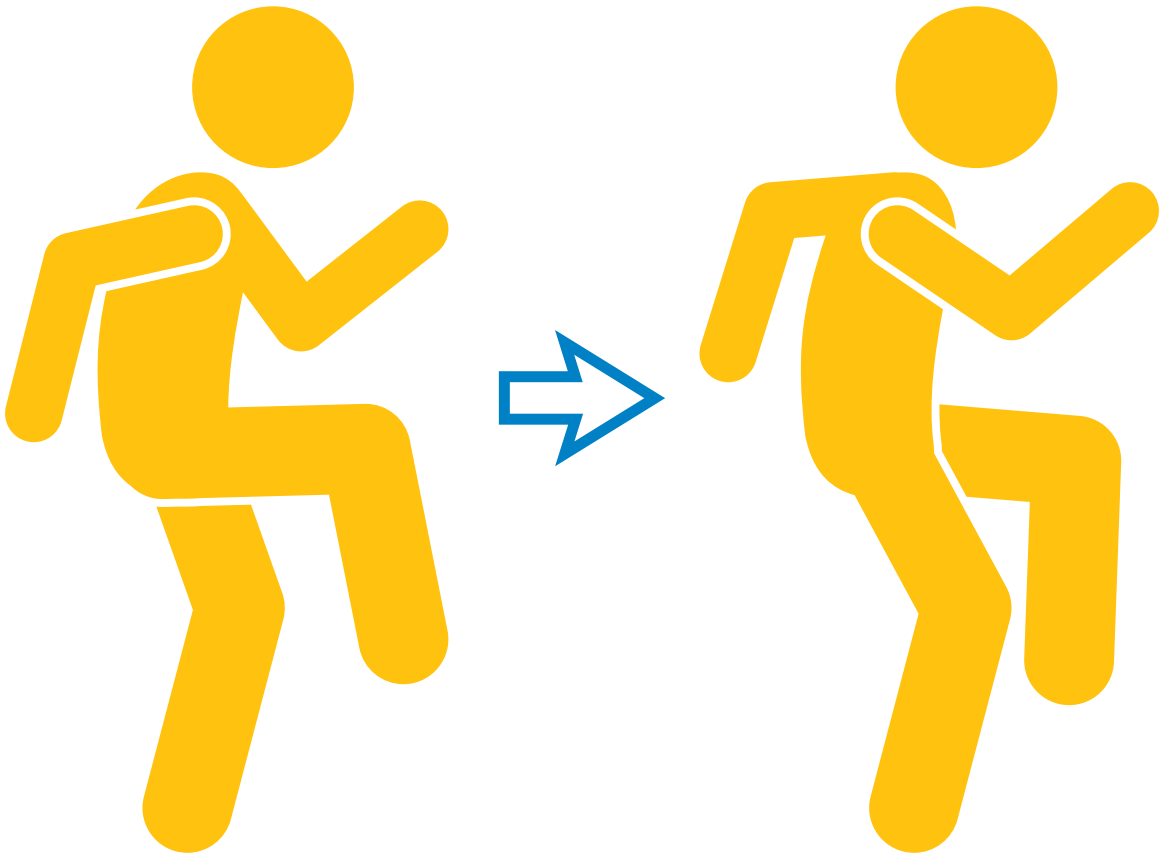
# ⚡ 10 ⚡

# BURPEES



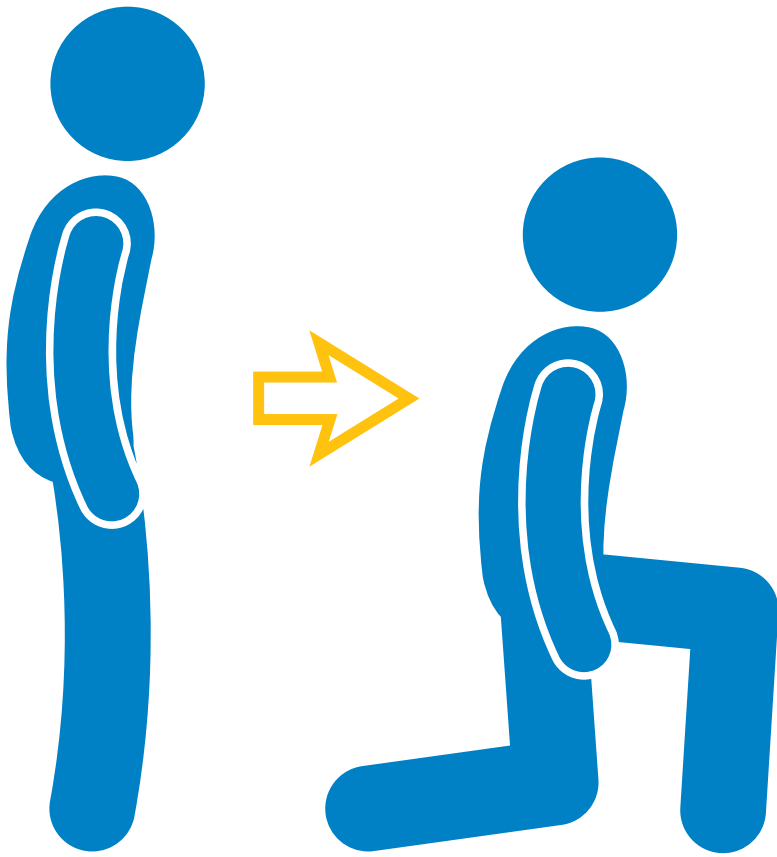
1

# HIGH KNEE



⚡ 10 ⚡

# LUNGES





⚡ 15 ⚡

# SQUATS

