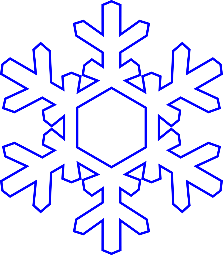
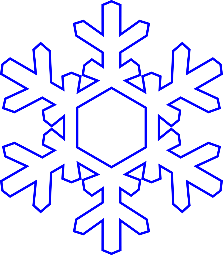
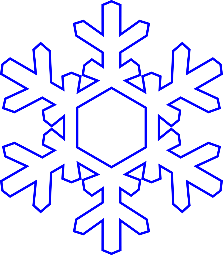
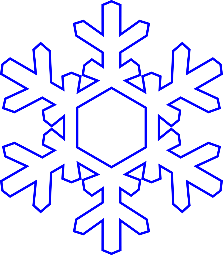
**The Twelve Days of Phys. Ed.**

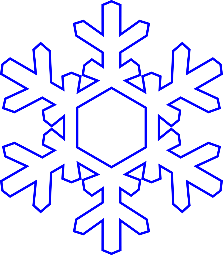
***On the 12th day of Phys Ed my teacher said to me:***

***Do***

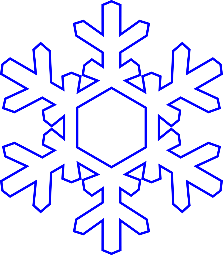
***12 jumping jacks***

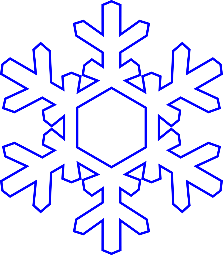
***11 awesome air squats***

***10 total trunk twists***

***9 awesome arm circles***

***8 killer crab kicks***

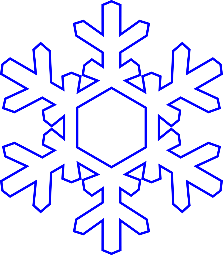
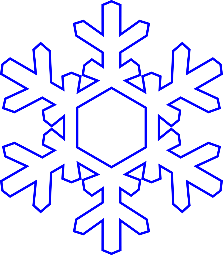
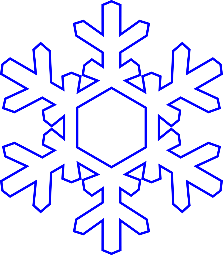
***7 solid shoulder taps***

***6 mountain climbers***

***And a 5 second plank***

***4 crazy crunches***

***3 sets of lunges***

***2 perfect push ups***

***And a super healthy strong burpee!***