TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO: • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**
TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO: • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**
TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO: • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**
TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO: • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**
TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO: • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**	**TO EVOLVE INTO <u>CHARMELEON</u>, YOU MUST DO:** • **20 MOUNTAIN CLIMBERS** • **20 SQUATS**

TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO: • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**
TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO: • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**
TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO: • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**
TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO: • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**
TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO: • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**	**TO EVOLVE INTO <u>CHARIZARD</u>, YOU MUST DO:** • **15 SQUAT JUMPS** • **10 PUSH UPS**

TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO: • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**
TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO: • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**
TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO: • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**
TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO: • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**
TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO: • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**
TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO: • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**	**TO EVOLVE INTO <u>WARTORTLE</u>, YOU MUST DO:** • **30 SECOND V-SIT** • **JOG 1 LAP**

TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO: • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**
TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO: • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**
TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO: • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**
TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO: • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**
TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO: • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**	**TO EVOLVE INTO <u>BLASTOISE</u>, YOU MUST DO:** • **10 PUSH UPS** • **15 SQUATS**

TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO: • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**
TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO: • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**
TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO: • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**
TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO: • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**
TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO: • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**	**TO EVOLVE INTO <u>IVYSAUR</u>, YOU MUST DO:** • **30 SECOND PLANK** • **5 BURPEES**

TO EVOLVE INTO VENUSAUR, YOU MUST DO: • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**
TO EVOLVE INTO VENUSAUR, YOU MUST DO: • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**
TO EVOLVE INTO VENUSAUR, YOU MUST DO: • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**
TO EVOLVE INTO VENUSAUR, YOU MUST DO: • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**
TO EVOLVE INTO VENUSAUR, YOU MUST DO: • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**
TO EVOLVE INTO VENUSAUR, YOU MUST DO: • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**	**TO EVOLVE INTO VENUSAUR, YOU MUST DO:** • **15 SQUAT JUMPS** • **40 JUMPING JACKS**

TO EVOLVE INTO RAICHU, YOU MUST DO: • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**
TO EVOLVE INTO RAICHU, YOU MUST DO: • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**
TO EVOLVE INTO RAICHU, YOU MUST DO: • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**
TO EVOLVE INTO RAICHU, YOU MUST DO: • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**
TO EVOLVE INTO RAICHU, YOU MUST DO: • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**	**TO EVOLVE INTO RAICHU, YOU MUST DO:** • **10 PUSH UPS** • **30 ARM CIRCLES**

TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH
TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH
TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH
TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH
TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH
TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH	TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO: • SKIP 1 LAP • 30 SECOND TOE TOUCH STRETCH

TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO: • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**
TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO: • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**
TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO: • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**
TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO: • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**
TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO: • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**	**TO EVOLVE INTO <u>ARCANINE</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **20 SECOND PLANK**

TO EVOLVE INTO RAPIDASH, YOU MUST DO: • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**
TO EVOLVE INTO RAPIDASH, YOU MUST DO: • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**
TO EVOLVE INTO RAPIDASH, YOU MUST DO: • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**
TO EVOLVE INTO RAPIDASH, YOU MUST DO: • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**
TO EVOLVE INTO RAPIDASH, YOU MUST DO: • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**	**TO EVOLVE INTO RAPIDASH, YOU MUST DO:** • **12 SQUATS** • **JOG 1 LAP**

TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO: • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**
TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO: • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**
TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO: • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**
TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO: • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**
TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO: • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**
TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO: • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**	**TO EVOLVE INTO <u>ELECTRODE</u>, YOU MUST DO:** • **20 DIPS** • **20 SECOND BUTTERFLY STRETCH**

TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO: • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**
TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO: • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**
TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO: • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**
TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO: • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**
TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO: • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**	**TO EVOLVE INTO <u>GYRADOS</u>, YOU MUST DO:** • **20 BURPEES** • **10 HEEL LIFTS**

TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO: • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**
TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO: • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**
TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO: • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**
TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO: • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**
TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO: • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**	**TO EVOLVE INTO <u>EXEGGUTOR</u>, YOU MUST DO:** • **GALLOP 1 LAP** • **10 PUSH UPS**

TO EVOLVE INTO ARBOK, YOU MUST DO: • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**
TO EVOLVE INTO ARBOK, YOU MUST DO: • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**
TO EVOLVE INTO ARBOK, YOU MUST DO: • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**
TO EVOLVE INTO ARBOK, YOU MUST DO: • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**
TO EVOLVE INTO ARBOK, YOU MUST DO: • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**
TO EVOLVE INTO ARBOK, YOU MUST DO: • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**	**TO EVOLVE INTO ARBOK, YOU MUST DO:** • **20 ALT. LUNGES** • **30 JUMPING JACKS**

TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO: • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**
TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO: • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**
TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO: • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**
TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO: • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**
TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO: • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**	**TO EVOLVE INTO <u>DUGTRIO</u>, YOU MUST DO:** • **30 HEEL LIFTS** • **10 BURPEES**

TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO: • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**VTO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**
TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO: • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**VTO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**
TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO: • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**VTO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**
TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO: • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**VTO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**
TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO: • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**VTO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**
TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO: • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**VTO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**	**TO EVOLVE INTO <u>HYPNO</u>, YOU MUST DO:** • **SKIP 1 LAP** • **30 SECOND V-SIT**

TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO: • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**
TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO: • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**
TO EVOLVE INTO <u>TENTACRUEL</u> YOU MUST DO: • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**
TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO: • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**
TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO: • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**
TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO: • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**	**TO EVOLVE INTO <u>TENTACRUEL</u>, YOU MUST DO:** • **20 ALT. LUNGES** • **30 BOTTOM KICKERS**