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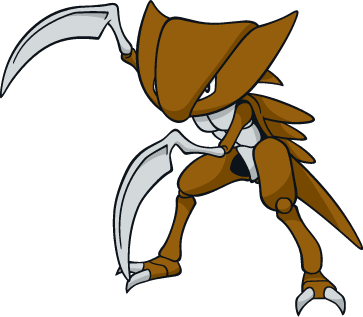
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| **TO EVOLVE INTO KABUTOPS, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO KABUTOPS, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO KABUTOPS, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO KABUTOPS, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** |
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| **TO EVOLVE INTO OMASTAR, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT**   **TO EVOLVE INTO OMASTAR, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO OMASTAR, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** |  | **TO EVOLVE INTO OMASTAR, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** |
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| **TO EVOLVE INTO PERSIAN, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO PERSIAN, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO PERSIAN, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO PERSIAN, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** |
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**KABUTO**



* **20 SECOND V-SIT**
* **3 PUSH UPS**

**KABUTOPS**



**\*\*To get KABUTOPS, you must evolve KABUTO\*\***

**OMANYTE**



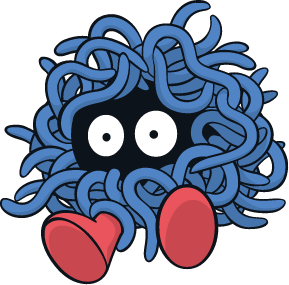
* **30 JUMPING JACKS**
* **20 SECOND STRADDLE STRETCH**

**OMASTAR**



**\*\*To get OMASTAR, you must evolve OMANYTE\*\***

**TANGELA**



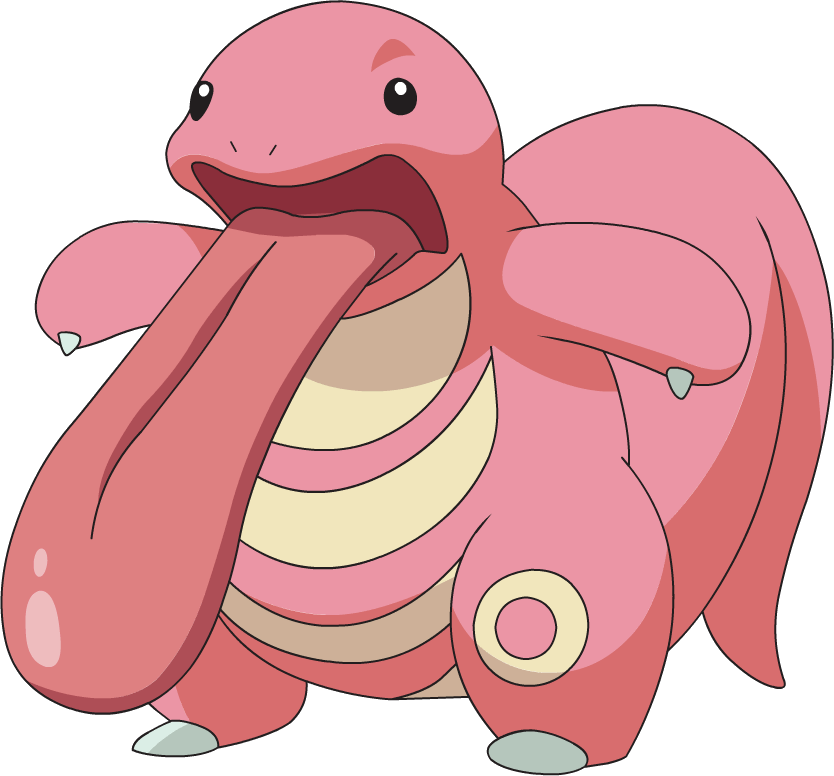
* **20 SECOND KNEE HUG STRETCH**
* **40 BOTTOM KICKERS**

**MAGMAR**



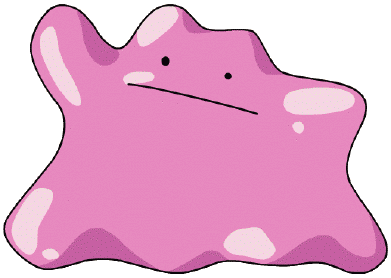
* **20 SECOND V-SIT**
* **10 PUSH UPS**

**LICKITUNG**



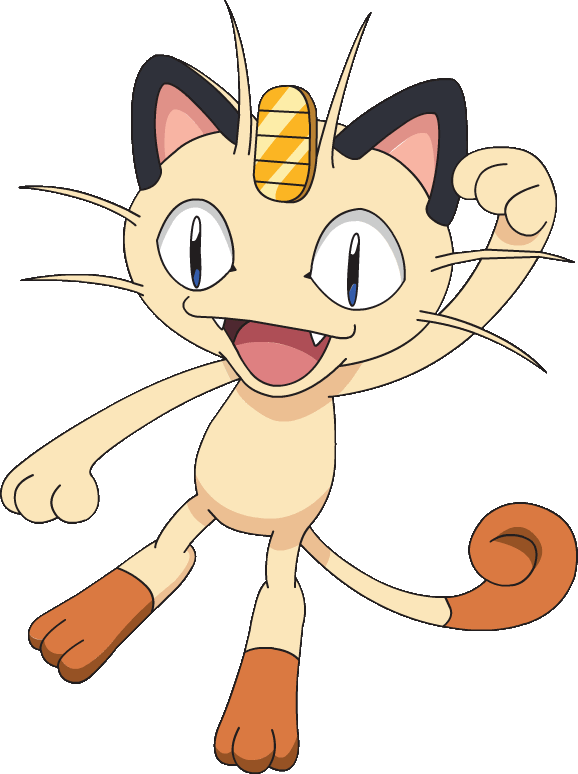
* **15 SQUATS**
* **25 HEEL LIFTS**

**DITTO**



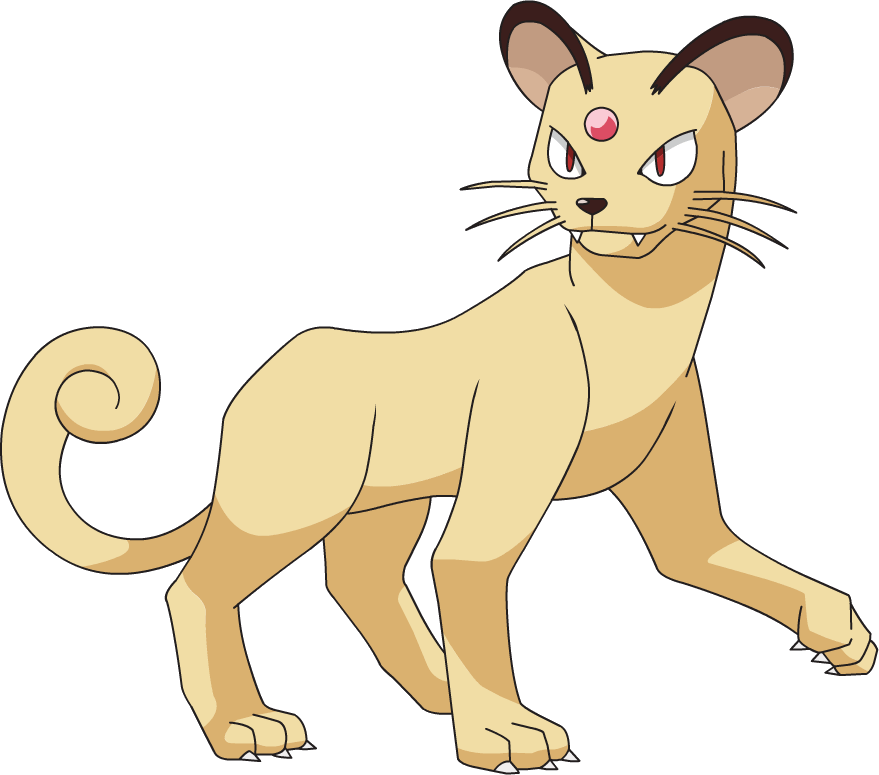
* **12 SQUAT JUMPS**
* **24 MOUNTAIN CLIMBERS**

**MEOWTH**



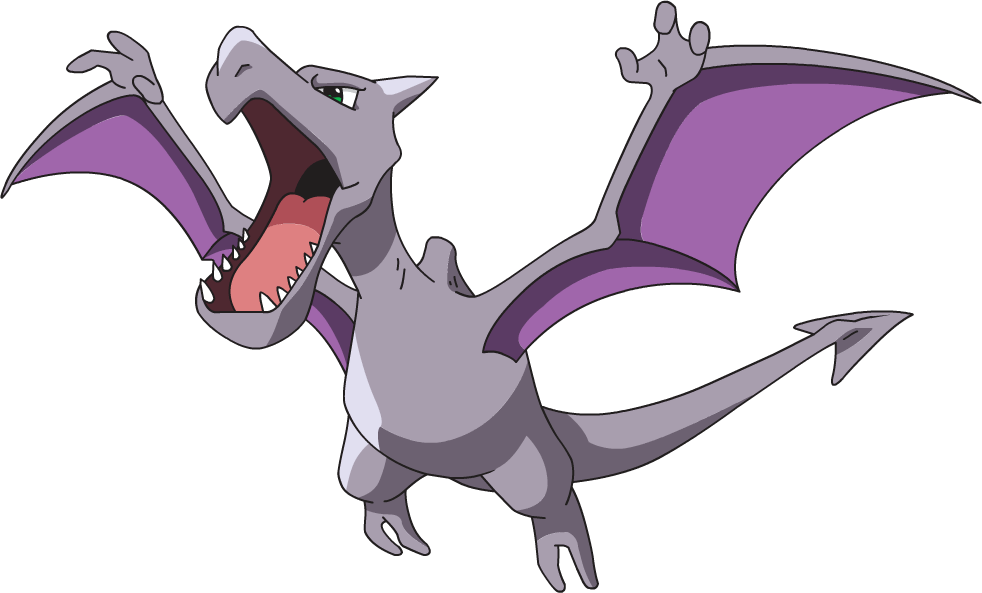
* **4 BURPEES**
* **20 SECOND TOE TOUCH STRETCH**

**PERSIAN**



**\*\*To get PERSIAN, you must evolve MEOWTH\*\***

**AERODACTYL**



* **30 SECOND BUTTERFLY STRETCH**
* **26 PLANK SIDE TAPS**

**JYNX**



* **SLIDE 1 LAP**
* **10 SQUAT JUMPS**