





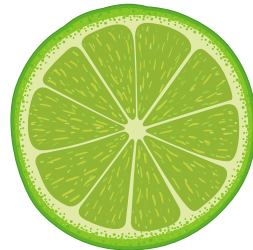
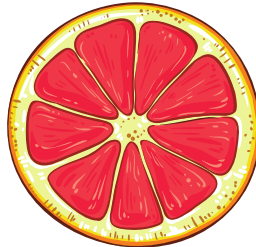
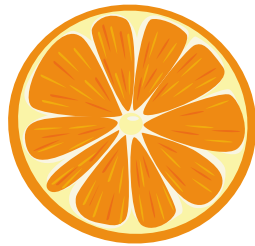
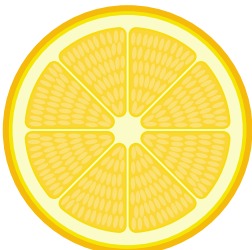
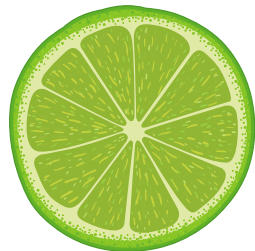
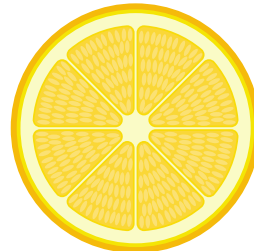
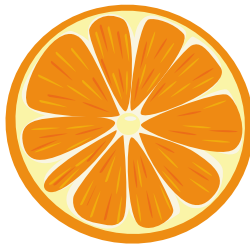
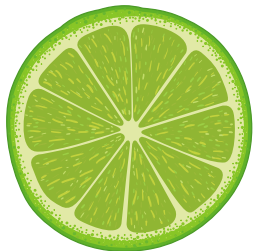
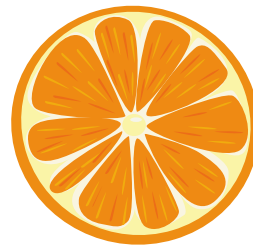
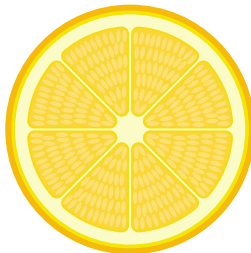
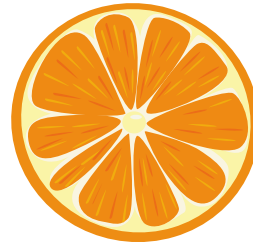
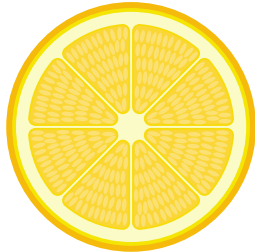
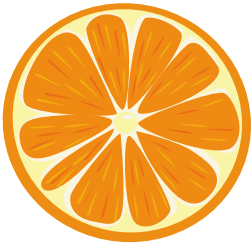
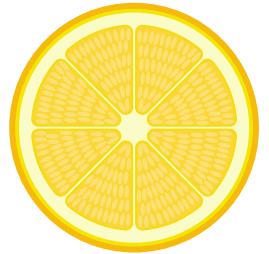
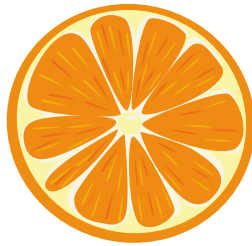
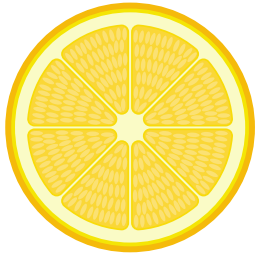
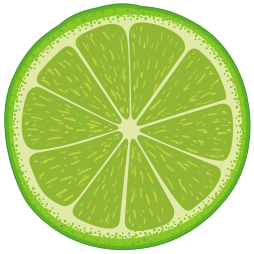


# Citrus Fitness!



-  Each Lime you see, do 5 Lunges on your LEFT leg! Then mark it with an "L"
-  Each Lemon you see, do 5 Lunges on your RIGHT leg! Then mark it with an "R"
-  Each Orange you see, do 5 Jumping Jacks! Then mark it with an "O"
-  Each Grapefruit you see, do 5 push ups! Then mark it with a "G"

**Try to "crush" all the citrus fruit by completing each exercise and marking them all!**



**Take 5 deep  
breathes and  
drink water!**