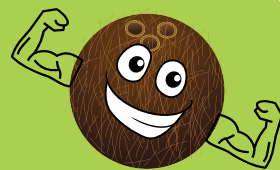


COCONUT CARDIO



CRACK OPEN EACH COCONUT AND COMPLETE THE EXERCISE INSIDE! PLACE A ✓ IN EACH BOX NEXT TO COCONUT EACH TIME YOU COMPLETE THE EXERCISE! TRY TO DO EACH EXERCISE 3 TIMES!

5
BURPEES

5
SQUAT
JUMPS

10
JUMPING
JACKS

RUN IN
PLACE 15
SECONDS

10
BUNNY
HOPS



5
DEEP
BREATHES

