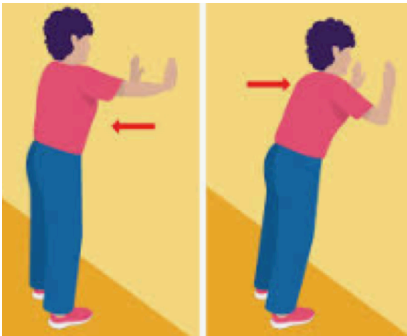


Hello!

I needed a short break from the group. I've come to say "hello." In a few minutes I can return to my group.

Please ask me to do:



Wall push-offs



Crab walk



**Jump on one foot (left)
Jump on one foot (right)**

Please sign your name so my teacher knows I've come to see you. Have a good day! 😊

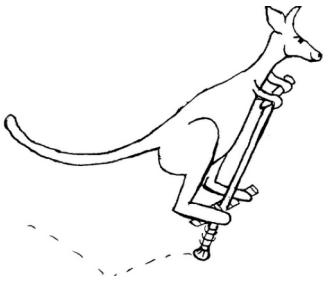


**YOU'VE GOT
MAIL**

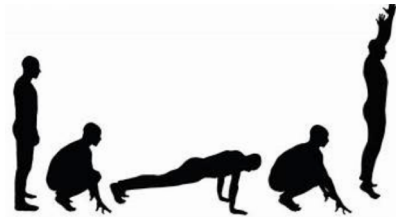
Hello!

I needed a short break from the group. I've come to say "hello." In a few minutes I can return to my group.

Please ask me to do :



Kangaroo Hops



Burpees



Jumping Jacks

Please sign your name so my teacher knows I've come to see you. Have a good day! 😊



**YOU'VE GOT
MAIL**