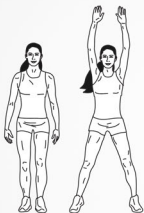


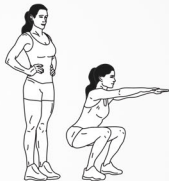
Start
your day
right!

a.m. workout

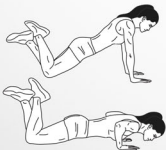
by DAREBEE © darebee.com



20 jumping jacks



20 squats



10 knee push-ups



30 seconds elbow plank