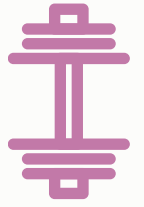




STROLLER WORKOUT
30 MINUTES



ACTIVITY	TIME	WALK
JOG	1 MIN	1 MIN
SQUAT	1 MIN	1 MIN
JOG	1 MIN	1 MIN
LUNGE	1 MIN	1 MIN
SPRINT	1 MIN	1 MIN

REPEAT THREE TIMES