

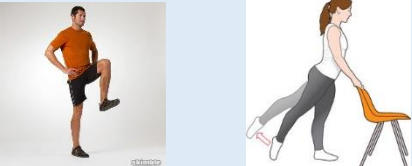
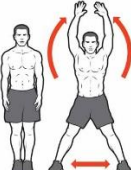

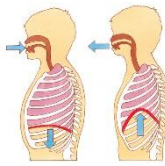




# Week One: 3L's **NEW YEARS EXERCISE RESOLUTION REVOLUTION!**

1.	Neck rolls and shoulder circles	
2.	Trunk twists	
3.	Leg lifts while standing followed by leg kick backs	
4.	Jumping Jacks—3 sets of 10	
5.	<i>EVERYBODY WANTS TO BE A CAT</i> dance!	
6.	Down to the mats—breathing—5 deep breaths—in through the nose, out through the mouth	
7.	10 push ups: 2 sets of 5	
8.	20 sit ups: 2 sets of 10	
9.	Take a moment for you—lie back and breathe or sit up and breathe.	<p>{ REST }</p>
10.	CONGRATULATE YOURSELF—THIS IS NEW AND YOU DID YOUR BEST!	