

Keep active

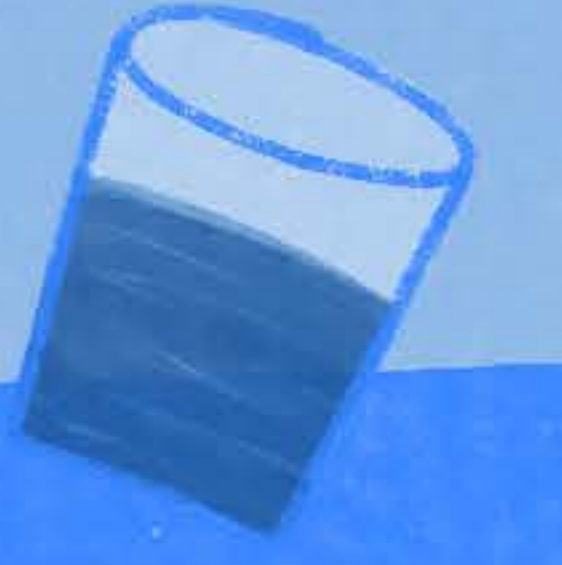
with Tang!

Jumping
jacks
x10

High
knees
30 secs

Wren
flaps
1 min

Push-ups
x10



Jog on
the spot
30 secs

Llama
lunges
x10

Star
jumps
x20

Toe taps
1 min



Tang
twirls
x5

Squats
x20

Noa
jumps
30 secs

Wall sit
1 min

