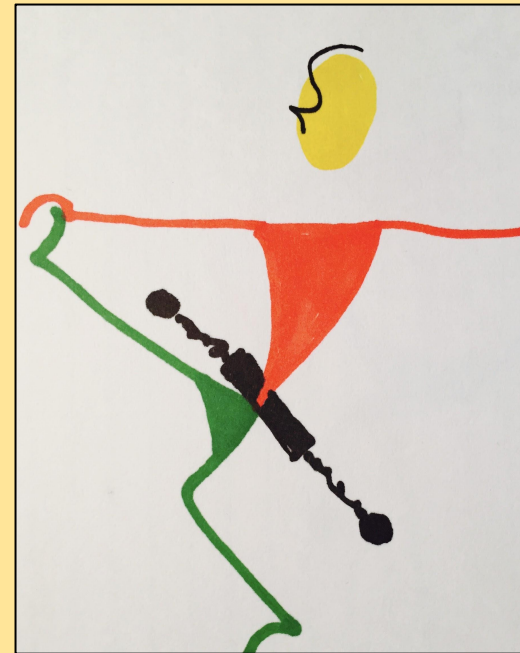


OCTOBER'S FIT DAILY

- 20 Sink Push Ups
- 10 Knee Up Marches
(Holding RollerSizeR Out Front)
- 10 Heel Shuffles
- 1 Upper & Lower Calf Stretch
- 1 Lunge Curtsy Hold Sink
- 1 Hip X Stretch Hold Sink
- 20 Side Hip Knee High Pulses
- 10 Leg Kicks
- 2 Sink Turn Arounds
- 4 Orbits
- 4 Flicks
- 10 Apple Butt Calf Raises



A WHITTLE A DAY KEEPS THE BACK DOCTOR AWAY!