

SEPTEMBER'S FIT DAILY

30 Days Hath September,

You Guys have already Done April, June and Not Yet November!
Do this Month's 30 Moves Routine Everyday, & Let Fitness with The
RollerSizeR® get you a New Weigh!
(Video Up Today)

- 5 Push Ups
- 1 Lat Pull Front
- 1 Lat Pull Back
- 1 Shawl To The Right
- 1 Shawl To The Left
- 1 Chest Up
- 1 Down The Back
- 1 Reach Back (Tie RollerSizeR around the waist)
- 1 Deep Sink Squat
- 1 Table Back
- 5 Push Aways
- 1 Knee Up Breast Rest Right & Left
- 1 Rainbow Right & Left
- 1 Up On a Horse Right & Left
- 4 Peddle the Feet
- 1 Kick Back Leg Right & Left
- 1 Helicopter Right & Left

A WHITTLE A DAY KEEPS THE BACK DOCTOR AWAY!