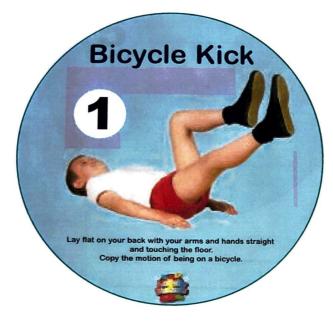
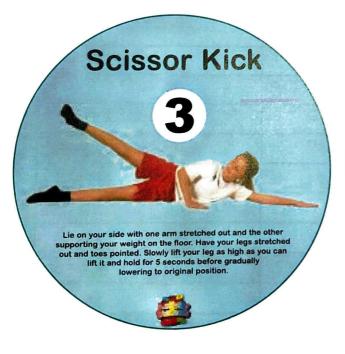
## **Core Movements**

Work through these stretching activities every day and fill in your fitness log. Ask your Parent or Guardian to sign off your activity.













Day	Number of Reps	Signed
,		
30.		