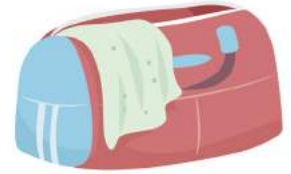




WORK-OUT

DOBBELEN



REN 10 RONDJES
DOOR DE TUIN.



DOE 10
JUMPING JACKS.



SPRING 20 KEER
OMHOOG.



HINKEL 2 RONDJES
DOOR DE TUIN.



DOE 10
PUSH-UPS.



HUPPEL 5 RONDJES
DOOR DE TUIN.

