

# PHONE NUMBER FITNESS

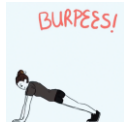
Pick 2 phone numbers of your choice, including area code, to know how many times to perform each exercise.



ARM CIRCLES



JUMPING JACKS



BURPEES



STAR JUMPS



FROG JUMPS



PUSH-UPS



Sit-Up



Toe Touches



Lunges



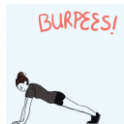
Crab Kicks



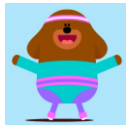
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