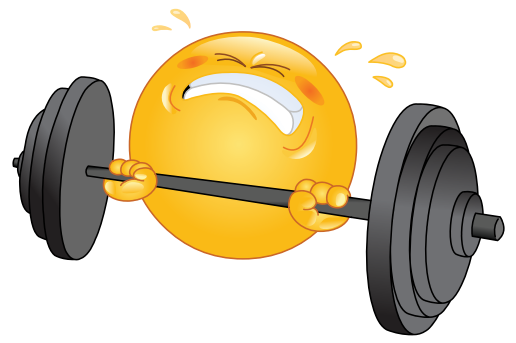


Exercising Emojis

Directions: Follow the emoji instructor to complete the workout.



**Complete
20 squats.**

**Run in
place for 3
minutes.**



**Do 20
cross toe
touches.**



**Do 20
jumping
jacks.**

**Take 10
deep
breaths.**

