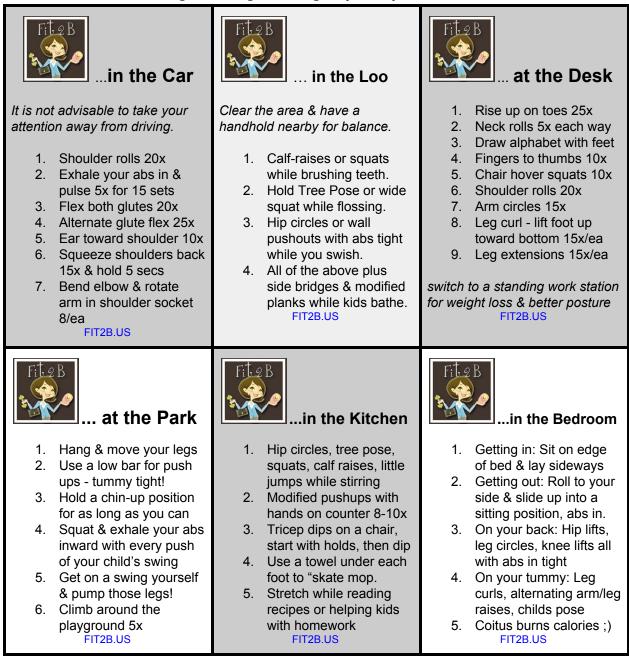
Cut these apart and tape them in place for daily reminders to move!



Disclaimer: All physical movement has risks. By printing out this document, you are assuming responsibility for your own fitness. If you do not understand a certain term or exercise, it is your job to educate yourself on correct form prior to potentially injurying yourself by doing that exercise incorrectly. Fit2B Studio is not liable for any injury/death incurred by you or anyone around you when you're using these exercises. Pushing your body past its limits is a choice for which you accept responsibility. If something hurts, stop exercising. If you experience pain, bleeding, numbness, tingling, dizziness, nausea (or you feel worse after exercising, not better) discontinue what you are doing and consult a knowledgeable professional or physician about

your concerns. By reading this and/or printing it out for personal use, you are agreeing to this disclaimer. Thank you!