

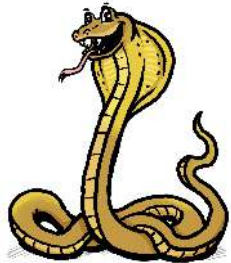
Cobra Lift



"Practise makes better!"

Practise your GymZOOnasium exercises each day :)

*** Each day you practise: place a tick, sticker or stamp below.**



Monday

Tuesday

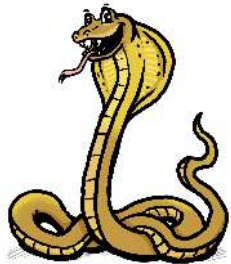
Wednesday

Thursday

Friday

Saturday

Sunday



Monday

Tuesday

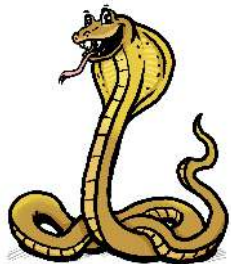
Wednesday

Thursday

Friday

Saturday

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday