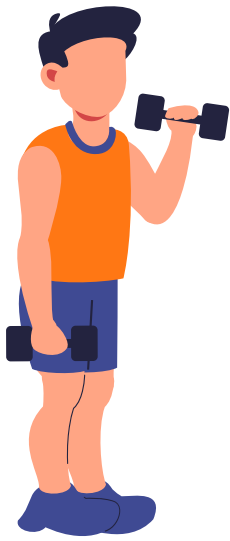
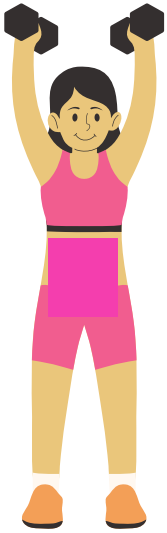


Sun	Sit still for 1 minute while saying, "I am enough:"	<input type="radio"/>
Mon	Bicep curls while saying, "I do great things"	<input type="radio"/>
Tue	Shoulder presses & saying, "I make great choices"	<input type="radio"/>
Wed	Air squats while saying, "I can move forward"	<input type="radio"/>
Thu	Crunches while saying, "I am safe and strong"	<input type="radio"/>
Fri	Bicep curls while saying, "I do great things"	<input type="radio"/>
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Bicep Curl: bend your arm up and then let it go down.



Shoulder Press: Press the weights over your head and back down to your sides.



Air Squats: Bend your legs like you are sitting in an invisible chair and then stand back up.



Crunches: Lie down flat and bring the back of your shoulders off of the floor, and then straight back out again.