

MAKE YOUR MOVE

Tea Time Toning Challenge

Day	The Robot	Overhead bean	Behind your back	Double Tin	Chair Lifts/ Dips	Notes: How do you feel/ What have you noticed?
<i>E.g.</i> 1	10	10	10	10	10	<i>Positive after making a start. My arms are starting to feel the burn already!</i>
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