



VILLIAN

Oops...a donut



250 Calories

10 push-ups



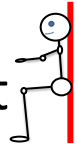
VILLIAN

Oops...Large FRIES



500 Calories

20 second wall-sit



VILLIAN

Oops...Slice of Pie



325 Calories

25 basic jump rope



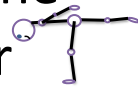
VILLIAN

Oops...12 oz Soda



140 Calories

15 secs Airplane
with Rudder



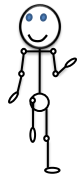
VILLIAN



Oops...Candy



220 Calories
20 walking
high knees



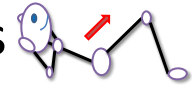
VILLIAN



Oops...Double Dip
Ice Cream Cone



370 Calories
25 crunches



VILLIAN



Oops...Pizza with
Works



350 Calories
Jog and touch
a wall



VILLIAN



Oops...Bag of Chips



410 Calories
30 basic jump rope



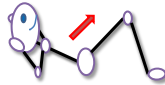
VILLIAN

Oops...Large
Blueberry Muffin



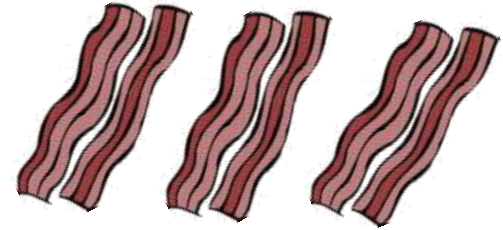
420 Calories

20 crunches



VILLIAN

Oops...6 strips of Bacon



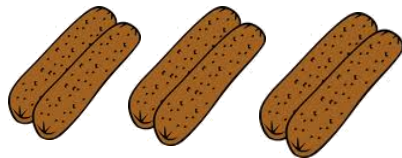
360 Calories

10 Push-ups



VILLIAN

Oops...6 links of
Sausage



450 Calories

20 secs plank



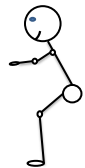
VILLIAN

Oops...Waffles with
butter and syrup



320 Calories

20 sec chair



VILLIAN



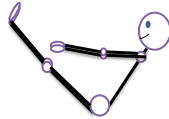
Oops...Bagel with
cream cheese



520 Calories

20 secs

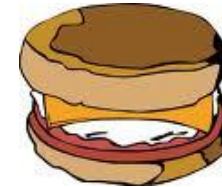
boat pose



VILLIAN



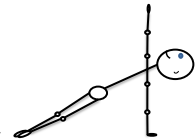
Oops...Ham, Egg, and
Cheese biscuit



450 Calories

20 secs

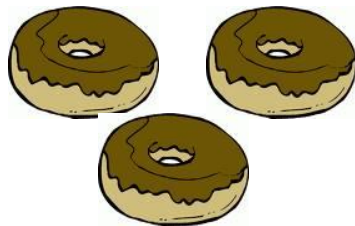
side plank



VILLIAN



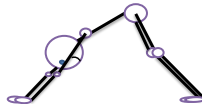
Oops...3 Donuts



610 Calories

20 secs

Downward Dog



VILLIAN



Oops...3 cookies



250 Calories

Jog and
touch a wall



VILLIAN

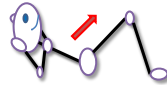


Oops...12 oz Soda



140 Calories

15 full
sit-ups



VILLIAN

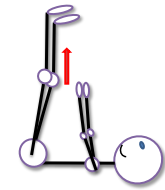


Oops...16 oz Soda



220 Calories

10 Toe
Touches



VILLIAN

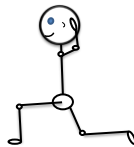


Oops...Candy Bar



280 Calories

15 walking
lunges



VILLIAN



Oops...Breakfast
bagel with bacon,
egg and cheese

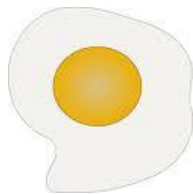


520 Calories

10 Spidermans



YEAH...an Egg



100 Calories

5 secs wall-sit



HERO



YEAH...2 slices of
bacon



120 Calories

5 secs

Downward Dog



HERO

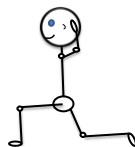


YEAH...2 sausage
links



180 Calories

5 walking
lunges



HERO



YEAH...Slice of Cheese



115 Calories

5 secs plank



HERO



YEAH...1 cup Milk



150 Calories

4 push-ups



HERO

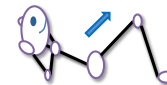


YEAH...1/2 cup yogurt



90 Calories

3 crunches



HERO

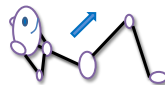


YEAH...1/2 cup frozen
yogurt



160 Calories

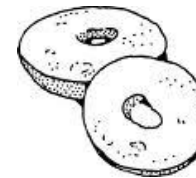
4 full sit-ups



HERO



YEAH...Plain Bagel



220 Calories

Jog and
touch a wall



HERO

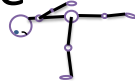


YEAH...Bran Cereal



150 Calories

5 secs Airplane
with rudder



HERO



YEAH...piece of Toast



80 Calories

5 Spidermans



HERO



YEAH...Plain Waffles



180 Calories

5 basic jump rope



HERO

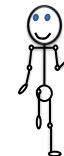


YEAH...Plain Pancakes



200 Calories

4 high knees



HERO



YEAH...1 cup juice



85 Calories

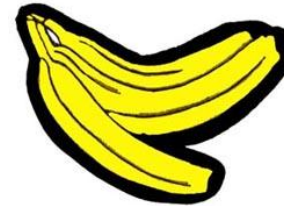
2 push-ups



HERO



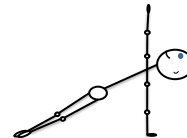
YEAH...Banana



150 Calories

4 secs

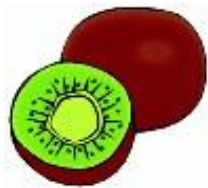
side plank



HERO



YEAH...Kiwi



30 Calories

2 push-ups



HERO



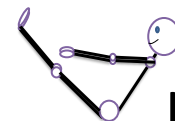
YEAH...Apple



50 Calories

5 secs

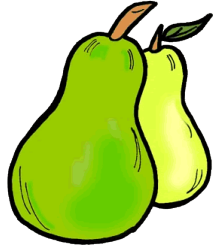
boat pose



HERO



YEAH...Pear



75 Calories

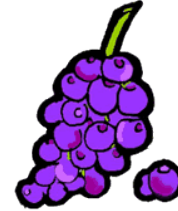
8 basic jump rope



HERO

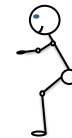


YEAH...1 cup grapes



60 Calories

5 sec chair



HERO



YEAH...1 cup
strawberries



50 Calories

High five two people

HERO

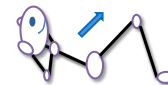


YEAH...1/2 cup
peaches



60 Calories

4 crunches



HERO

