

Lil Leopards / Tiny Tigers

I Ho Chuan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push-ups (5-10)							
Sit-ups (5-10)							
5 Animal Postures (1)							
Acts of Kindness (1-3)							
Bonus Challenge							

^{*}Daily videos, including Bonus Challenges, can be found on WhatsApp.