**LEVEL 1 – RPS LEVEL UP CARD**

* 2 Jumping Jacks



* 2 Lunges
* 2 Calf Raises
* 5 Butt Kicks
* 5 Bicep Extensions
* 5 Arm Scissors

**LEVEL 2 – RPS LEVEL UP CARD**

* 4 Flutter Kicks



* 4 Scissor Kicks
* 4 Flutter Kicks
* 4 Crunches
* 4 Flutter Kicks
* 4 Scissor Kicks

**LEVEL 3 – RPS LEVEL UP CARD**

* 6 Jumping Jacks



* 6 Lunges
* 6 Calf Raises
* 15 Butt Kicks
* 15 Bicep Extensions
* 15 Arm Scissors

**LEVEL 4 – RPS LEVEL UP CARD**

* 6 Flutter Kicks



* 6 Scissor Kicks
* 6 Flutter Kicks
* 6 Crunches
* 6 Flutter Kicks
* 6 Scissor Kicks

**LEVEL 5 – RPS LEVEL UP CARD**

* 10 Jumping Jacks



* 10 Lunges
* 10 Calf Raises
* 20 Butt Kicks
* 20 Bicep Extensions
* 20 Arm Scissors

**LEVEL 6 – RPS LEVEL UP CARD**

* 8 Flutter Kicks



* 8 Scissor Kicks
* 8 Flutter Kicks
* 8 Crunches
* 8 Flutter Kicks
* 8 Scissor Kicks