

## 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