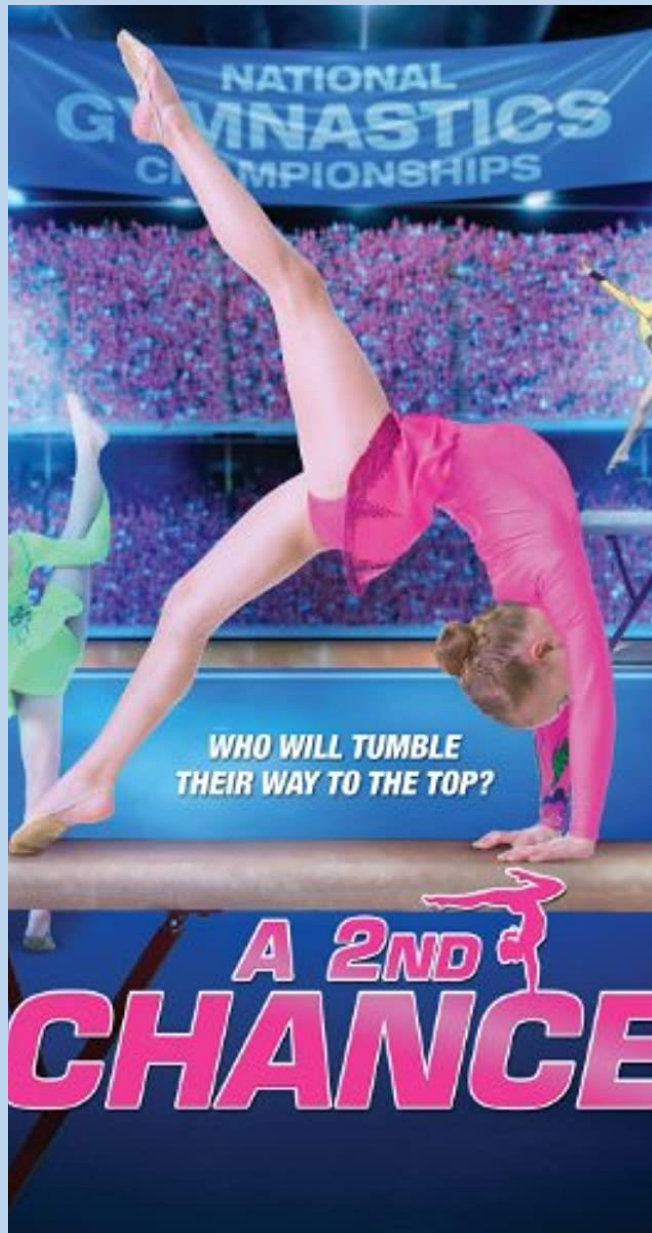


A 2nd Chance workout!

Watch “A 2nd Chance” at home and follow along with the workout as you watch!



1. Every time the gymnasts are at school : 5 tricep dips
2. Every time Kate says “Bev”: 5 press ups
3. Every time they go to a competition: 10 squat jumps
4. You hear “GFG”: 5 V sits
5. Every time someone falls over: 3 burpees
6. Whenever someone does a floor routine: arch hold for 10 seconds
7. Whenever Josh speaks to Maddie: back support 10 seconds
8. The girls go to gym: dish hold for 10 seconds
9. Every time Sally shows up: 10 arch lifts
10. Every time Shane helps the girls out: plank for 10 seconds