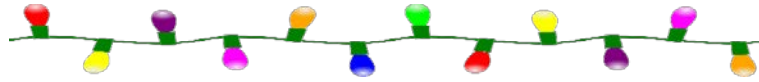


Tycor's Holiday Crunch**



SUNDAY	30	1 10 Crunches	2 15 Crunches	3 20 Crunches	4 Rest	SATURDAY
SUNDAY	7 20 Crunches	8 25 Crunches	9 30 Crunches	10 35 Crunches	11 REST Happy Hanukkah	SATURDAY
SUNDAY	14 35 Crunches	15 40 Crunches	16 45 Crunches	17 Rest	18 50 Crunches	SATURDAY
SUNDAY	21 50 Crunches	22 55 Crunches	23 60 Crunches	24 65 Crunches	25 REST Merry Christmas	SATURDAY Happy Kwanzaa
SUNDAY	28 65 Crunches	29 70 Crunches	30 75 Crunches	31 REST—YOU DID IT!		SATURDAY

**Kinds of Crunches: Basic Crunches, Bicycles, Reverse Crunches, Standing Crunches, and the list goes on...mix it up and keep it interesting!