



Are you ready? O.K., first—front-side down—stretch out and we'll do some push-ups together! Eleven-12-13 -14-15 **and**—what's the name of your favorite magazine?!



Had enough? Well, let's take a breather before we go on to my next favorite (?) exercise—a little something I call the rock and roll. How does it go? Well, **first**—



Come on! If at first you don't succeed—keep on tryin'! See how easy it is? It's a bird! It's a plane! Nope, it's just your boy—DBC again!



**Whew**—how's **that** for a day's workout?! All tuckered out? You're hot and tired? Well, come on—**now** we'll enjoy a dip in the pool together. O.K.?!