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| **TO EVOLVE INTO WARTORTLE, YOU MUST DO:*** **30 SECOND V-SIT**
* **JOG 1 LAP**
 | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:*** **30 SECOND V-SIT**
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| **TO EVOLVE INTO BLASTOISE, YOU MUST DO:*** **10 PUSH UPS**
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| **TO EVOLVE INTO IVYSAUR, YOU MUST DO:*** **30 SECOND PLANK**
* **5 BURPEES**
 | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:*** **30 SECOND PLANK**
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| **TO EVOLVE INTO VENUSAUR, YOU MUST DO:*** **15 SQUAT JUMPS**
* **40 JUMPING JACKS**
 | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:*** **15 SQUAT JUMPS**
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* **40 JUMPING JACKS**
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| **TO EVOLVE INTO RAICHU, YOU MUST DO:*** **10 PUSH UPS**
* **30 ARM CIRCLES**
 | **TO EVOLVE INTO RAICHU, YOU MUST DO:*** **10 PUSH UPS**
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 | **TO EVOLVE INTO RAICHU, YOU MUST DO:*** **10 PUSH UPS**
* **30 ARM CIRCLES**
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| **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND TOE TOUCH STRETCH**
 | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND TOE TOUCH STRETCH**
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 | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND TOE TOUCH STRETCH**
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| **TO EVOLVE INTO ARCANINE, YOU MUST DO:*** **30 HEEL LIFTS**
* **20 SECOND PLANK**
 | **TO EVOLVE INTO ARCANINE, YOU MUST DO:*** **30 HEEL LIFTS**
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* **20 SECOND PLANK**
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| **TO EVOLVE INTO RAPIDASH, YOU MUST DO:*** **12 SQUATS**
* **JOG 1 LAP**
 | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:*** **12 SQUATS**
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 | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:*** **12 SQUATS**
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 | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:*** **12 SQUATS**
* **JOG 1 LAP**
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| **TO EVOLVE INTO ELECTRODE, YOU MUST DO:*** **20 DIPS**
* **20 SECOND BUTTERFLY STRETCH**
 | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:*** **20 DIPS**
* **20 SECOND BUTTERFLY STRETCH**
 | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:*** **20 DIPS**
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| **TO EVOLVE INTO ELECTRODE, YOU MUST DO:*** **20 DIPS**
* **20 SECOND BUTTERFLY STRETCH**
 | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:*** **20 DIPS**
* **20 SECOND BUTTERFLY STRETCH**
 | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:*** **20 DIPS**
* **20 SECOND BUTTERFLY STRETCH**
 | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:*** **20 DIPS**
* **20 SECOND BUTTERFLY STRETCH**
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| **TO EVOLVE INTO GYRADOS, YOU MUST DO:*** **20 BURPEES**
* **10 HEEL LIFTS**
 | **TO EVOLVE INTO GYRADOS, YOU MUST DO:*** **20 BURPEES**
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 | **TO EVOLVE INTO GYRADOS, YOU MUST DO:*** **20 BURPEES**
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 | **TO EVOLVE INTO GYRADOS, YOU MUST DO:*** **20 BURPEES**
* **10 HEEL LIFTS**
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| **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:*** **GALLOP 1 LAP**
* **10 PUSH UPS**
 | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:*** **GALLOP 1 LAP**
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 | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:*** **GALLOP 1 LAP**
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 | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:*** **GALLOP 1 LAP**
* **10 PUSH UPS**
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| **TO EVOLVE INTO ARBOK, YOU MUST DO:*** **20 ALT. LUNGES**
* **30 JUMPING JACKS**
 | **TO EVOLVE INTO ARBOK, YOU MUST DO:*** **20 ALT. LUNGES**
* **30 JUMPING JACKS**
 | **TO EVOLVE INTO ARBOK, YOU MUST DO:*** **20 ALT. LUNGES**
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 | **TO EVOLVE INTO ARBOK, YOU MUST DO:*** **20 ALT. LUNGES**
* **30 JUMPING JACKS**
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| **TO EVOLVE INTO DUGTRIO, YOU MUST DO:*** **30 HEEL LIFTS**
* **10 BURPEES**
 | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:*** **30 HEEL LIFTS**
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 | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:*** **30 HEEL LIFTS**
* **10 BURPEES**
 |
| **TO EVOLVE INTO HYPNO, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND V-SIT**
 | **TO EVOLVE INTO HYPNO, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND V-SIT**
 | **VTO EVOLVE INTO HYPNO, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND V-SIT**
 | **TO EVOLVE INTO HYPNO, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND V-SIT**
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| **TO EVOLVE INTO HYPNO, YOU MUST DO:*** **SKIP 1 LAP**
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 | **VTO EVOLVE INTO HYPNO, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND V-SIT**
 | **TO EVOLVE INTO HYPNO, YOU MUST DO:*** **SKIP 1 LAP**
* **30 SECOND V-SIT**
 |
| **TO EVOLVE INTO HITMONCHAN, YOU MUST DO:*** **20 ALT. LUNGES**
* **30 BOTTOM KICKERS**
 | **TO EVOLVE INTO HITMONCHAN, YOU MUST DO:*** **20 ALT. LUNGES**
* **30 BOTTOM KICKERS**
 | **TO EVOLVE INTO HITMONCHAN, YOU MUST DO:*** **20 ALT. LUNGES**
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