[]
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>CHARMELEON,</u>	<u>CHARMELEON</u> ,	<u>CHARMELEON</u> ,	<u>CHARMELEON</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20	• 20	• 20	• 20
MOUNTAIN	MOUNTAIN	MOUNTAIN	MOUNTAIN
CLIMBERS	CLIMBERS	CLIMBERS	CLIMBERS
• 20 SQUATS	• 20 SQUATS	• 20 SQUATS	• 20 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
CHARMELEON,	<u>CHARMELEON</u> ,	<u>CHARMELEON,</u>	<u>CHARMELEON</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20	• 20	• 20	• 20
MOUNTAIN	MOUNTAIN	MOUNTAIN	MOUNTAIN
CLIMBERS	CLIMBERS	CLIMBERS	CLIMBERS
• 20 SQUATS	• 20 SQUATS	• 20 SQUATS	• 20 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
CHARMELEON,	CHARMELEON,	CHARMELEON,	CHARMELEON,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20	• 20	• 20	• 20
MOUNTAIN	MOUNTAIN	MOUNTAIN	MOUNTAIN
CLIMBERS	CLIMBERS	CLIMBERS	CLIMBERS
• 20 SQUATS	• 20 SQUATS	• 20 SQUATS	• 20 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
CHARMELEON,	<u>CHARMELEON</u> ,	<u>CHARMELEON,</u>	<u>CHARMELEON</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20	• 20	• 20	• 20
MOUNTAIN	MOUNTAIN	MOUNTAIN	MOUNTAIN
CLIMBERS	CLIMBERS	CLIMBERS	CLIMBERS
• 20 SQUATS	• 20 SQUATS	• 20 SQUATS	• 20 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
CHARMELEON,	CHARMELEON,	<u>CHARMELEON,</u>	<u>CHARMELEON,</u>
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20	• 20	• 20	• 20
MOUNTAIN	MOUNTAIN	MOUNTAIN	MOUNTAIN
CLIMBERS	CLIMBERS	CLIMBERS	CLIMBERS
• 20 SQUATS	• 20 SQUATS	• 20 SQUATS	• 20 SQUATS
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TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 10 PUSH UPS			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 10 PUSH UPS			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 10 PUSH UPS			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 10 PUSH UPS			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU	<u>CHARIZARD</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 10 PUSH UPS			

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TO EVOLVE INTO <u>WARTORTLE</u> , YOU MUST DO: • 30 SECOND V- SIT • JOG 1 LAP TO EVOLVE INTO WARTORTLE, YOU	SIT • JOG 1 LAP TO EVOLVE INTO	TO EVOLVE INTO <u>WARTORTLE</u> , YOU MUST DO: • 30 SECOND V- SIT • JOG 1 LAP TO EVOLVE INTO WARTORTLE, YOU	TO EVOLVE INTO <u>WARTORTLE</u> , YOU MUST DO: • 30 SECOND V- SIT • JOG 1 LAP TO EVOLVE INTO WARTORTLE, YOU
WARTORTLE, YOU	<u>WARTORTLE</u> , YOU	WARTORTLE, YOU	WARTORTLE, YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-
SIT	SIT	SIT	SIT
• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WARTORTLE</u> , YOU	WARTORTLE, YOU	WARTORTLE, YOU	WARTORTLE, YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-
SIT	SIT	SIT	SIT
• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WARTORTLE</u> , YOU	<u>WARTORTLE</u> , YOU	<u>WARTORTLE</u> , YOU	<u>WARTORTLE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-
SIT	SIT	SIT	SIT
• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WARTORTLE</u> , YOU	<u>WARTORTLE</u> , YOU	<u>WARTORTLE</u> , YOU	<u>WARTORTLE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-	• 30 SECOND V-
SIT	SIT	SIT	SIT
• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP	• JOG 1 LAP

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TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 15 SQUATS	• 15 SQUATS	• 15 SQUATS	• 15 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
BLASTOISE, YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 15 SQUATS	• 15 SQUATS	• 15 SQUATS	• 15 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 15 SQUATS	• 15 SQUATS	• 15 SQUATS	• 15 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 15 SQUATS	• 15 SQUATS	• 15 SQUATS	• 15 SQUATS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU	<u>BLASTOISE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 15 SQUATS	• 15 SQUATS	• 15 SQUATS	• 15 SQUATS

TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
30 SECOND	 30 SECOND 	• 30 SECOND	• 30 SECOND
PLANK	PLANK	PLANK	PLANK
• 5 BURPEES	 5 BURPEES 	• 5 BURPEES	• 5 BURPEES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
IVYSAUR, YOU	IVYSAUR, YOU	IVYSAUR, YOU	IVYSAUR, YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 SECOND	• 30 SECOND	• 30 SECOND	• 30 SECOND
PLANK	PLANK	PLANK	PLANK
• 5 BURPEES	• 5 BURPEES	• 5 BURPEES	• 5 BURPEES
JUNFLLJ	JUNITLY		JUNFLLJ
TO EVOLVE INTO		TO EVOLVE INTO	TO EVOLVE INTO
IVYSAUR, YOU	IVYSAUR, YOU	IVYSAUR, YOU	IVYSAUR, YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 SECOND	30 SECOND	30 SECOND	• 30 SECOND
PLANK	PLANK	PLANK	PLANK
• 5 BURPEES	• 5 BURPEES	• 5 BURPEES	• 5 BURPEES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
30 SECOND	30 SECOND	30 SECOND	• 30 SECOND
PLANK	PLANK	PLANK	PLANK
• 5 BURPEES	• 5 BURPEES	• 5 BURPEES	• 5 BURPEES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU	<u>IVYSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
30 SECOND	 30 SECOND 	• 30 SECOND	30 SECOND
PLANK	PLANK	PLANK	PLANK
• 5 BURPEES	 5 BURPEES 	• 5 BURPEES	• 5 BURPEES

TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 40 JUMPING	• 40 JUMPING	• 40 JUMPING	• 40 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 40 JUMPING	• 40 JUMPING	• 40 JUMPING	• 40 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 40 JUMPING	• 40 JUMPING	• 40 JUMPING	• 40 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 40 JUMPING	• 40 JUMPING	• 40 JUMPING	• 40 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU	<u>VENUSAUR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 15 SQUAT	• 15 SQUAT	• 15 SQUAT	• 15 SQUAT
JUMPS	JUMPS	JUMPS	JUMPS
• 40 JUMPING	• 40 JUMPING	• 40 JUMPING	• 40 JUMPING
JACKS	JACKS	JACKS	JACKS

TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 30 ARM	• 30 ARM	• 30 ARM	• 30 ARM
CIRCLES	CIRCLES	CIRCLES	CIRCLES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 30 ARM	• 30 ARM	• 30 ARM	• 30 ARM
CIRCLES	CIRCLES	CIRCLES	CIRCLES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 30 ARM	• 30 ARM	• 30 ARM	• 30 ARM
CIRCLES	CIRCLES	CIRCLES	CIRCLES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 30 ARM	• 30 ARM	• 30 ARM	• 30 ARM
CIRCLES	CIRCLES	CIRCLES	CIRCLES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU	<u>RAICHU</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 10 PUSH UPS			
• 30 ARM	• 30 ARM	• 30 ARM	• 30 ARM
CIRCLES	CIRCLES	CIRCLES	CIRCLES

TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• SKIP 1 LAP			
• 30 SECOND	• 30 SECOND	• 30 SECOND	• 30 SECOND
TOE TOUCH	TOE TOUCH	TOE TOUCH	TOE TOUCH
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• SKIP 1 LAP			
• 30 SECOND	• 30 SECOND	• 30 SECOND	• 30 SECOND
TOE TOUCH	TOE TOUCH	TOE TOUCH	TOE TOUCH
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• SKIP 1 LAP			
• 30 SECOND	• 30 SECOND	• 30 SECOND	• 30 SECOND
TOE TOUCH	TOE TOUCH	TOE TOUCH	TOE TOUCH
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• SKIP 1 LAP			
• 30 SECOND	• 30 SECOND	• 30 SECOND	• 30 SECOND
TOE TOUCH	TOE TOUCH	TOE TOUCH	TOE TOUCH
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU	<u>WIGGLYTUFF</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• SKIP 1 LAP			
• 30 SECOND	• 30 SECOND	• 30 SECOND	• 30 SECOND
TOE TOUCH	TOE TOUCH	TOE TOUCH	TOE TOUCH
STRETCH	STRETCH	STRETCH	STRETCH

TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
ARCANINE, YOU	ARCANINE, YOU	ARCANINE, YOU	<u>ARCANINE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
PLANK	PLANK	PLANK	PLANK
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
PLANK	PLANK	PLANK	PLANK
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
PLANK	PLANK	PLANK	PLANK
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
PLANK	PLANK	PLANK	PLANK
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU	<u>ARCANINE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
PLANK	PLANK	PLANK	PLANK

TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 12 SQUATS	• 12 SQUATS	• 12 SQUATS	• 12 SQUATS
• JOG 1 LAP			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 12 SQUATS	• 12 SQUATS	• 12 SQUATS	• 12 SQUATS
• JOG 1 LAP			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 12 SQUATS	• 12 SQUATS	• 12 SQUATS	• 12 SQUATS
• JOG 1 LAP			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 12 SQUATS	• 12 SQUATS	• 12 SQUATS	• 12 SQUATS
• JOG 1 LAP			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU	<u>RAPIDASH</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 12 SQUATS	• 12 SQUATS	• 12 SQUATS	• 12 SQUATS
• JOG 1 LAP			

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TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 DIPS	• 20 DIPS	• 20 DIPS	• 20 DIPS
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
BUTTERFLY	BUTTERFLY	BUTTERFLY	BUTTERFLY
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
 20 DIPS 20 SECOND			
BUTTERFLY	BUTTERFLY	BUTTERFLY	BUTTERFLY
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 DIPS	• 20 DIPS	• 20 DIPS	• 20 DIPS
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
BUTTERFLY	BUTTERFLY	BUTTERFLY	BUTTERFLY
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 DIPS	• 20 DIPS	• 20 DIPS	• 20 DIPS
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
BUTTERFLY	BUTTERFLY	BUTTERFLY	BUTTERFLY
STRETCH	STRETCH	STRETCH	STRETCH
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU	<u>ELECTRODE</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 DIPS	• 20 DIPS	• 20 DIPS	• 20 DIPS
• 20 SECOND	• 20 SECOND	• 20 SECOND	• 20 SECOND
BUTTERFLY	BUTTERFLY	BUTTERFLY	BUTTERFLY
STRETCH	STRETCH	STRETCH	STRETCH

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TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 BURPEES	• 20 BURPEES	• 20 BURPEES	• 20 BURPEES
• 10 HEEL LIFTS			
TO EVOLVE INTO		TO EVOLVE INTO	TO EVOLVE INTO
<u>GYRADOS</u> , YOU		<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU
MUST DO:		MUST DO:	MUST DO:
• 20 BURPEES		• 20 BURPEES	• 20 BURPEES
• 10 HEEL LIFTS		• 10 HEEL LIFTS	• 10 HEEL LIFTS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 BURPEES	• 20 BURPEES	• 20 BURPEES	• 20 BURPEES
• 10 HEEL LIFTS			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 BURPEES	• 20 BURPEES	• 20 BURPEES	• 20 BURPEES
• 10 HEEL LIFTS			
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU	<u>GYRADOS</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 20 BURPEES	• 20 BURPEES	• 20 BURPEES	• 20 BURPEES
• 10 HEEL LIFTS			

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TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>EXEGGUTOR</u> , YOU	<u>EXEGGUTOR</u> , YOU	<u>EXEGGUTOR</u> , YOU	<u>EXEGGUTOR</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• GALLOP 1 LAP			
• 10 PUSH UPS			
TO EVOLVE INTO		TO EVOLVE INTO	TO EVOLVE INTO
<u>EXEGGUTOR</u> , YOU		<u>EXEGGUTOR</u> , YOU	<u>EXEGGUTOR</u> , YOU
MUST DO:		MUST DO:	MUST DO:
• GALLOP 1 LAP		• GALLOP 1 LAP	• GALLOP 1 LAP
• 10 PUSH UPS		• 10 PUSH UPS	• 10 PUSH UPS
TO EVOLVE INTO		TO EVOLVE INTO	TO EVOLVE INTO
<u>EXEGGUTOR</u> , YOU		<u>EXEGGUTOR</u> , YOU	<u>EXEGGUTOR</u> , YOU
MUST DO:		MUST DO:	MUST DO:
• GALLOP 1 LAP		• GALLOP 1 LAP	• GALLOP 1 LAP
• 10 PUSH UPS		• 10 PUSH UPS	• 10 PUSH UPS
TO EVOLVE INTO		TO EVOLVE INTO	TO EVOLVE INTO
<u>EXEGGUTOR</u> , YOU		<u>EXEGGUTOR</u> , YOU	<u>EXEGGUTOR</u> , YOU
MUST DO:		MUST DO:	MUST DO:
• GALLOP 1 LAP		• GALLOP 1 LAP	• GALLOP 1 LAP
• 10 PUSH UPS		• 10 PUSH UPS	• 10 PUSH UPS
TO EVOLVE INTO		TO EVOLVE INTO	TO EVOLVE INTO
<u>EXEGGUTOR</u> , YOU		<u>EXEGGUTOR</u> , YOU	<u>EXEGGUTOR</u> , YOU
MUST DO:		MUST DO:	MUST DO:
• GALLOP 1 LAP		• GALLOP 1 LAP	• GALLOP 1 LAP
• 10 PUSH UPS		• 10 PUSH UPS	• 10 PUSH UPS

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TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
ARBOK, YOU MUST	ARBOK, YOU MUST	ARBOK, YOU MUST	ARBOK, YOU MUST
DO:	DO:	DO:	DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 JUMPING	• 30 JUMPING	• 30 JUMPING	• 30 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARBOK</u> , YOU MUST	<u>ARBOK</u> , YOU MUST	<u>ARBOK</u> , YOU MUST	ARBOK, YOU MUST
DO:	DO:	DO:	DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 JUMPING	• 30 JUMPING	• 30 JUMPING	• 30 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARBOK</u> , YOU MUST			
DO:	DO:	DO:	DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 JUMPING	• 30 JUMPING	• 30 JUMPING	• 30 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARBOK</u> , YOU MUST	<u>ARBOK</u> , YOU MUST	<u>ARBOK</u> , YOU MUST	ARBOK, YOU MUST
DO:	DO:	DO:	DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 JUMPING	• 30 JUMPING	• 30 JUMPING	• 30 JUMPING
JACKS	JACKS	JACKS	JACKS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>ARBOK</u> , YOU MUST	ARBOK, YOU MUST	ARBOK, YOU MUST	ARBOK, YOU MUST
DO:	DO:	DO:	DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 JUMPING	• 30 JUMPING	• 30 JUMPING	• 30 JUMPING
JACKS	JACKS	JACKS	JACKS

[Т	
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
DUGTRIO, YOU	<u>DUGTRIO</u> , YOU	DUGTRIO, YOU	DUGTRIO, YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 10 BURPEES	• 10 BURPEES	• 10 BURPEES	• 10 BURPEES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 10 BURPEES	• 10 BURPEES	• 10 BURPEES	• 10 BURPEES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 10 BURPEES	• 10 BURPEES	• 10 BURPEES	• 10 BURPEES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 10 BURPEES	• 10 BURPEES	• 10 BURPEES	• 10 BURPEES
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU	<u>DUGTRIO</u> , YOU
MUST DO:	MUST DO:	MUST DO:	MUST DO:
• 30 HEEL LIFTS			
• 10 BURPEES	• 10 BURPEES	• 10 BURPEES	• 10 BURPEES

r	T		
TO EVOLVE INTO			TO EVOLVE INTO
<u>HYPNO</u> , YOU MUST DO:			
SKIP 1 LAP	• SKIP 1 LAP	• SKIP 1 LAP	• SKIP 1 LAP
• 30 SECOND V-			
SIT	SIT	SIT	SIT
TO EVOLVE INTO	TO EVOLVE INTO	VTO EVOLVE INTO	TO EVOLVE INTO
<u>HYPNO</u> , YOU MUST DO:			
• SKIP 1 LAP			
• 30 SECOND V-			
SIT	SIT	SIT	SIT
TO EVOLVE INTO	TO EVOLVE INTO	VTO EVOLVE INTO	TO EVOLVE INTO
<u>HYPNO</u> , YOU MUST DO:			
• SKIP 1 LAP	• SKIP 1 LAP	• SKIP 1 LAP	SKIP 1 LAP
• 30 SECOND V-		• 30 SECOND V-	• 30 SECOND V-
SIT	SIT	SIT	SIT
TO EVOLVE INTO	TO EVOLVE INTO	VTO EVOLVE INTO	TO EVOLVE INTO
<u>HYPNO</u> , YOU MUST DO:			
SKIP 1 LAP	• SKIP 1 LAP	• SKIP 1 LAP	• SKIP 1 LAP
• 30 SECOND V-			
SIT	SIT	SIT	SIT
TO EVOLVE INTO	TO EVOLVE INTO	VTO EVOLVE INTO	TO EVOLVE INTO
HYPNO, YOU MUST	<u>HYPNO</u> , YOU MUST	<u>HYPNO</u> , YOU MUST	<u>HYPNO</u> , YOU MUST
DO: • SKIP 1 LAP			
• 30 SECOND V-			
SIT	SIT	SIT	SIT

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TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM
KICKERS	KICKERS	KICKERS	KICKERS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM
KICKERS	KICKERS	KICKERS	KICKERS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM
KICKERS	KICKERS	KICKERS	KICKERS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM
KICKERS	KICKERS	KICKERS	KICKERS
TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO	TO EVOLVE INTO
<u>HITMONCHAN</u> ,	<u>HITMONCHAN,</u>	<u>HITMONCHAN</u> ,	<u>HITMONCHAN</u> ,
YOU MUST DO:	YOU MUST DO:	YOU MUST DO:	YOU MUST DO:
• 20 ALT.	• 20 ALT.	• 20 ALT.	• 20 ALT.
LUNGES	LUNGES	LUNGES	LUNGES
• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM	• 30 BOTTOM
KICKERS	KICKERS	KICKERS	KICKERS