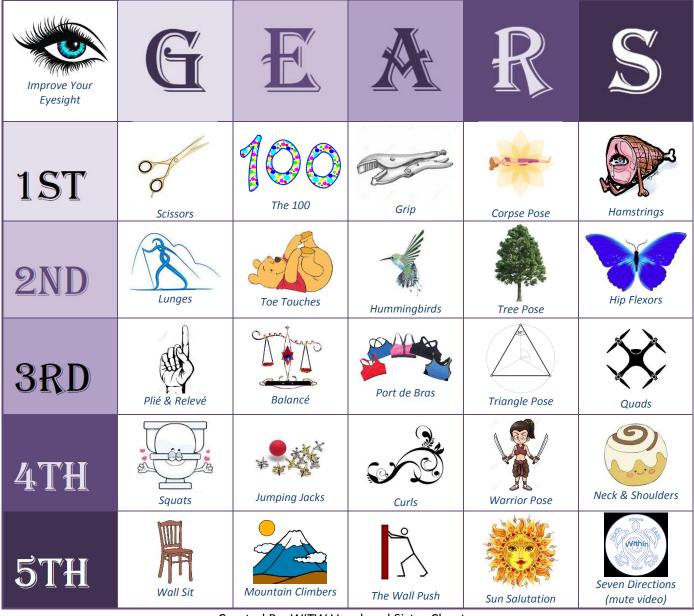


## Windy says. Get Excited About Riding Strong!

Working across will give a good general workout. Working down will increase difficulty in one area Working diagonally will combine both ... Or Work one at a time. Click the Image to see a variation of "How To" Be Sure to Only Work to YOUR Ability & Fitness Level!

## Enjoy & Ride On!



Created By: WITW Vagabond Sister Chapter