

North American Fitness and Health (NAFH) Characters, The Fit Zoo Crew,

by *Ron Wheeler* of *CartoonWorks.com*

Paulie Polar Bear



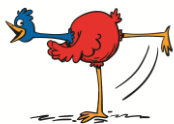
Wood chops

Danny Duck



Agility ladder

Ollie Ostrich



Tilting Bird

Flippy Frog



4 count burpees

Benny Bunny



Hop around the cones

Dolly Dinosaur



Run around the game

Harry Horse



Run the cones

Manny Monkey



Lateral dumbbell flies
& step lunge

Hippie Hippo



Run the hurdle

Billy Goat



Mt. Climbers

Jerry Giraffe



High knee lifts

Gary Gorilla



Dumbbell or kettlebell
swing and lateral flies

Frieda Frog



Squats with medicine
ball, kettle bell or rod

Olivia Ostrich



Forward lunge

Olivia Ostrich



Reverse lunge

Charlie Cheetah



Side step lunge

Arri Orangutan



Twisting Bicycle
Crunchers with a
medicine ball

Terry Turkey



Abdominal crunchers

Perry Panda



Dumbbell curls

Barry Bear



Bear Walk

Kerry Crab



Crab walk

Gabe Gorilla



Kettlebell, medicine
ball, or dumbbell swing

Mackenzie Kangaroo



Jumping Jacks

Mike Meerkat



Band stretch

Bax Bear



Atomic pushups

Derek Donkey



Kickback

Wilfred Fox



Pushups

Terry Turkey



Jump Rope

Penny Pig



Single leg lifts

Larry Lizard



Cobra