



Get Up and Get Moving

THE PHINEAS AND FERB WORKOUT

Watch an episode and when you hear the trigger catch phrases,

GET MOVING!!!

Hey, Where's Perry?	— — — — —	5 Jumping Jacks
Whatcha Doin'?	— — — — —	5 Criss Crosses
TRI-State Area!!	— — — — —	Summersault
Mom!	— — — — —	Run in Place 5 counts
You Guys Are So Busted!!!	— — — — —	2 Push ups
Good Morning Agent P	— — — — —	Jump in Place 5 counts
Ferb, I know what we're going to do today!	— — — — —	5 Twisting Toe Touches
Curse You Perry the Platypus	— — — — —	2 Sit Ups
See What?	— — — — —	Bottom Kicks 5 counts
If Ferb Talks	— — — — —	Hop on 1 Foot 5 Counts

Have Fun and Get Moving!

MAYBE I WILL

POSITIVE / FIT / HEALTHY

MAYBEIWILL.COM