

**JOIN US SUNDAYS 8:30 AM EASTERN**

*The SHEnergized SisStarhood Bible Class Series*

# JUST A LITTLE

*Talk with Jesus*

**Zoom** JOIN ONLINE OR CALL: 646-558-8656  
MEETING ID: 530 441 1689 | PASSCODE: 057058

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FACILITATED BY  
**Dr. Dorothy Dye**

## Tiffany Lesson Outline | 05/28/2023| “Let’s Get F.I.T!”



### I. The Fit Test

- 3 Repetition Deadlift
- Standing Power Throw
- Hand Release Push-up & Arm Extension
- The Sprint-n-Carry
- The Plank
- The Run

### II. Push your boundaries!

- P
- U
- S
- H

### III. Remember Decoration Day!

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