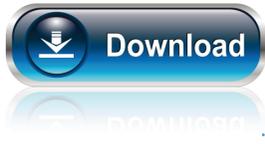




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*** **BURPEE** Stand on a foot plate and, holding weights (10 to 20 lbs) in your hands, step forward with your other leg, bringing both legs together. Quickly push your lower body down and place one hand on the ground and the other on your leg. Do not go over 10 repetitions. Standing on a foot plate, holding weights in your hands, step forward with your other leg, bringing both legs together. Quickly push your lower body down and place one hand on the ground and the other on your leg. Do not go over 10 repetitions. *** **ZOOM** While standing on a foot plate, holding weights (10 to 20 lbs) in your hands, keep your knees slightly bent, drop your upper body forward and push your chest as hard as you can in front of your thighs while keeping your knees slightly bent. Do not go over 10 repetitions. ## Chapter 13_ * * * ## THE BABYSITTER > "So this is the Olympics of life! Make your day great! You're not competing, you're just taking part." > >—Ed T. At the age of three, I was invited to join my friends in an afternoon playdate. My mother had said that she would watch me while I had a playdate. The other mothers and their children had turned up and they were sitting in a circle on the floor, their arms wrapped around each other's legs. After a few minutes of sitting quietly, a girl standing on the floor began to talk about a book she had just read. As she spoke about the characters, her mother interrupted to say that she needed to go to the bathroom. The other children thought this was fun and asked to go, too. My friend's mother let us go, and as soon as she was free she came back to tell us to shut up. We took this as a sign to keep quiet. After a few minutes, when the other mother had not yet returned, we started talking again. Soon I was learning about the other children's families and trying to figure out if they lived close enough that they would be invited to my family's house for dinner. There were endless games of tag and I was anxious to see what my mother was doing. After a few minutes, my mother came back and 82157476af

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