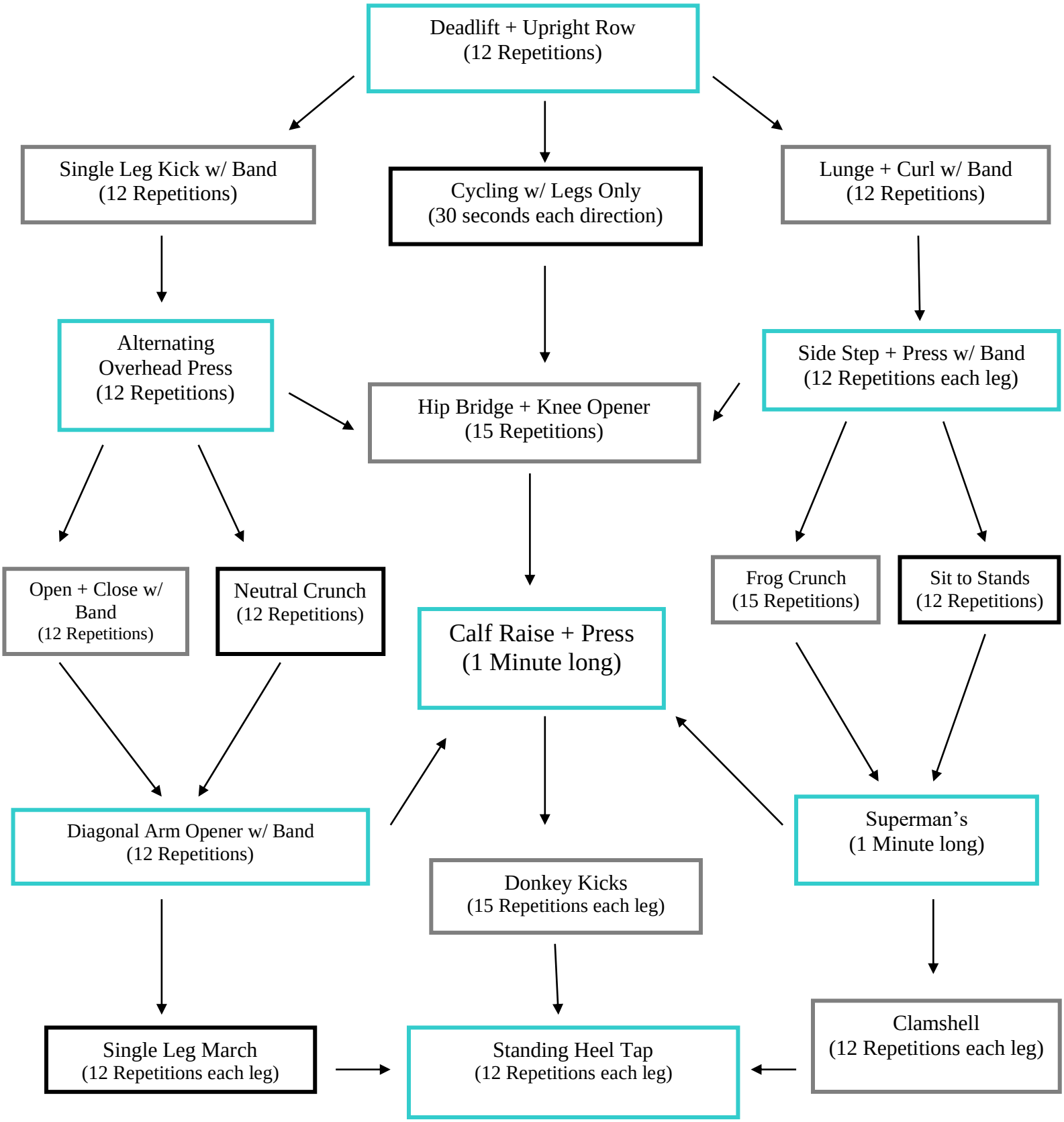
UNIVERSITY OF NEW ENGLAND

INNOVATION FOR A HEALTHIER PLANET

U-ExCEL Exercise & Conditioning for Easier Living

Create Your Own Boot Camp Adventure!

Directions: Follow the arrows. Follow along for a specific length of time, or as long as you wish!