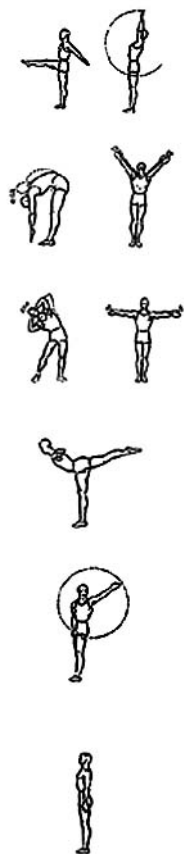


EXERCISE FOR BRONZE FISKULTURNIK BADGE

COMRADE VIEWER, TO OBTAIN A BRONZE FISKULTURNIK BADGE YOU MUST EXECUTE THE FOLLOWING SEQUENCE:



BECOME A FISKULTURNIK!

INSTRUCTIONS FOR BECOMING A FISKULTURNIK:

step 1: exercise the sequence daily

step 2: take a digital photograph of yourself in one of the positions

step 3: e-mail us your photo to fiskulturistik@googlemail.com and appear on the PKF gallery at fiskultura.com

step 4: subject to PKF committee approval, receive a bronze fiskulturistik medal

Performance Klub Fiskulturistik is a live performance collaborative art platform led by Lara Ritosa Roberts

more about PKF at fiskultura.com

