

W1: Skater Lunges



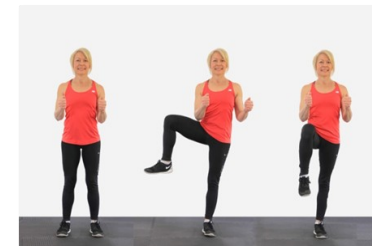
W2: Dead Lift Jack



W3: Side Mat Leaps



W4: Hip Hop



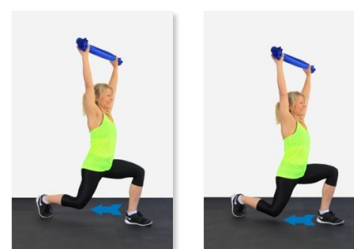
W1: Kick Back Squats



W2: Front Squat



W3: Lunge Pulse



W4: Box Squat Knee



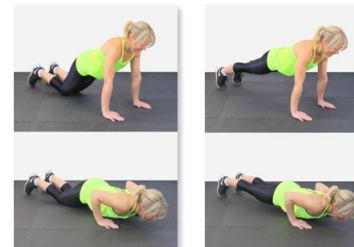
W1: Mountain Climbers



W2: Ankle Touches



W3: Push Ups



W4: Triceps Kicks

