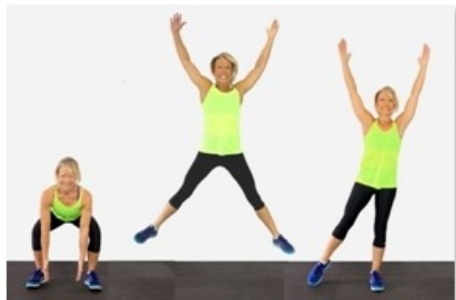
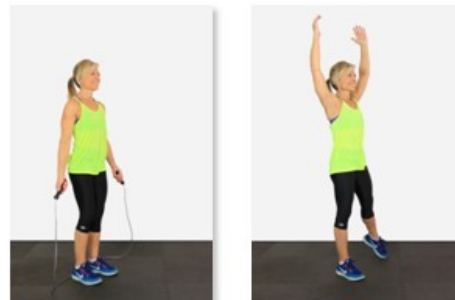


W1: Star Jump Touch



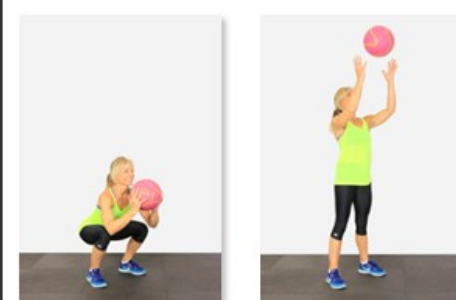
W2: Skipping



W3: 1-2-3 Switch



W4: Squat Ball Toss



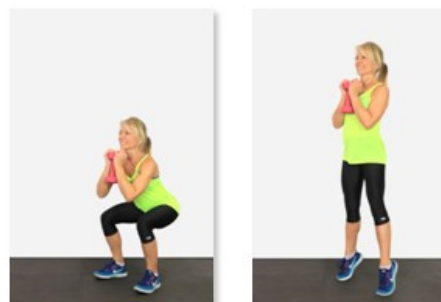
W1: Back Squat



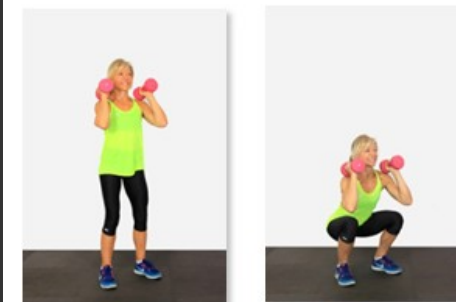
W2: K-Bell Pass



W3: Squat Heel Raise



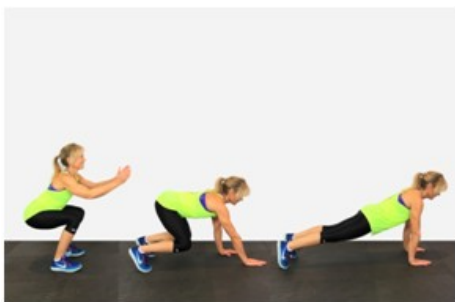
W4: Squat Pulse



W1: Kick-UPS



W2: Squat Walk Out



W3: Push UPs



W4: Chair Pose Touch

