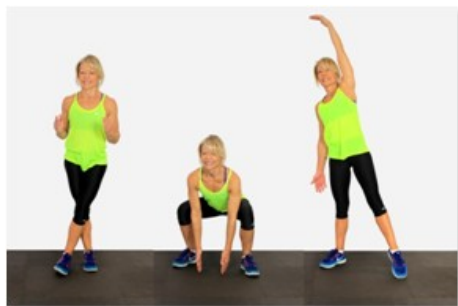
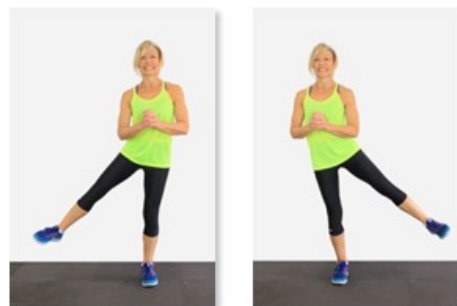


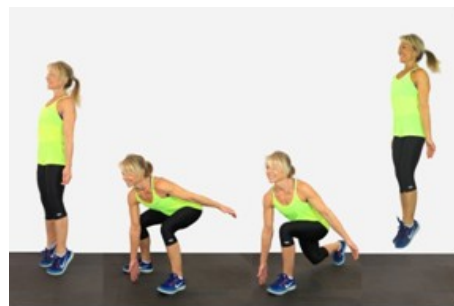
W1: Crisscross Reach



W2: Pendulum Swing



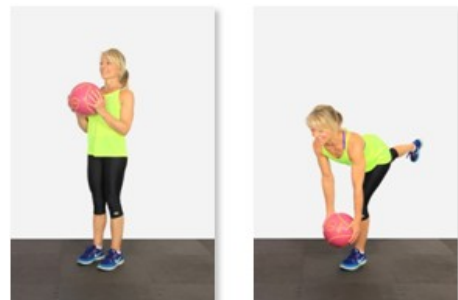
W3: Heel Drop Step



W4: Jump Run Back



W1: Ball SL Dead Lift



W2: Squat Side Lunge



W3: Side Box Step



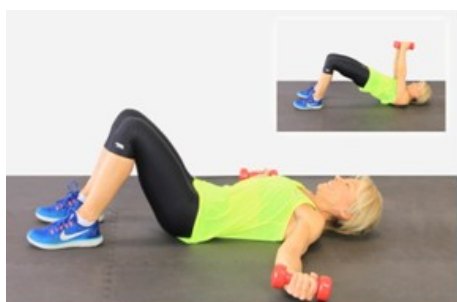
W4: Side Lunge Raise



W1: Hamstring Slide



W2: Chest Fly Bridge



W3: Side Plank Clams



W4: Butterfly Dips

