

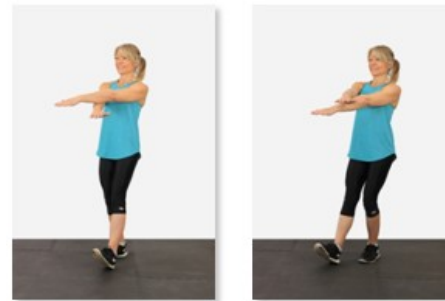
W1: Heel Touch



W2: Pendulum



W3: Mummy Kicks



W4: Air Squats



W1: Side Lunge Cross



W2: Chair Pose Touch



W3: Lunge Punch



W4: Step DB Press



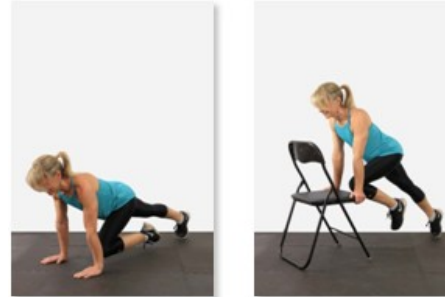
W1: Russian Twist



W2: Bridge Sliders



W3: Mount Climbers



W4: Beach Push Up

