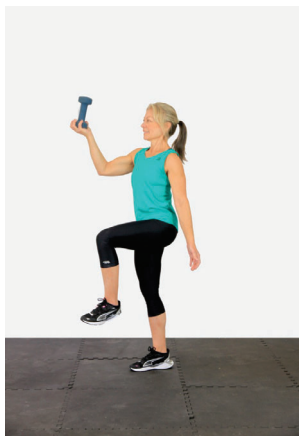
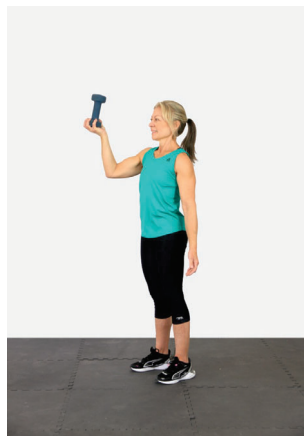
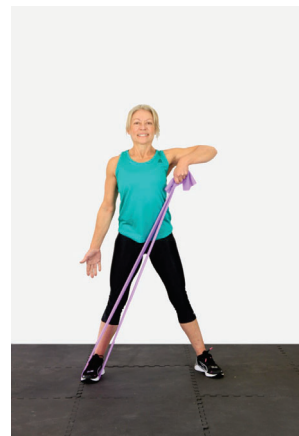
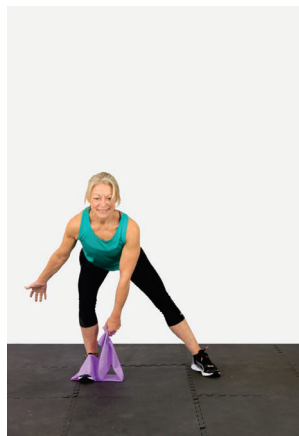


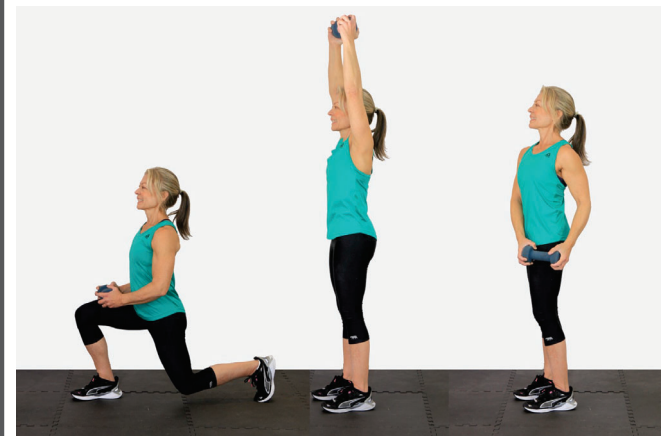
1.Waiter's March



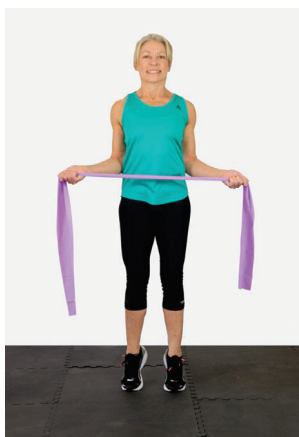
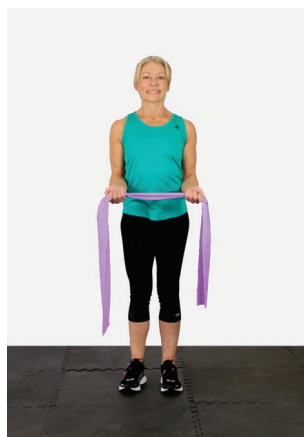
2.Lawnmower Pull



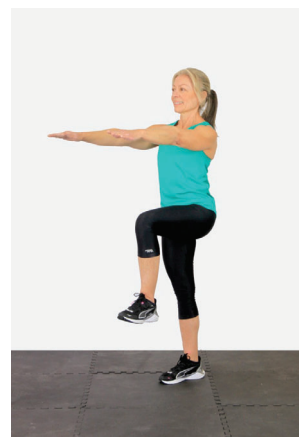
3. Rainbow Lunge



4.Heel Raise Flasher



5.Plank Knee Touch



6.Band Row

