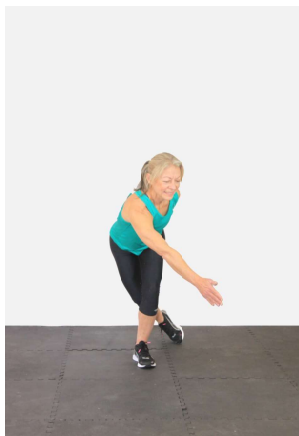
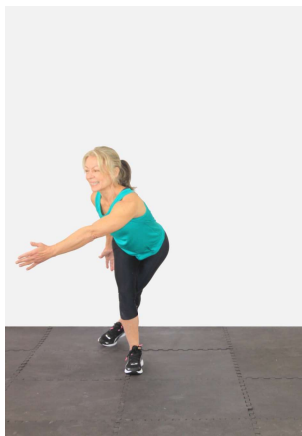
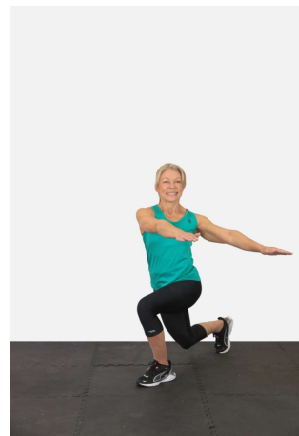
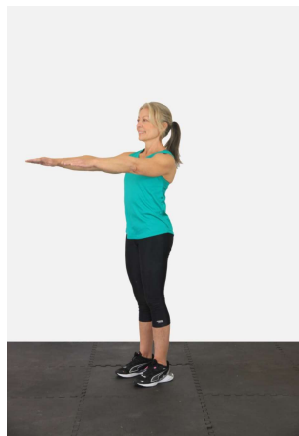
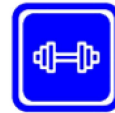


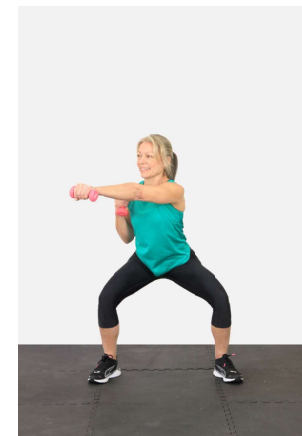
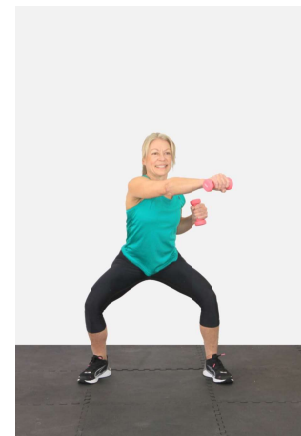
1. Fast Skater



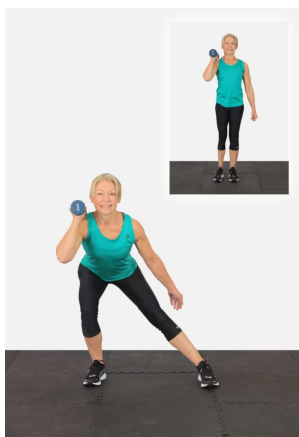
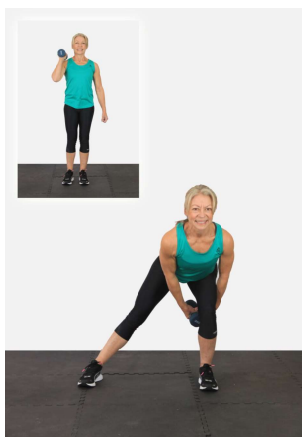
2. Rotational Lunge



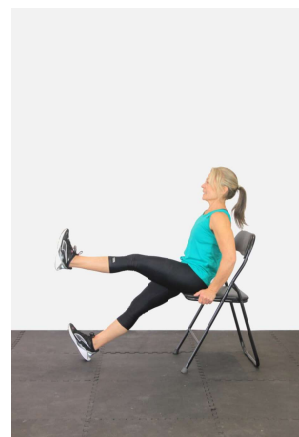
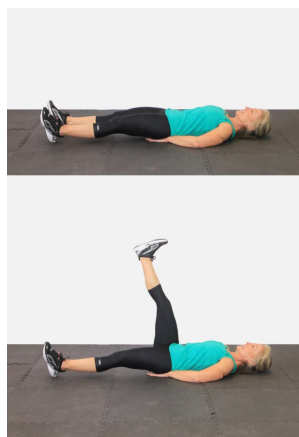
3. Squat Jab 6



4. Lunge & DB Pass



5. Scissor Abs



6. Bicycle With Turn

