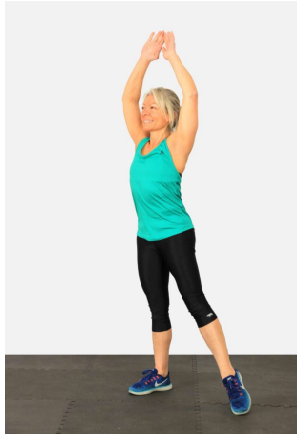
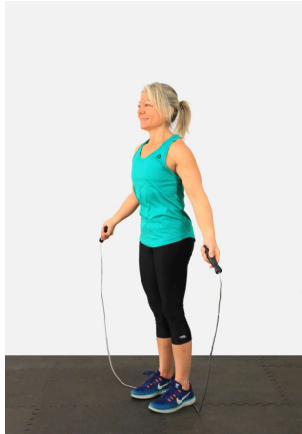
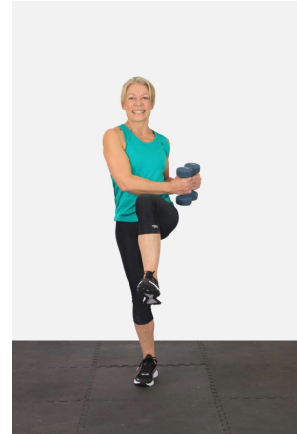
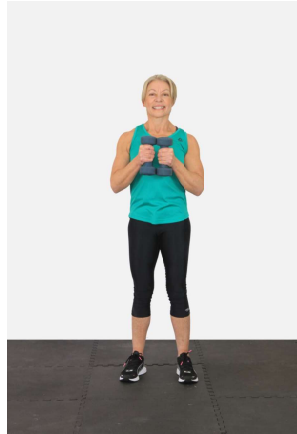


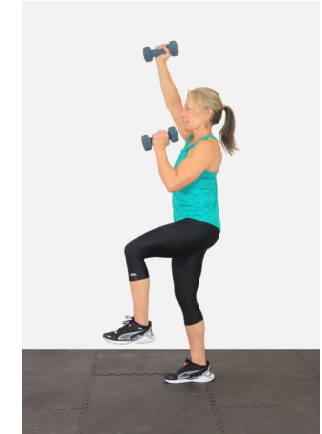
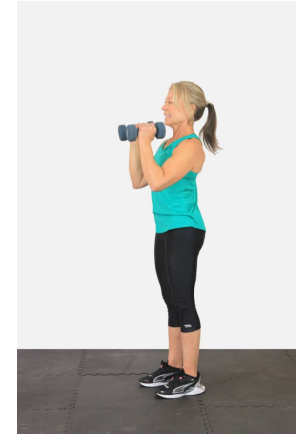
1.Skip-Side Taps



2.Core Twists



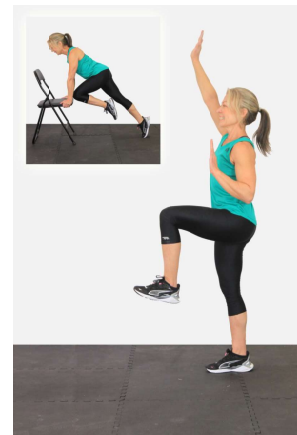
3.Jog With DB Punch



4.Squat-Back Kick



5.Mountain Climbers



6.Seated Tucks

