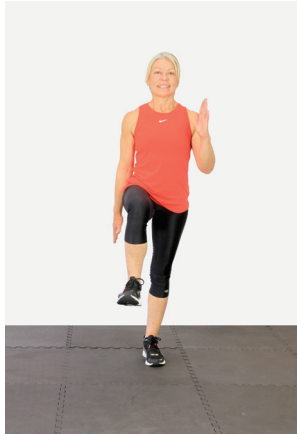
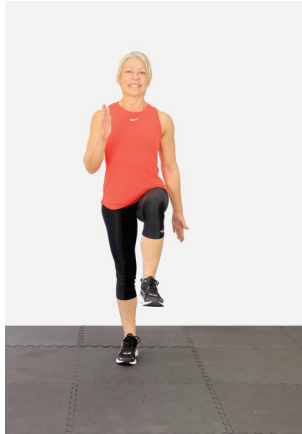
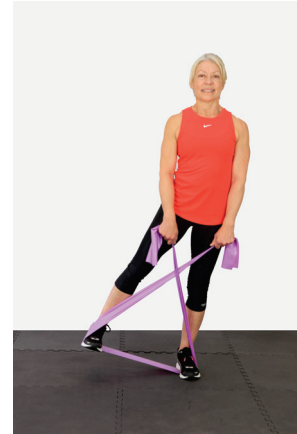
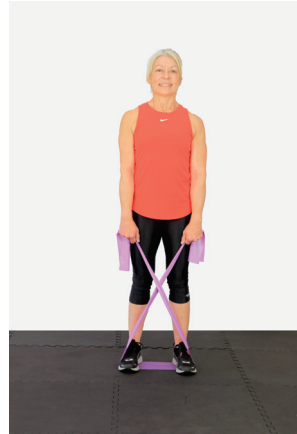


1.2xHop March



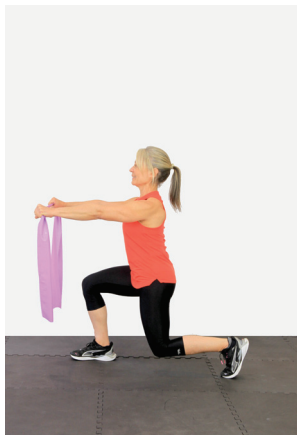
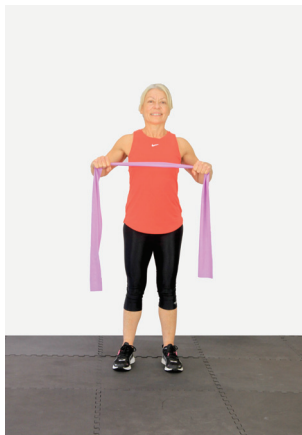
2.Side Leg Lift



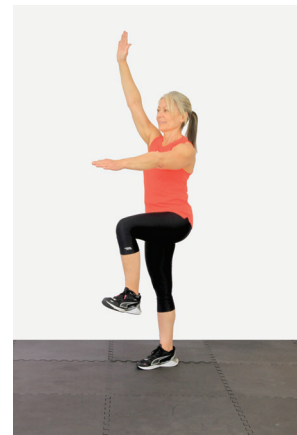
3.Up & Go



4.Side Lunge Pull



5.Bird Dog



6.Leg Raisers

