

1. Side Step Hop



2. Standing Kick UP



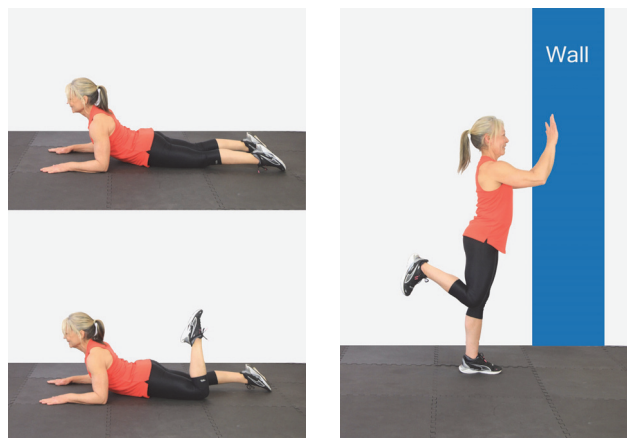
3. Squat Side Leg UP



4. Lunge Cross Curl



5. Cobra Leg Switch



6. Glute Walks

