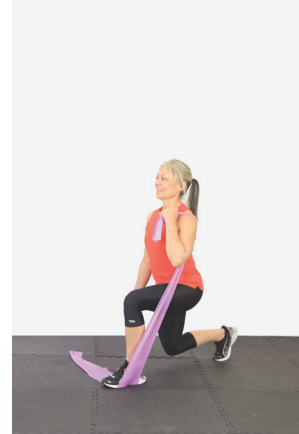
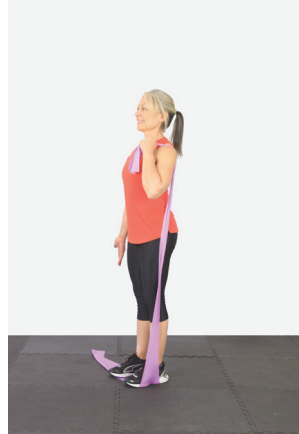


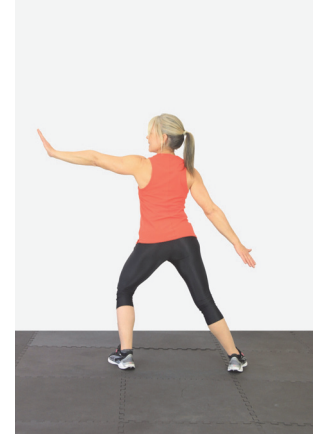
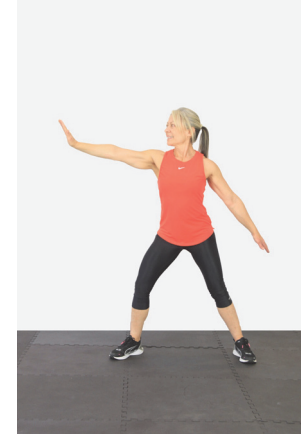
1. Burpee-Mod



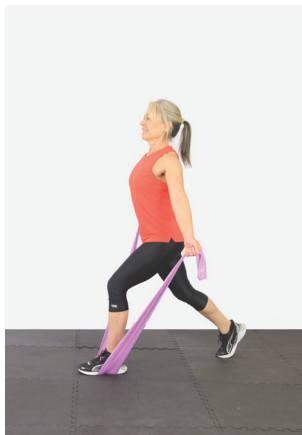
2. Band Lunge Repeat



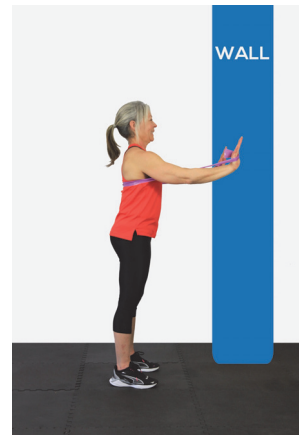
3. Forward 180 Turn



4. Underarm Raise



5. Push Ups



6. Side Plank Ext

