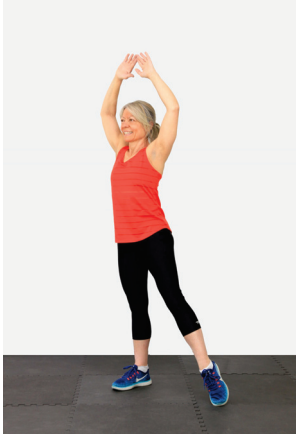
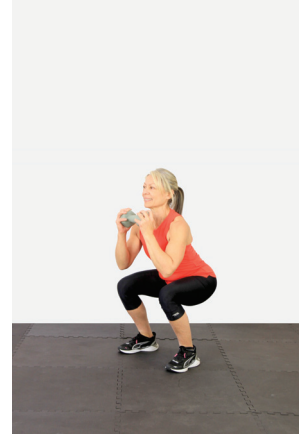


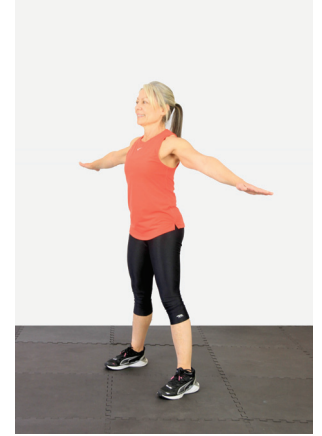
1.Skip or Side Taps



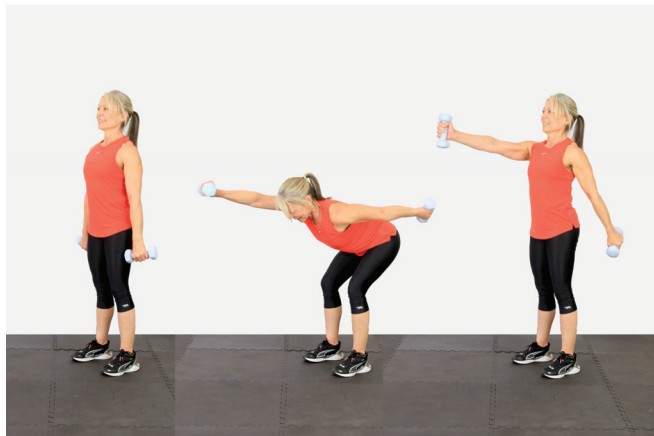
2.DB Halo Squat



3.Lunge with a Jack



4.DB Back & Forward



5.Walking Plank



6.DB Bridge March

