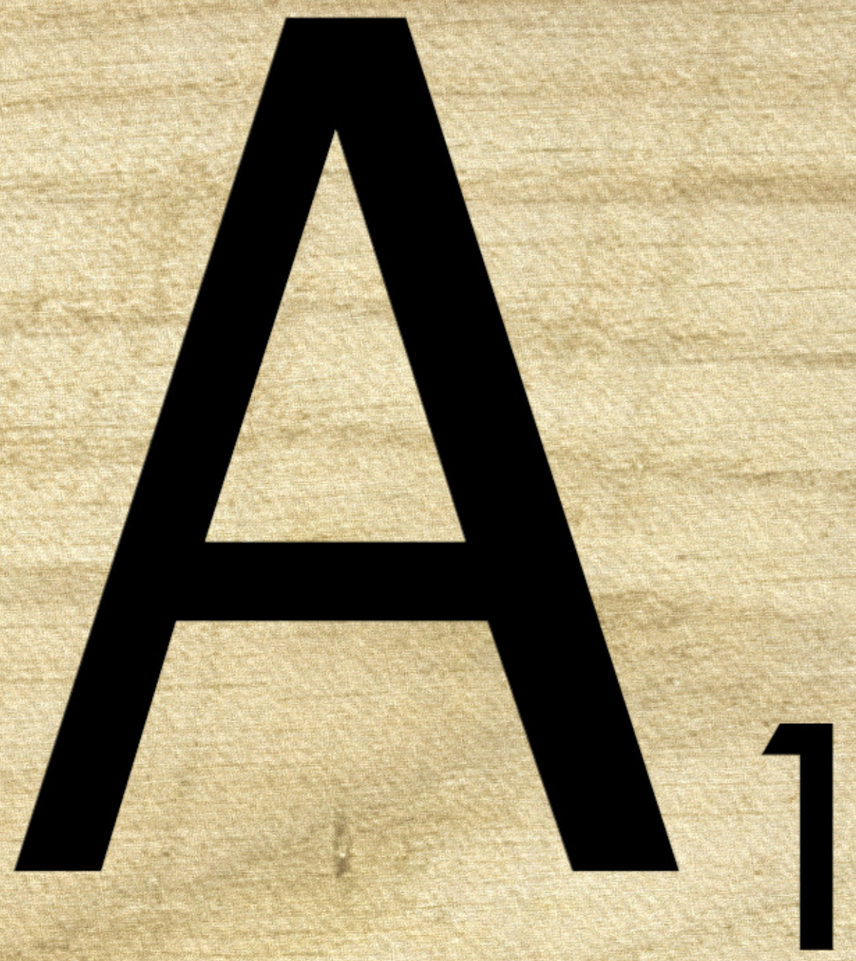
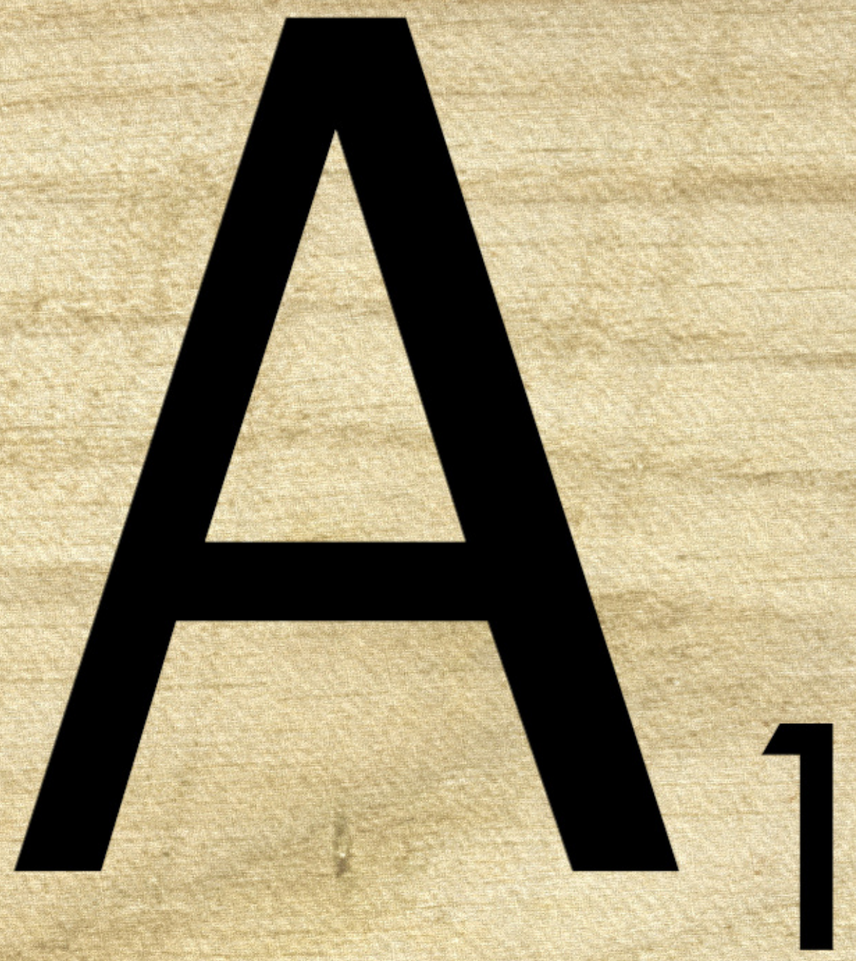
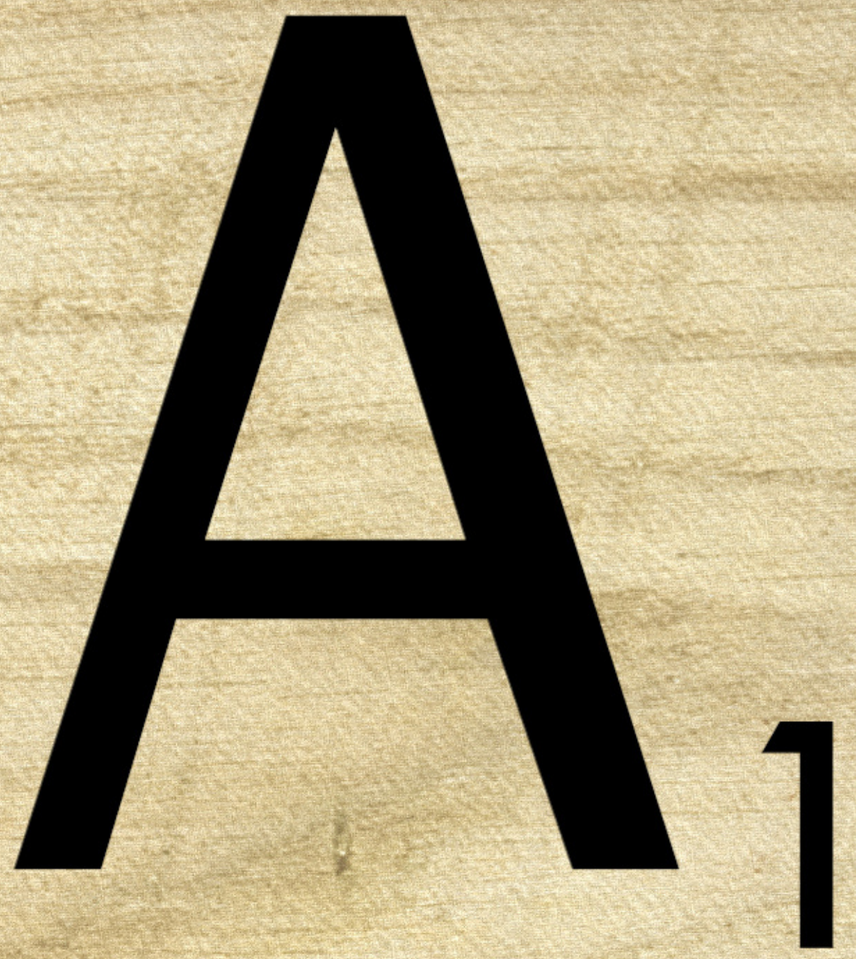


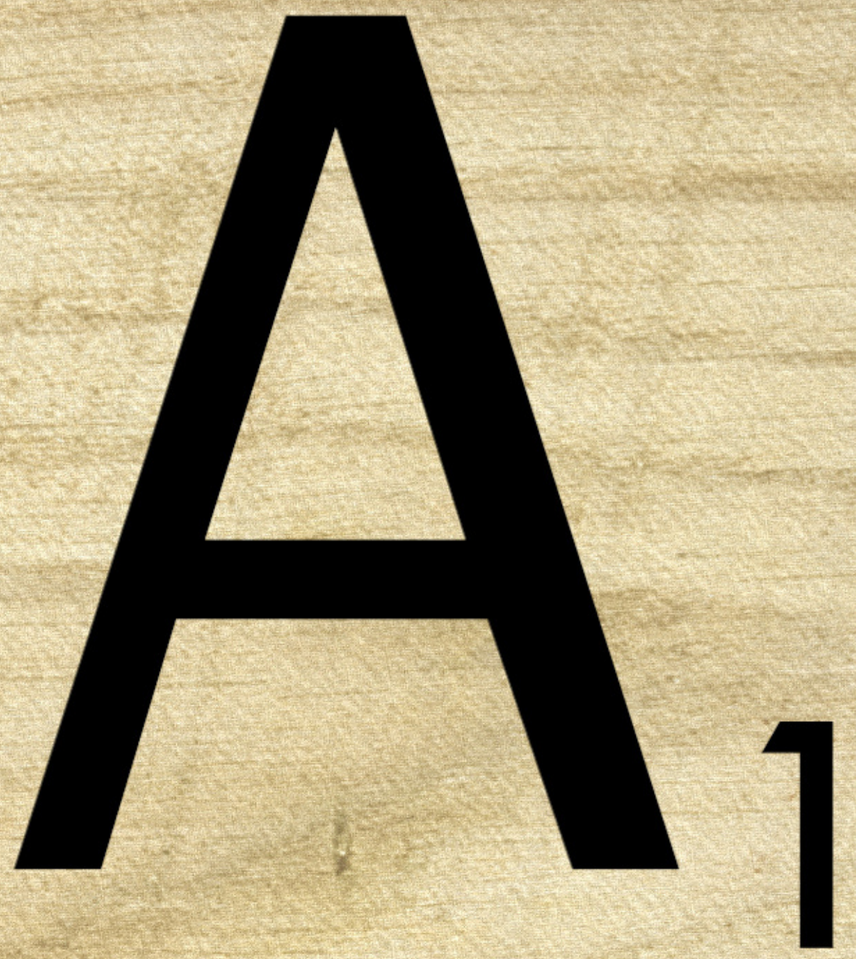
10 Jumping Jacks



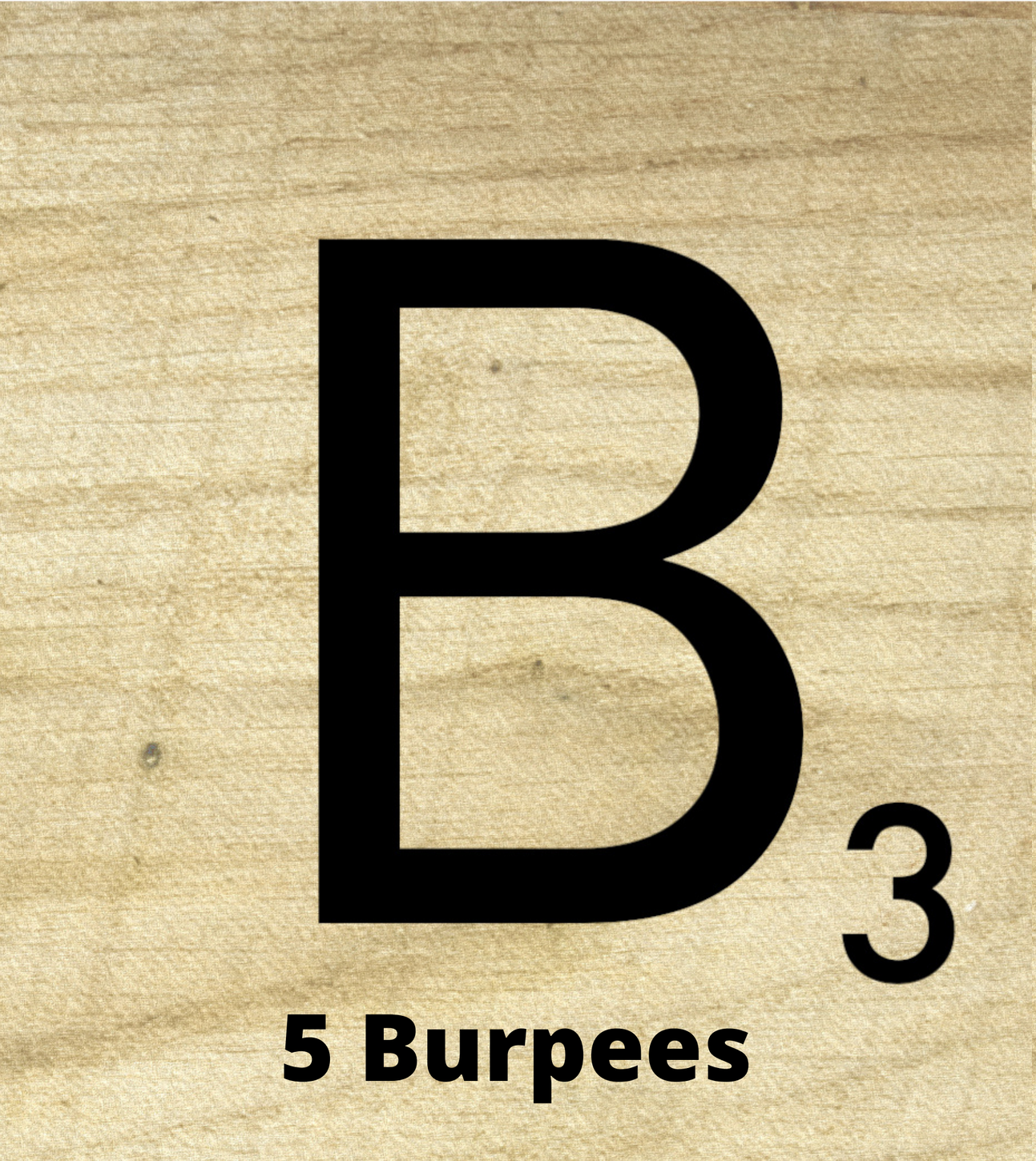
10 Jumping Jacks

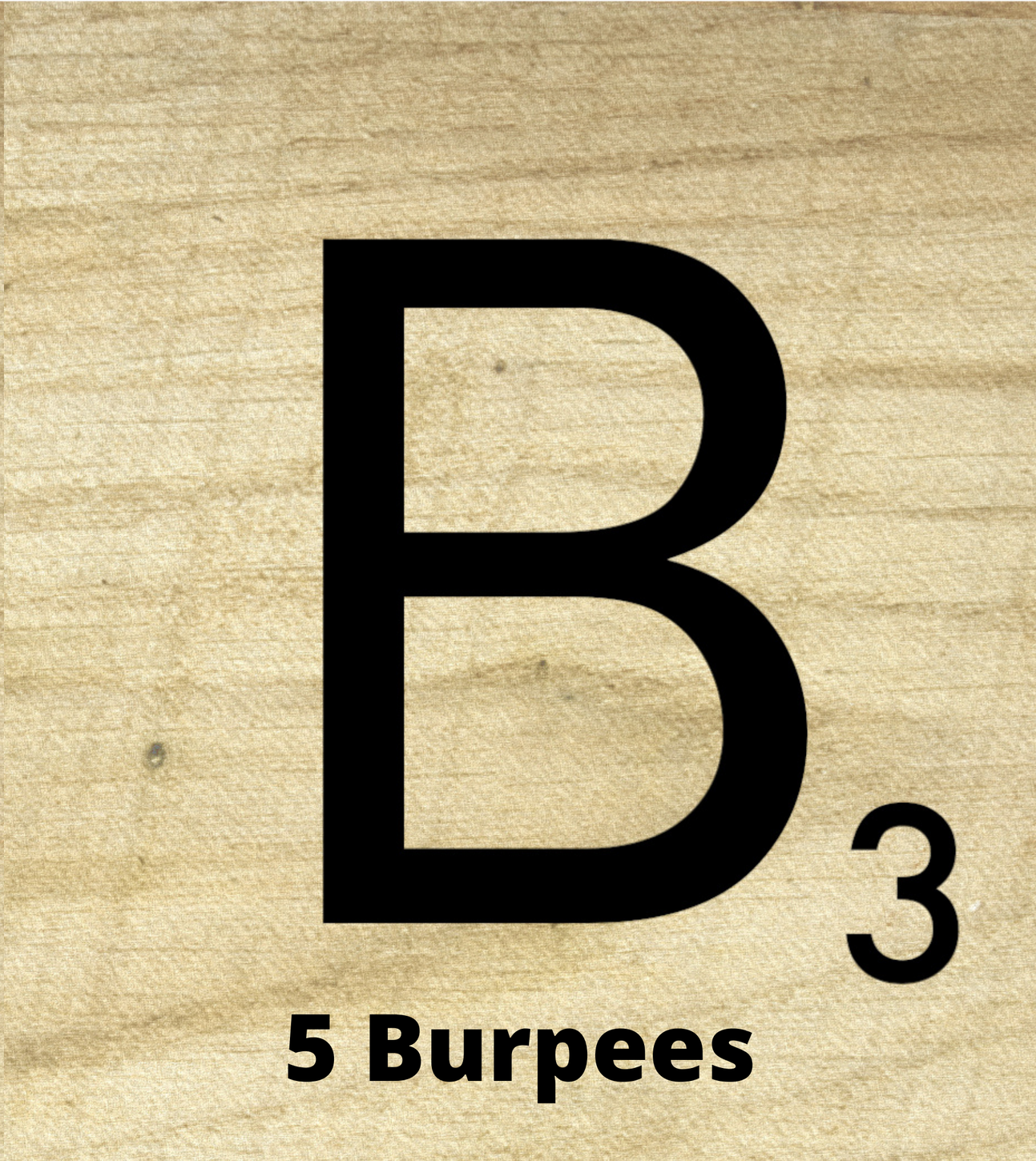


10 Jumping Jacks



10 Jumping Jacks


B3
5 Burpees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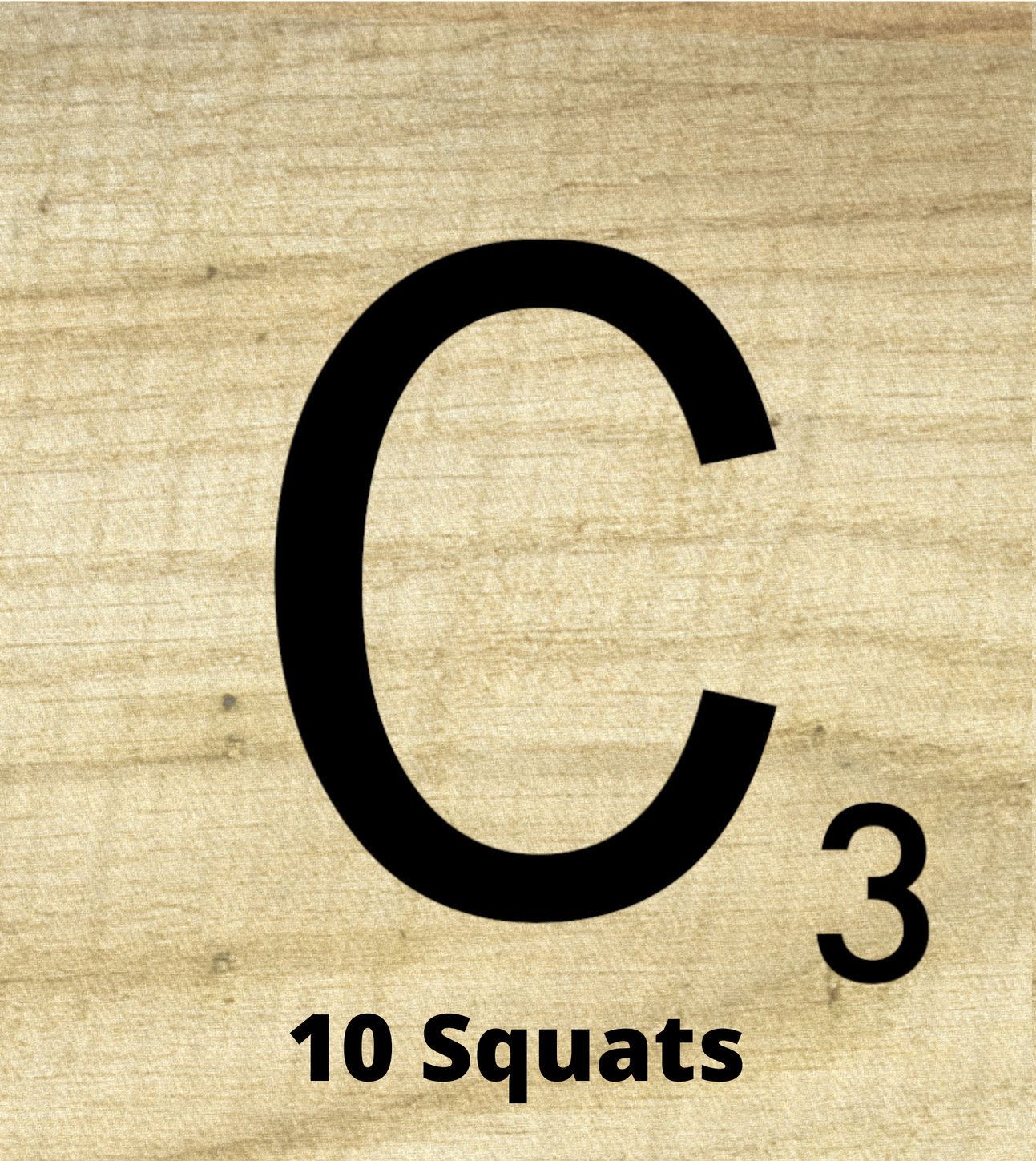
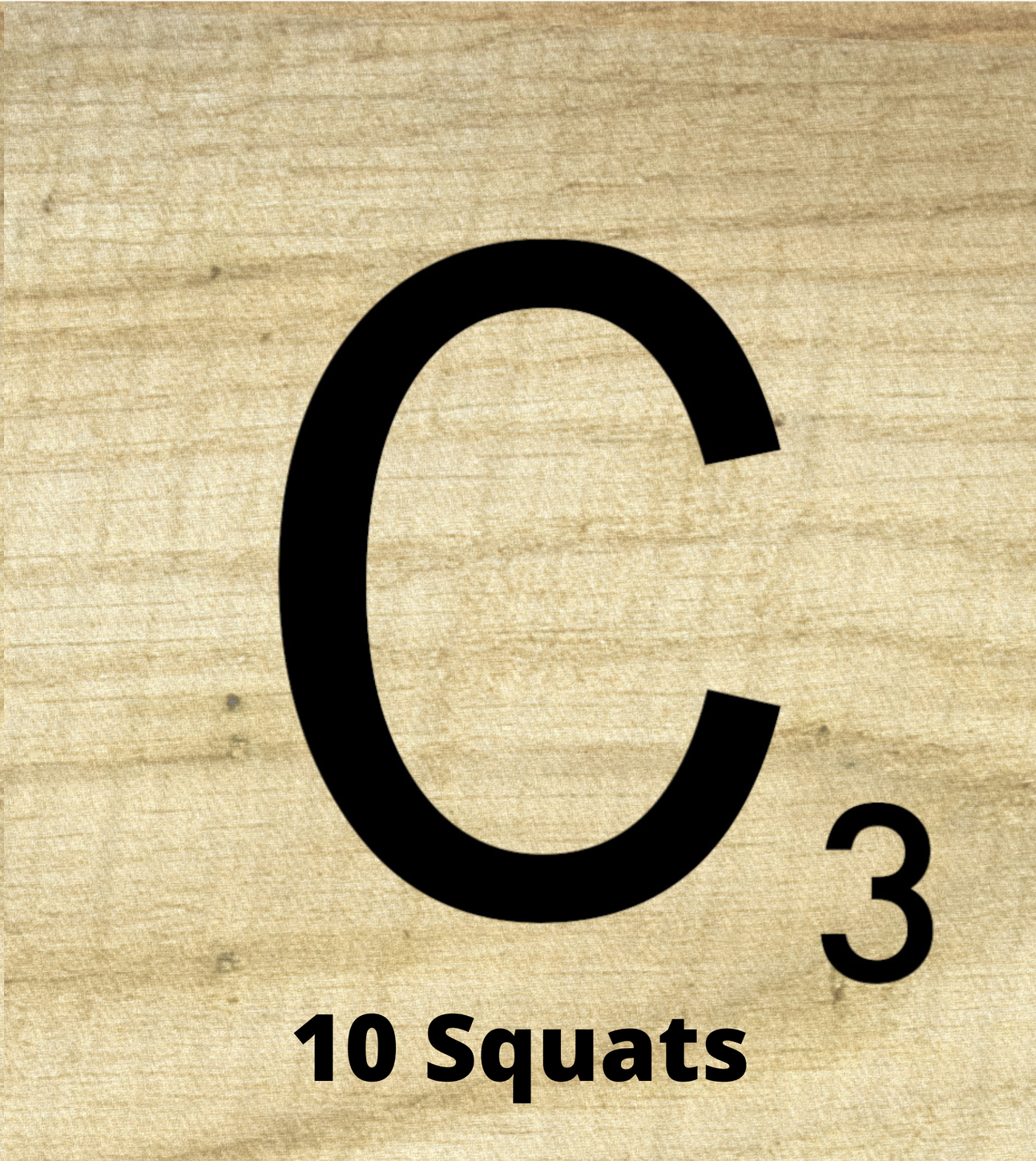
5 Burpees


C3
10 Squats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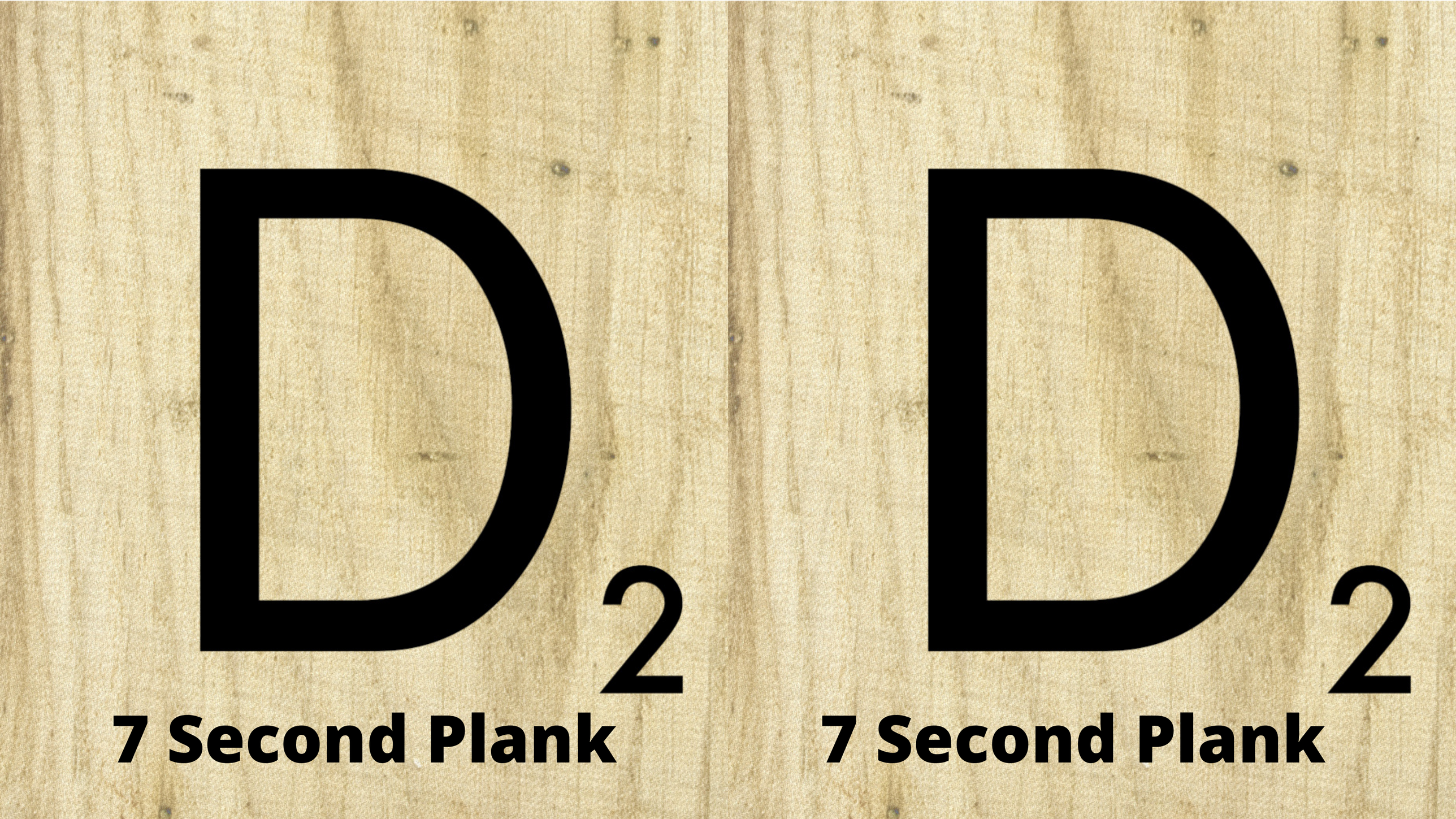
10 Squats


D2
7 Second Plank
D2
7 Second Plank

E 1

5 Tuck Jumps

E 1

5 Tuck Jumps

E 1

5 Tuck Jumps

E 1

5 Tuck Jumps

F 4

5 Lunges

F 4

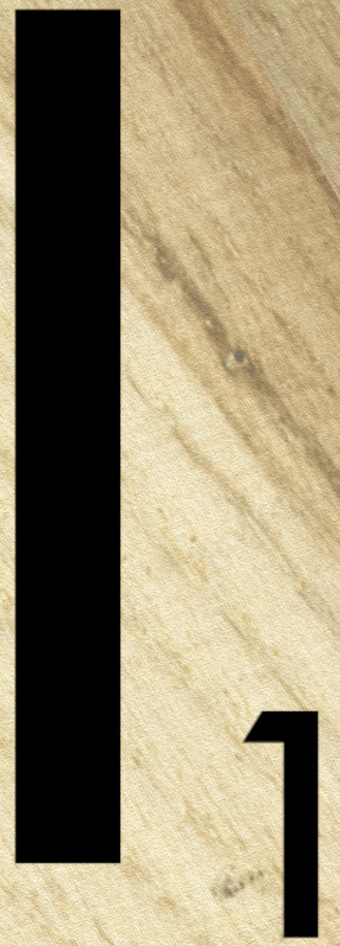
5 Lunges

5 Sit Ups

5 Sit Ups

10 Ski Jumps

10 Ski Jumps



20 Mountain Climbers

20 Mountain Climbers

10 Mountain Climbers

10 Mountain Climbers

J8
Free

J8
Free

K5
10 Seal Jumps

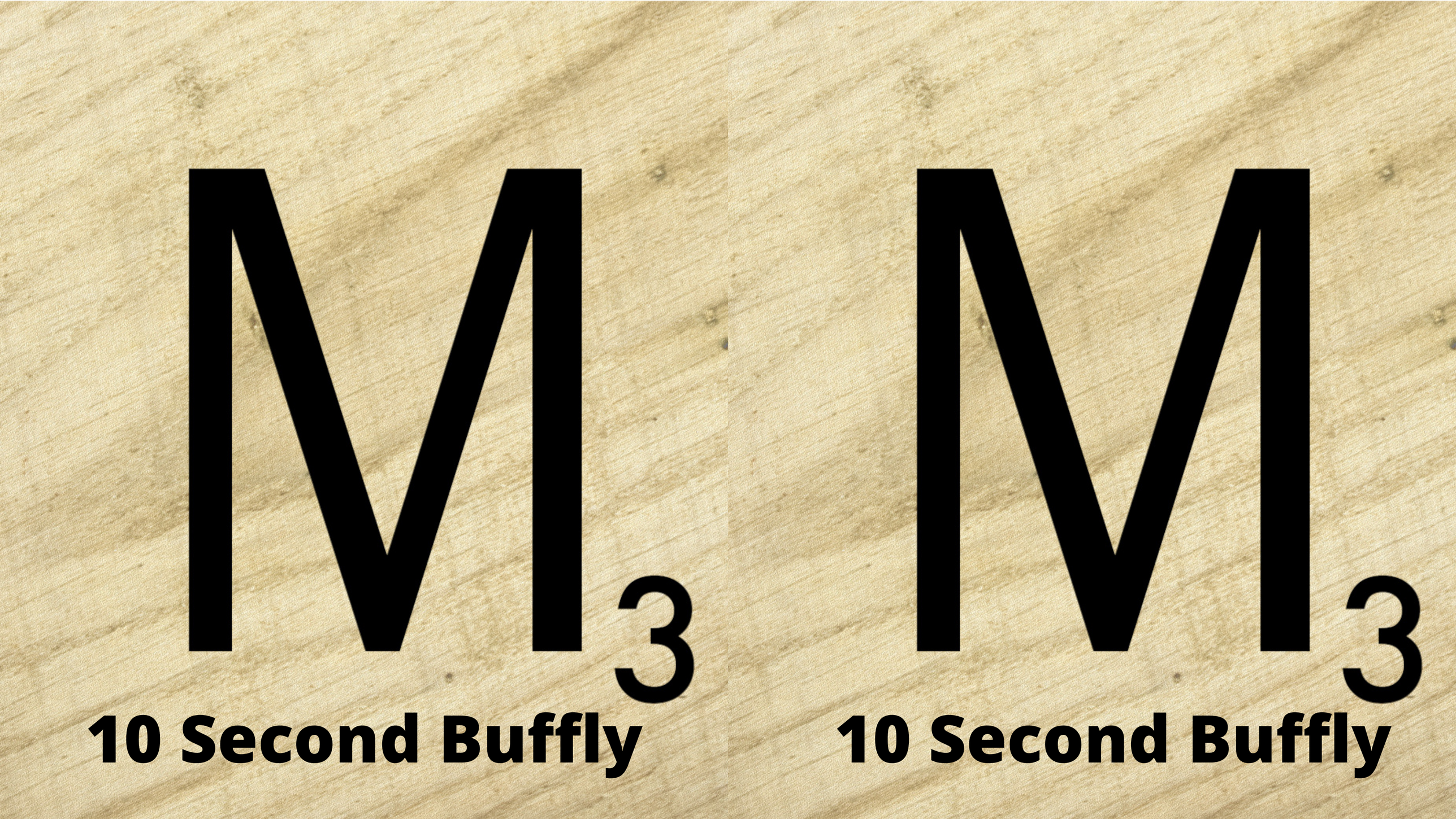
K5
10 Seal Jumps

L1

15 Ski Jumps

L1

15 Ski Jumps


M3
10 Second Buffly
M3
10 Second Buffly

1
10 Second Wall Sit

1
10 Second Wall Sit

01

20 Second Jog In Place

01

20 Second Jog In Place

01

20 Second Jog In Place

01

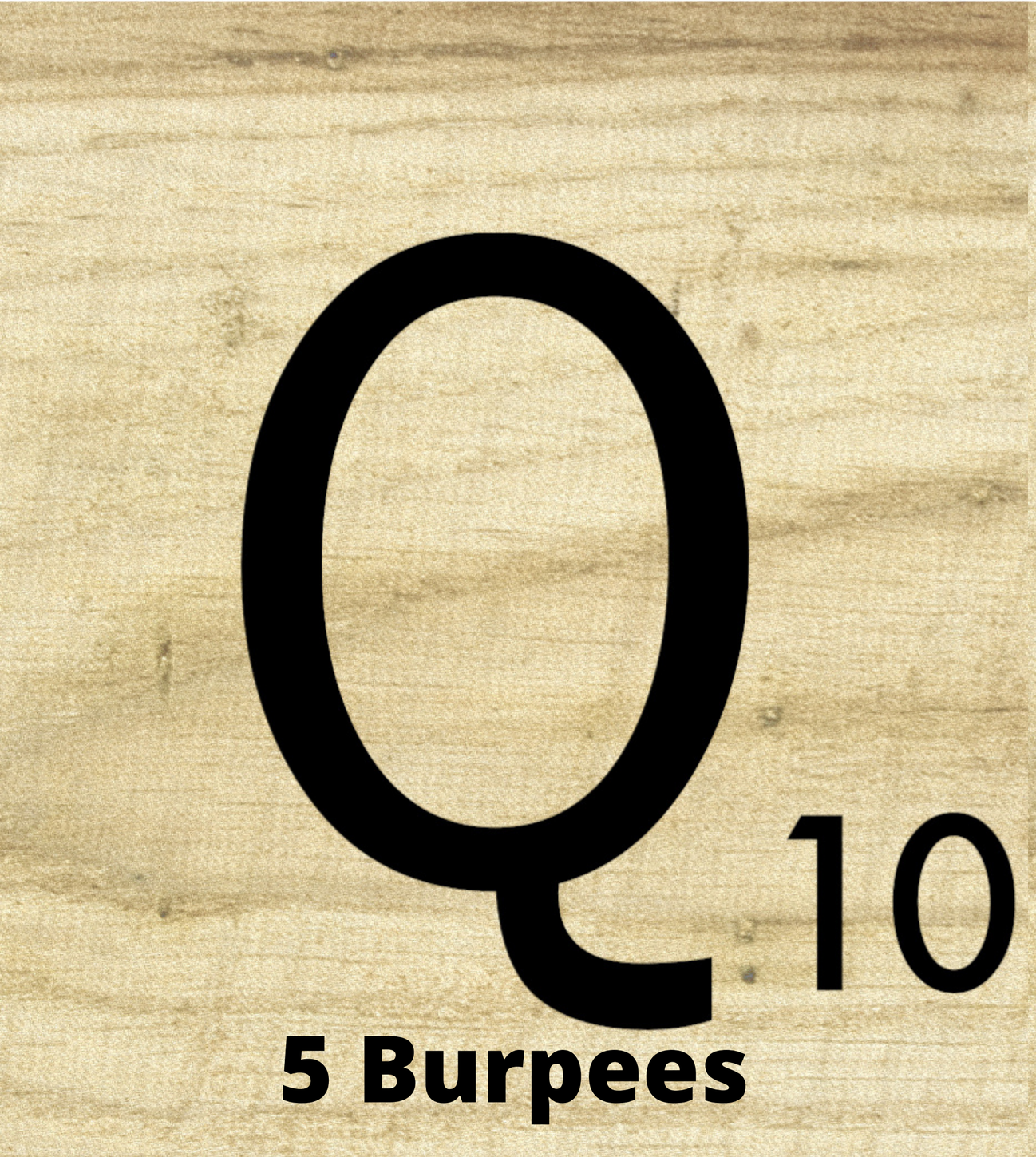
20 Second Jog In Place

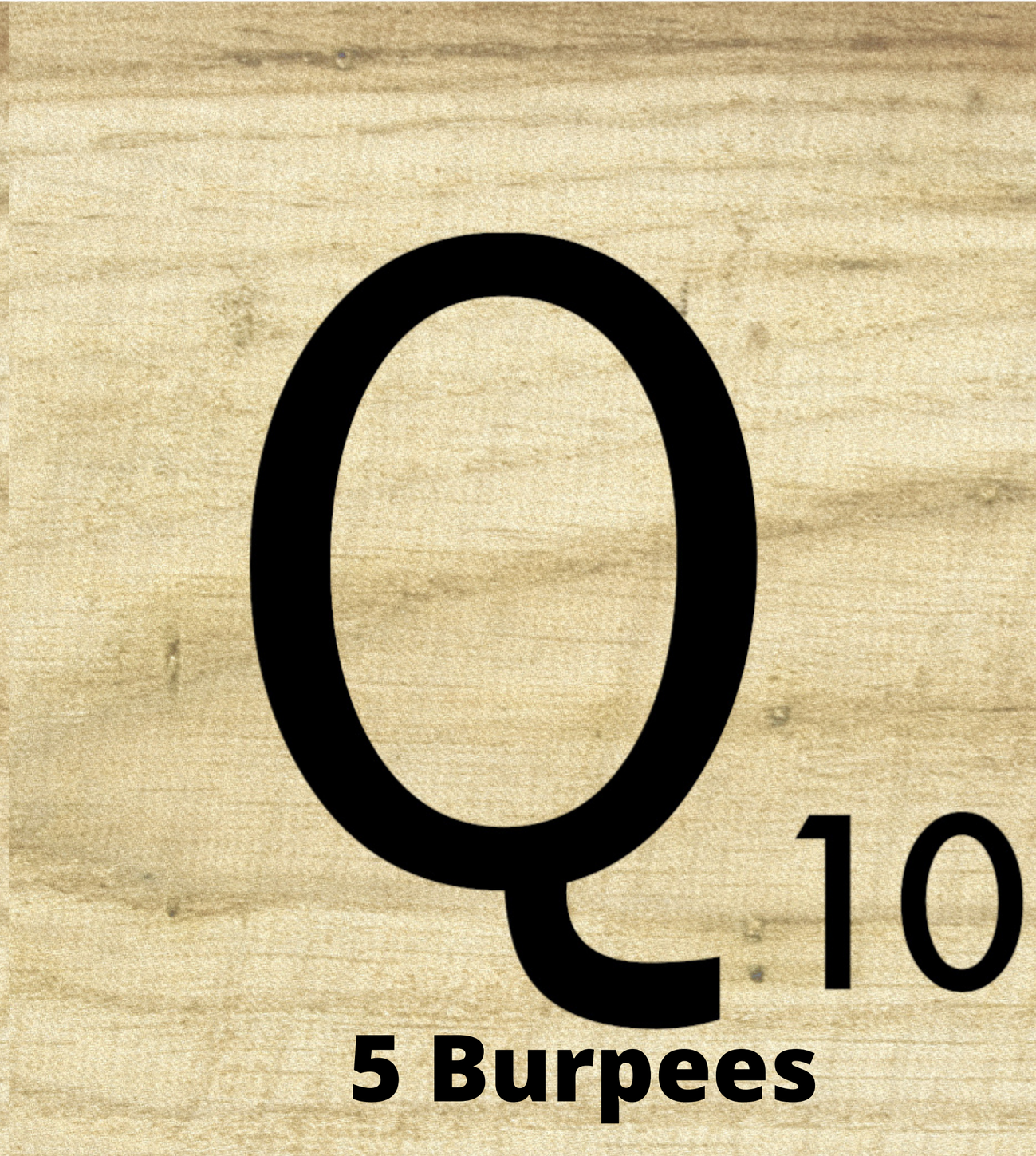
P 3

10 Jumping Jacks

P 3

10 Jumping Jacks


Q10
5 Burpees


Q10
5 Burpees

R
1
10 Lunges

R
1
10 Lunges

S 1

5 Tuck Jumps

S 1

5 Tuck Jumps

T 1

5 Sit Ups

T 1

5 Sit Ups

10 Toe Touches

10 Toe Touches

V4

10 Seal Jacks

V4

10 Seal Jacks

# V4

5 Squats


# V4

5 Squats

W4

10 Mountain Climbers

W4

10 Mountain Climbers

X8

10 Second Wall Sit

X8

10 Second Wall Sit

Y 4

15 Secod Jog In Place

Y 4

15 Secod Jog In Place

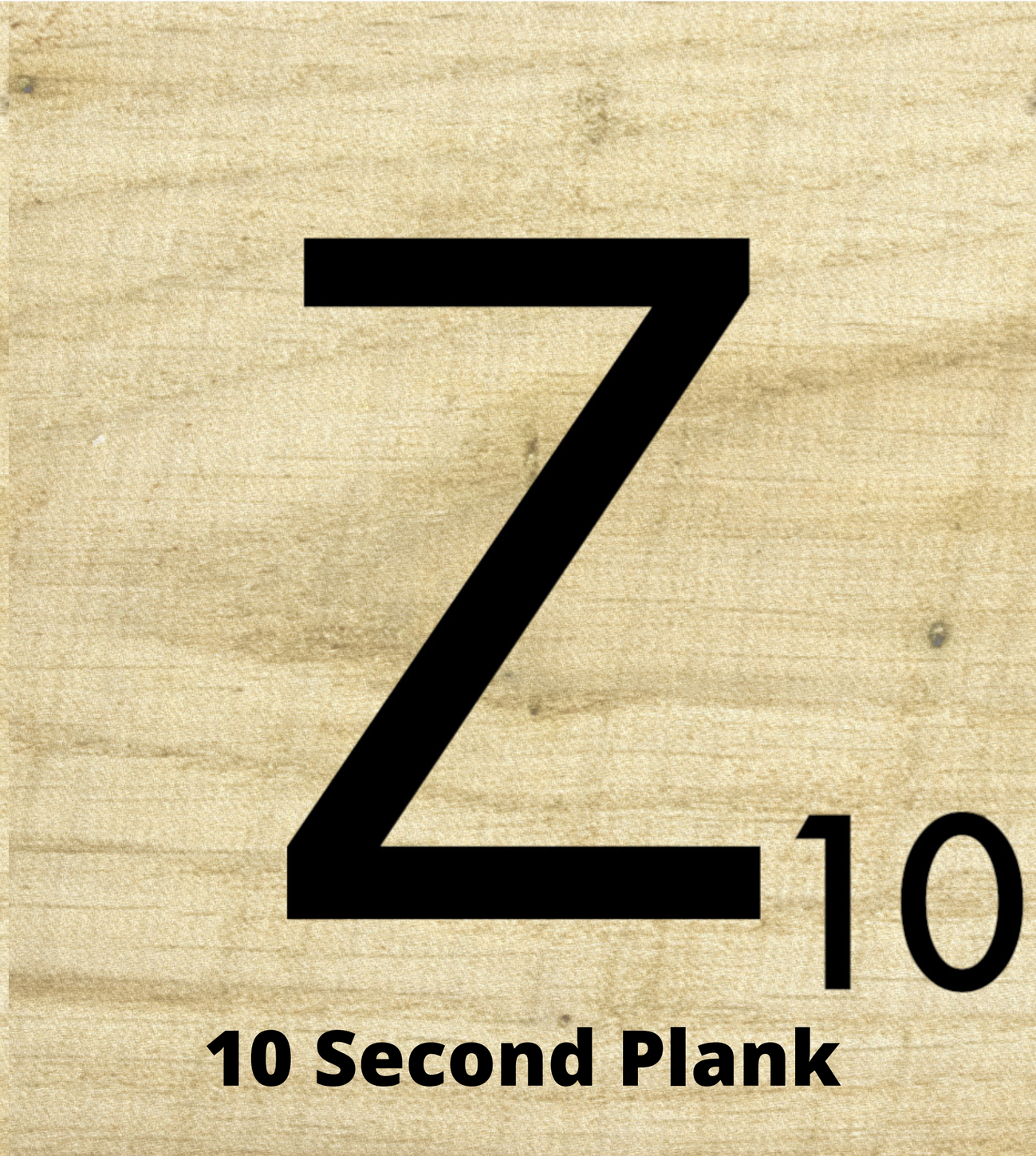
Y 4

15 Secod Jog In Place

Y 4

15 Secod Jog In Place

10 Second Plank




10 Second Plank