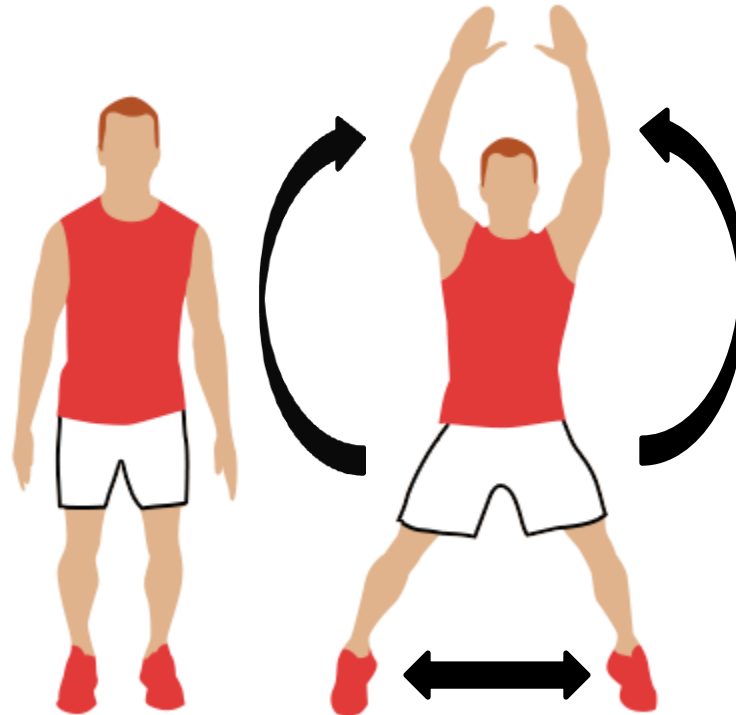


Jumping Jacks



X 15

Crab Kicks



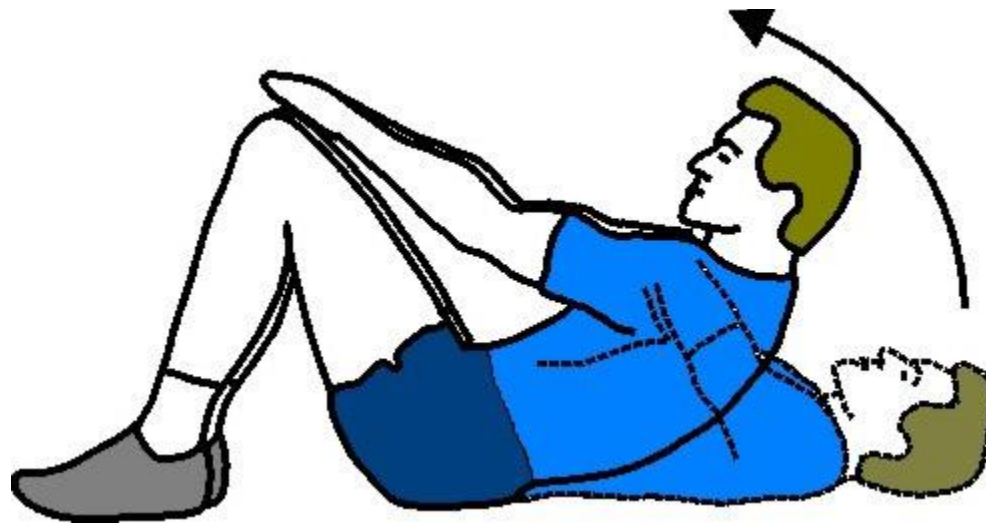
X 16

Cross Crawls



X 20

Knee Curl-Ups



X 12

Plank Shoulder Taps



X 16

Squat Jumps



X 10