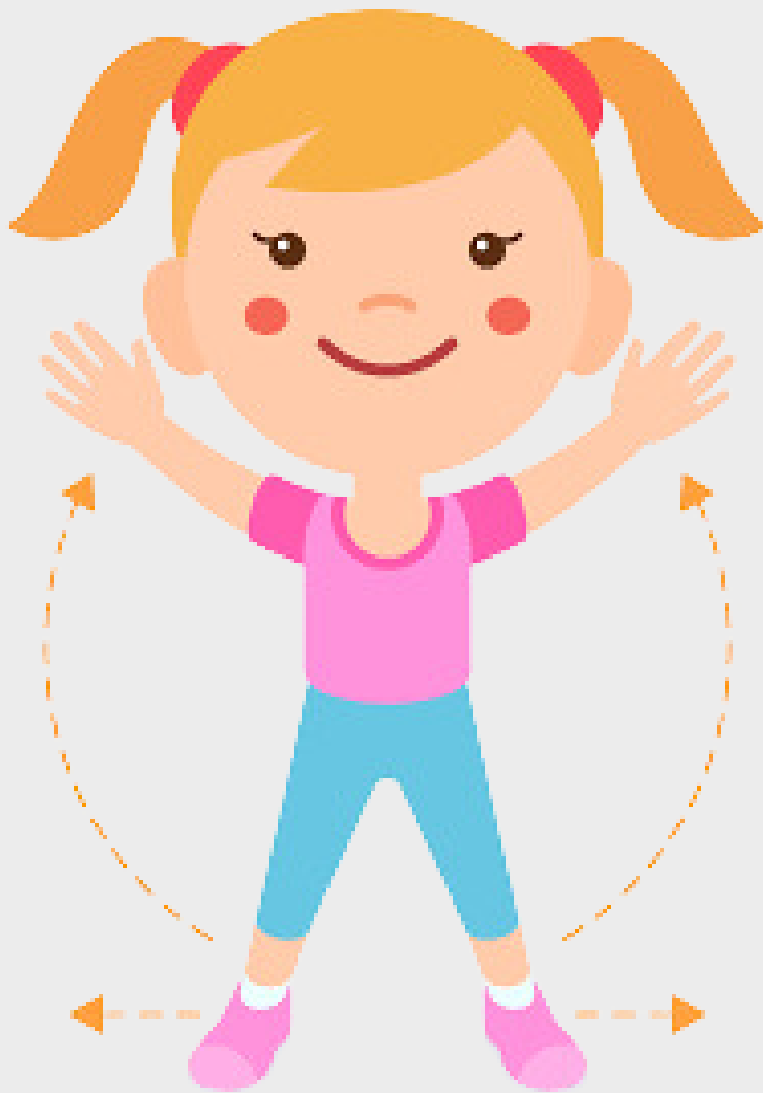


100 exercises



Jumping Jacks

X 10

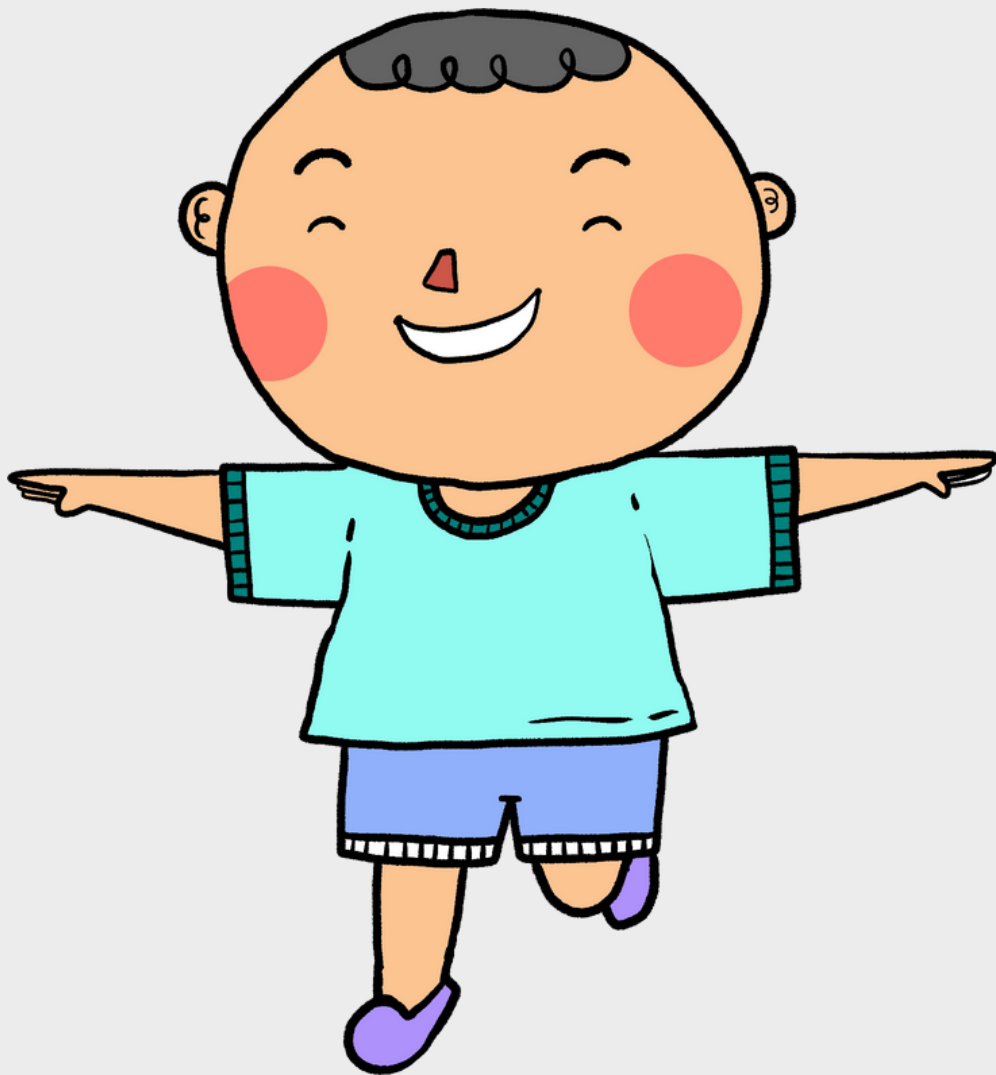
100 exercises



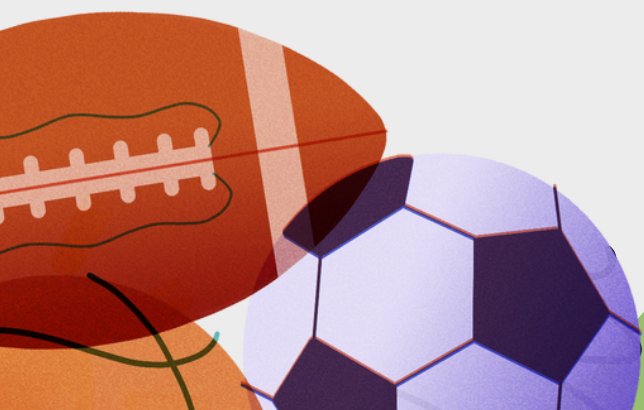
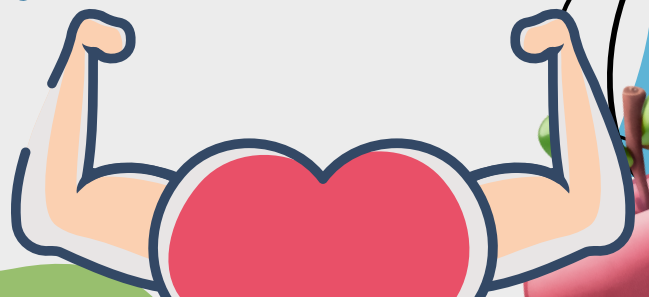
Lunges

X 10

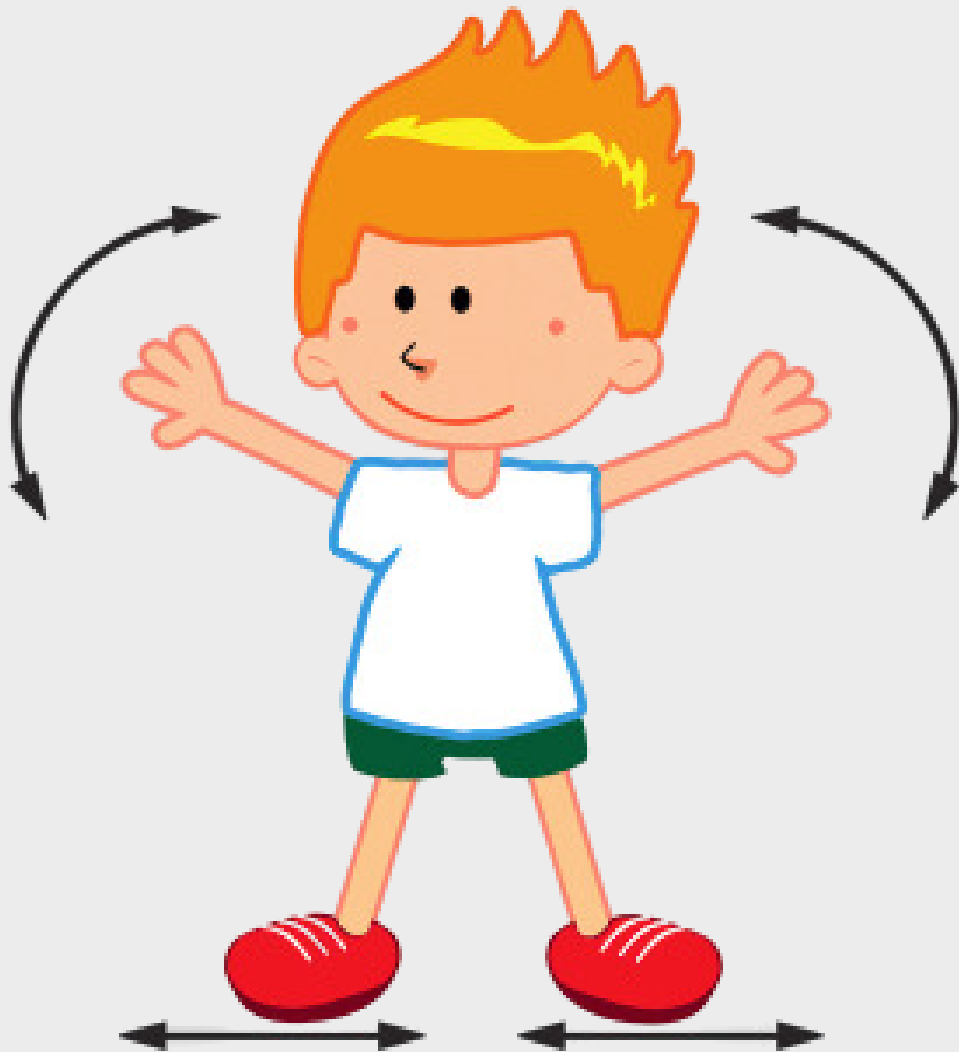
100 exercises



Hop in one foot
x 10



100 exercises



Arms circles

x 10





100 exercises



Run in Place
10 seconds



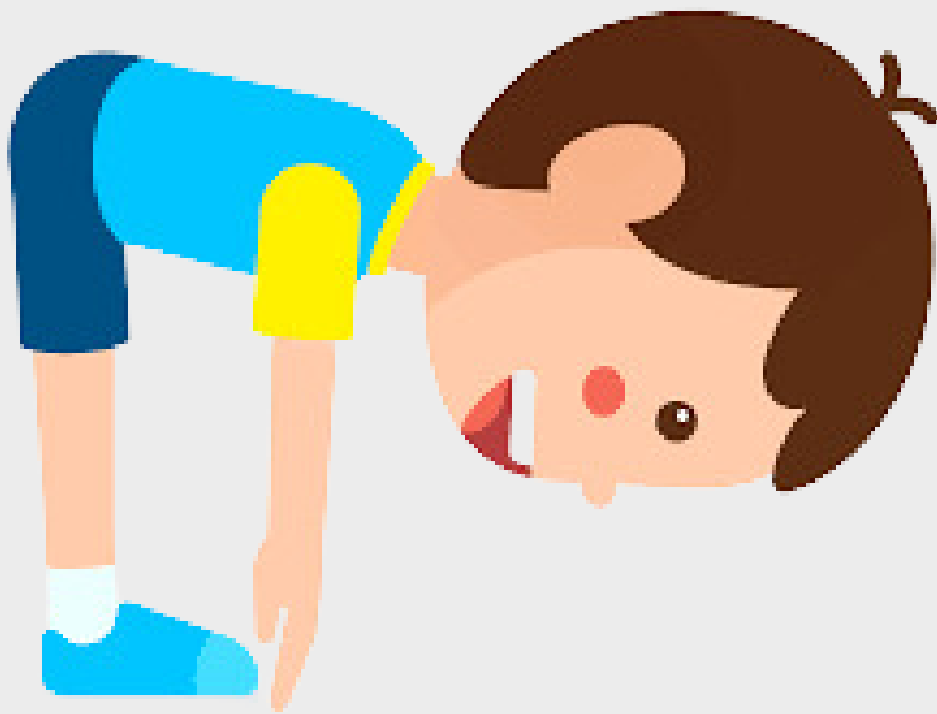
100 exercises



Squats
X 10



100 exercises



Toes touches

X 10



100 exercises



Sides Twists
x 10



100 exercises



Mountain climbers
10 seconds



100 exercises



Relax
10 seconds