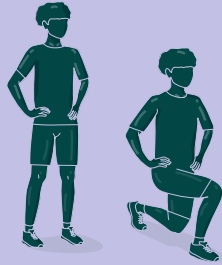


**JUMP SQUATS** x



C  
**6**



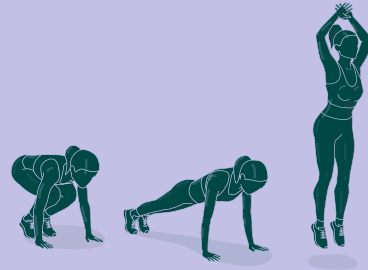
I  
**8**

x **RIGHT-LEG LUNGES**

**BURPEES** x



R  
**6**



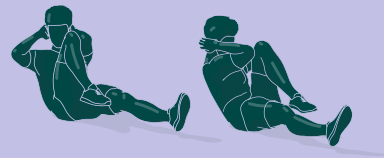
C  
**8**

x **LEFT-LEG LUNGES**

**CROSS CRUNCHES** x



U  
**6**



I  
**8**

x **MOUNTAIN CLIMBERS**

T