

**JUMP  
squats** x

C  
**6**



I  
**8**

x **ALTERNATING  
LUNGES**

**SKATER  
HOPS** x

R  
**6**

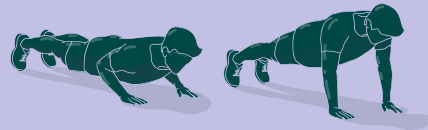


C  
**8**

x **GLUTE  
BRIDGE**

**PUSH-UPS** x

U  
**6**



I  
**8**

x **SUPERMANS**

T