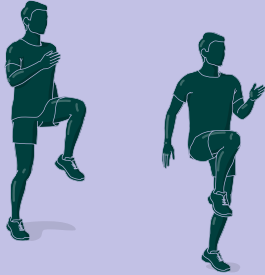


**SQUATS** x



C  
**6**



I

**8**

x  
**HIGH  
KNEES**

**CRUNCHES** x



R  
**6**

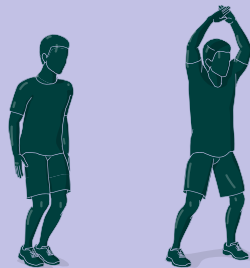


C

**8**

x  
**MOUNTAIN  
CLIMBERS**

**LUNGES TO  
KNEE DRIVES** x



U  
**6**



I

**8**

x  
**JUMPING  
JACKS**

T