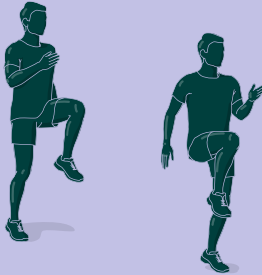


SQUATS x

C
6

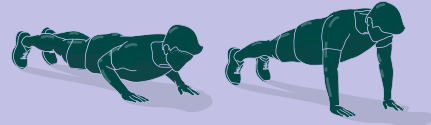


x **HIGH
KNEES**

I
8

PUSH-UPS x

R
6



x **PLANK
JACKS**



C
8

**FLUTTER
KICKS** x

U
6



x **MOUNTAIN
CLIMBERS**



I
8

T