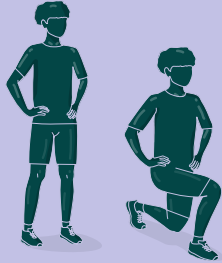


SQUATS x



C
6



I

8

x **RIGHT-LEG
LUNGES**

**JUMP
SQUATS** x



R

6

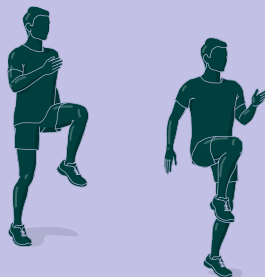


C

8

x **LEFT-LEG
LUNGES**

**SKATER
HOPS** x



U

6



I

8

x **ALTERNATING
KNEE-DRIVE**

T