

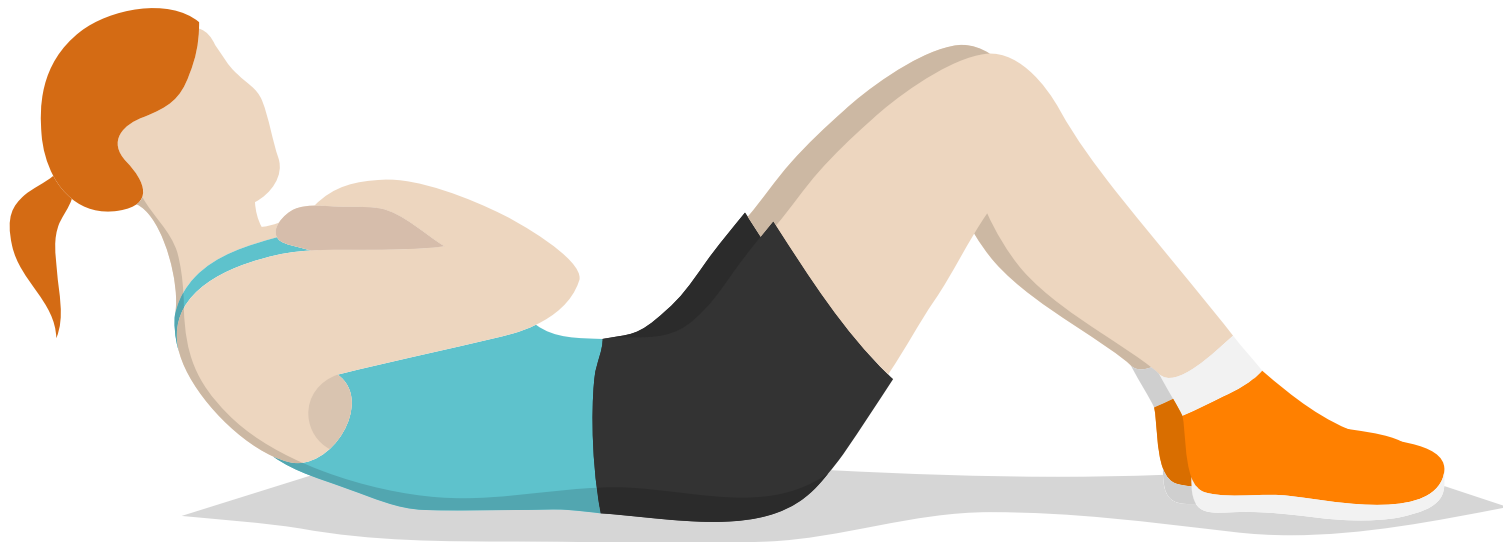
UPPER BODY STRETCH



CRAB WALK



CURL-UP VARIATIONS



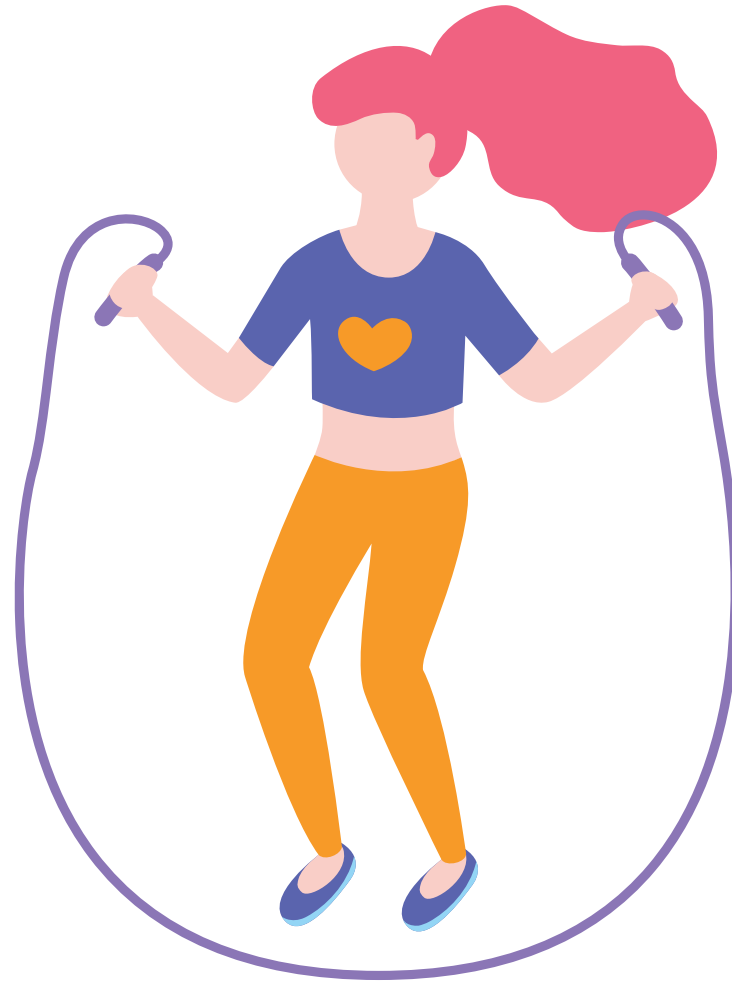
FLEXIBILITY EXERCISES



HULA HOOP



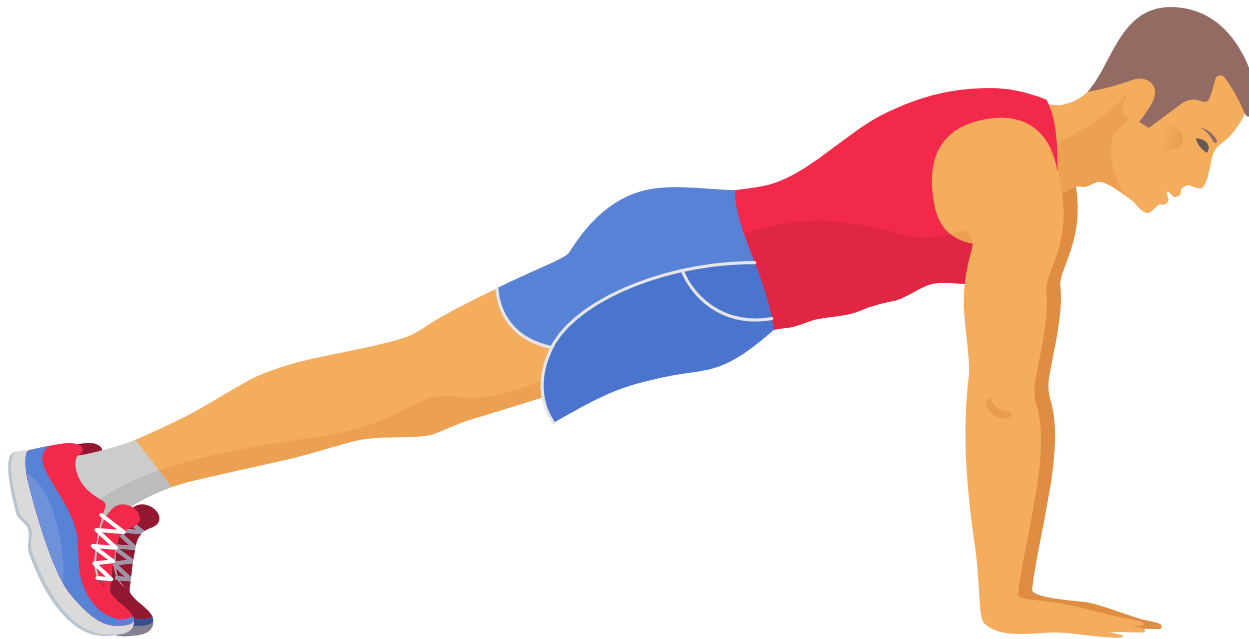
JUMP ROPE



LOWER BODY STRETCH



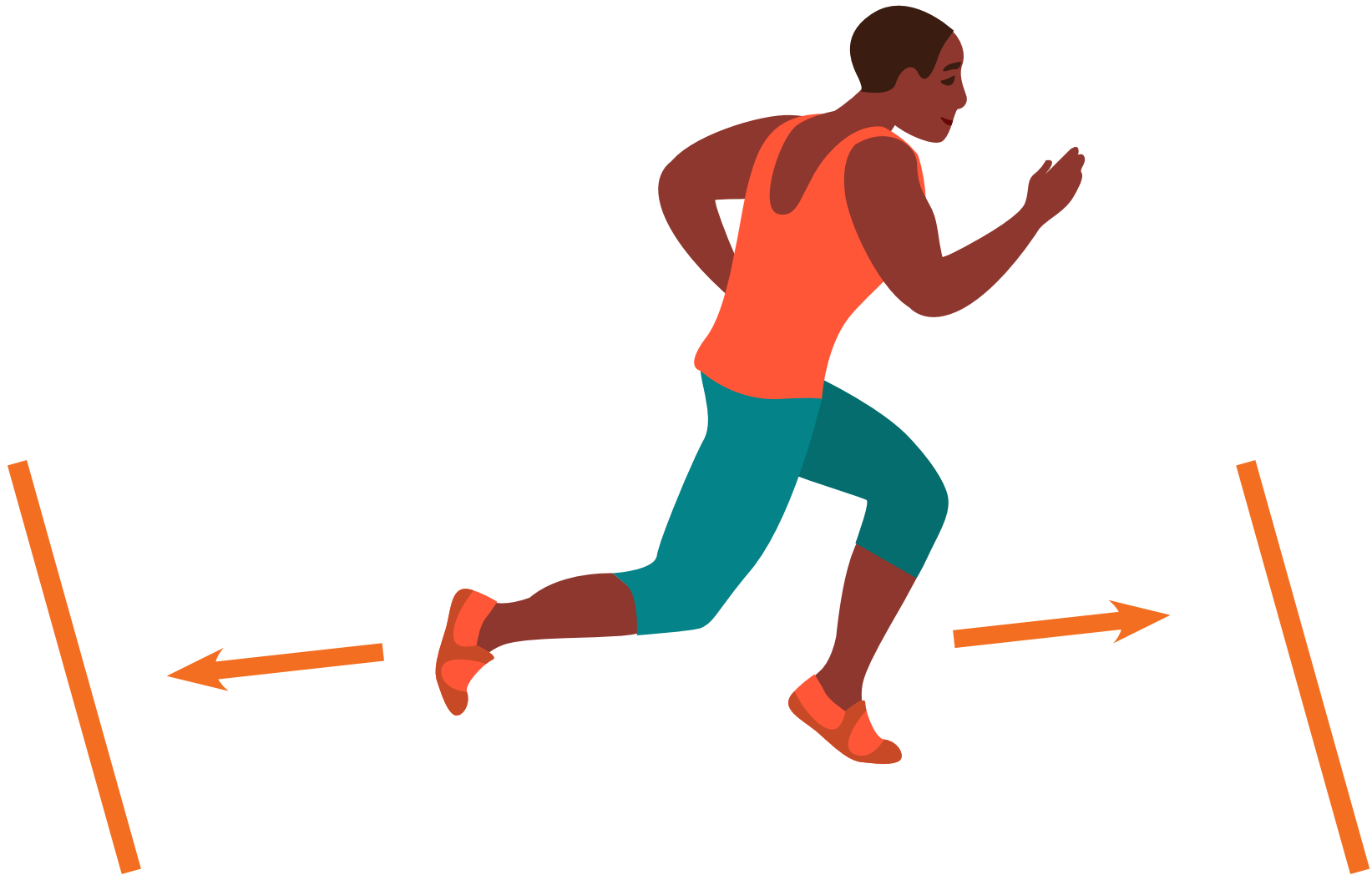
PUSH-UP VARIATIONS



TORTOISE & HARE

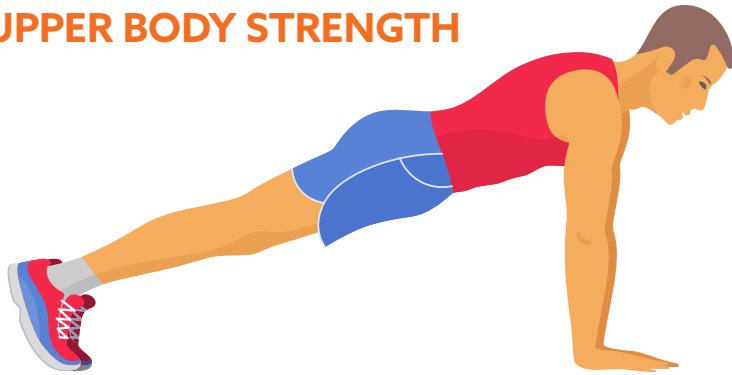


AGILITY RUN



YOUR CHOICE

UPPER BODY STRENGTH



FLEXIBILITY



ABDOMINAL STRENGTH

