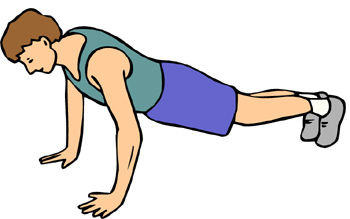
PUSH UPS



SIT UPS



JUMPING JACKS



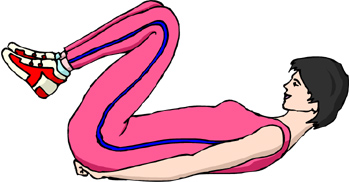
WALL PUSH-UPS



SIT AND REACH



LEG LIFTS



RUN



LUNGE



BICEP CURLS



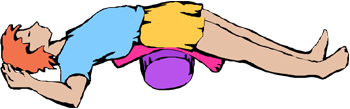
JUMP ROPE



HULA HOOP



STRETCH



SLALOM