

Every
Move Counts



Every
Move Counts



Every
Move Counts



Every
Move Counts



Every
Move Counts



Every
Move Counts



Every
Move Counts



Every
Move Counts



14

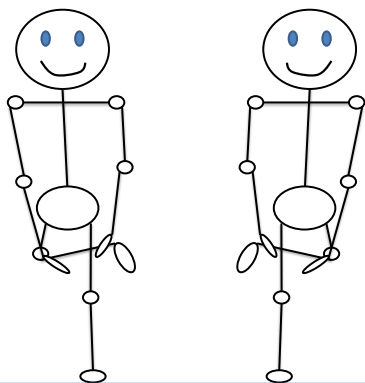
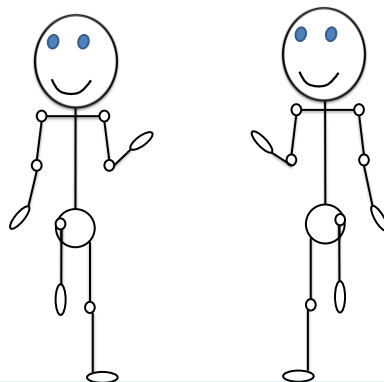


Figure 4 Walk

14

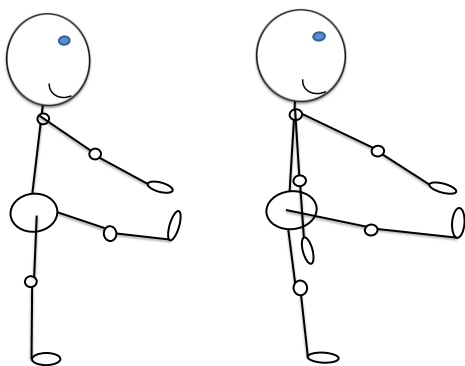
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Walking High Knees

13

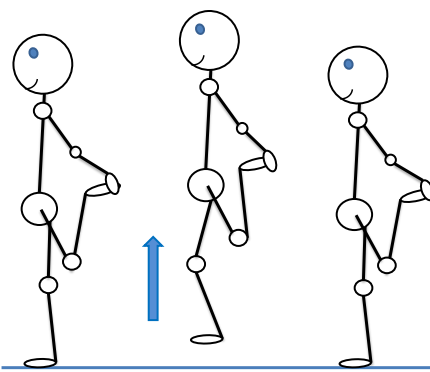
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Straight Leg Kicks

12

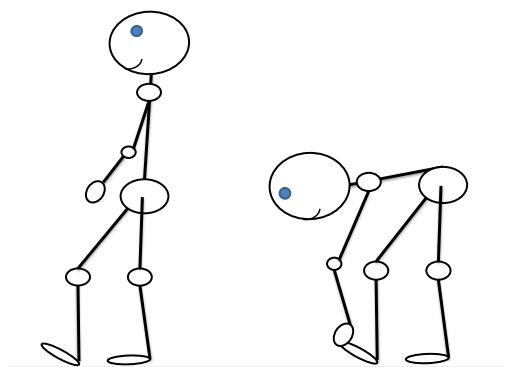
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Quad Hops

11

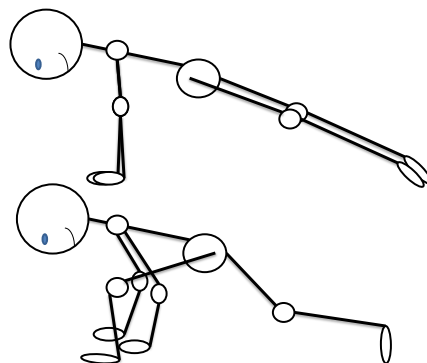
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Dynamic Hamstring

10

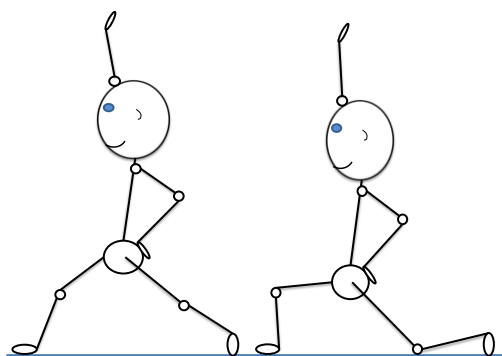
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Spiderman

9

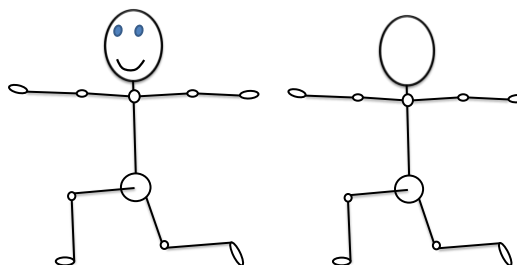
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Dynamic Hip Flexor

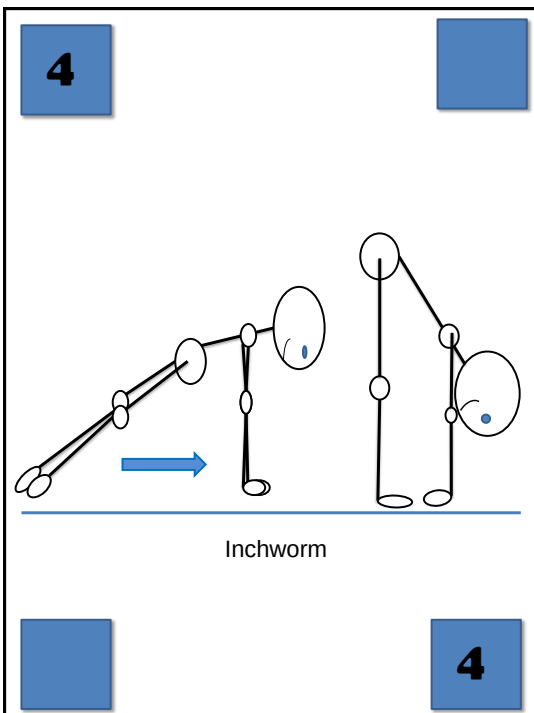
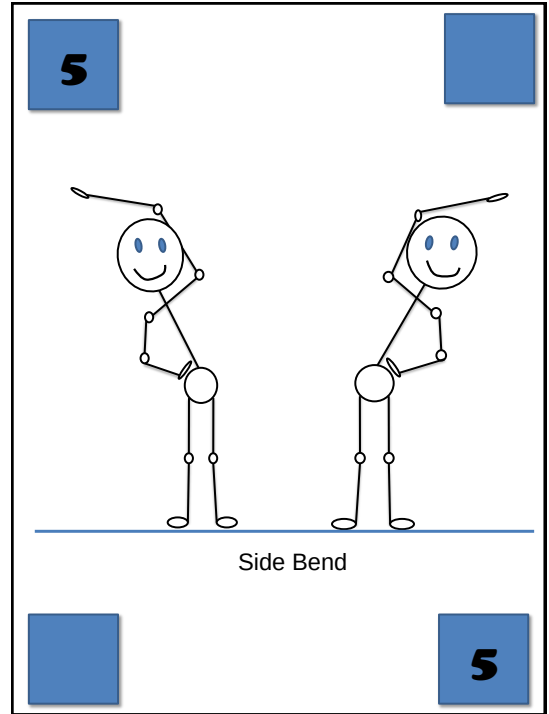
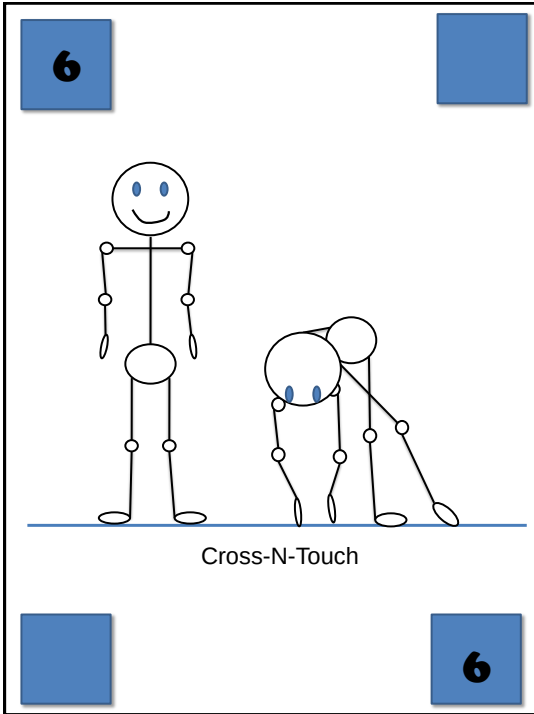
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7



Helicopter Lunges

7



14

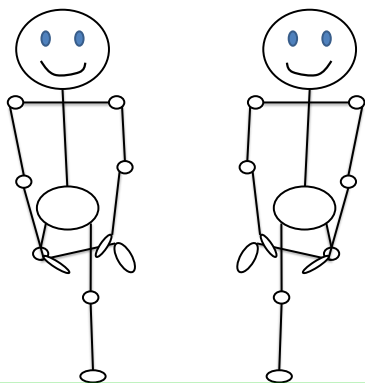
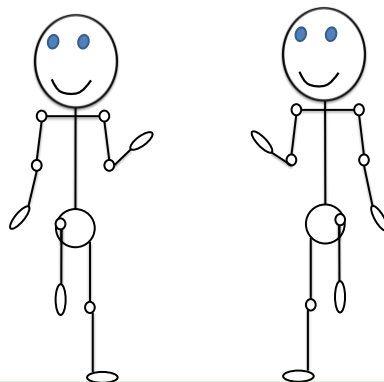


Figure 4 Walk

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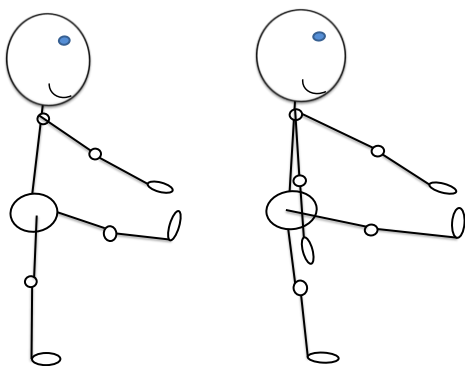
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Walking High Knees

13

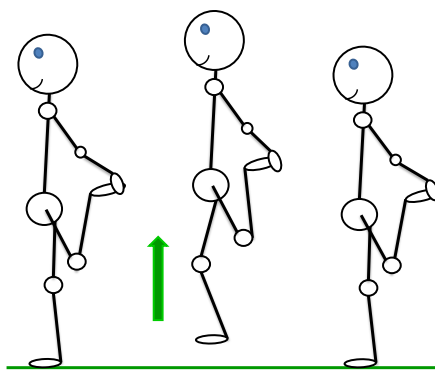
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Straight Leg Kicks

12

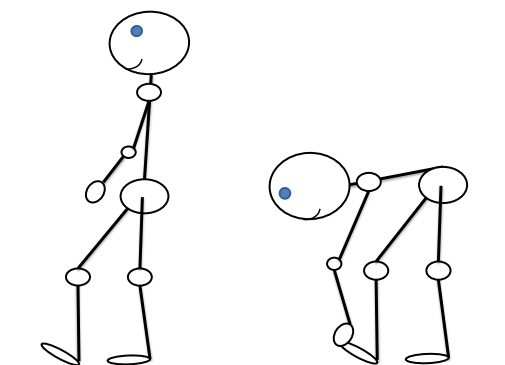
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Quad Hops

11

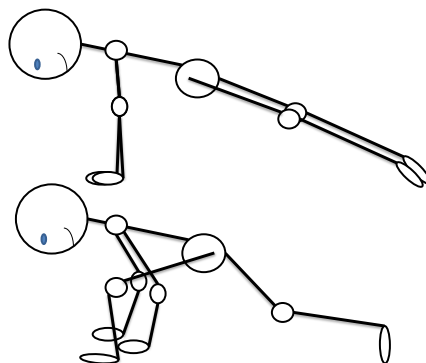
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Dynamic Hamstring

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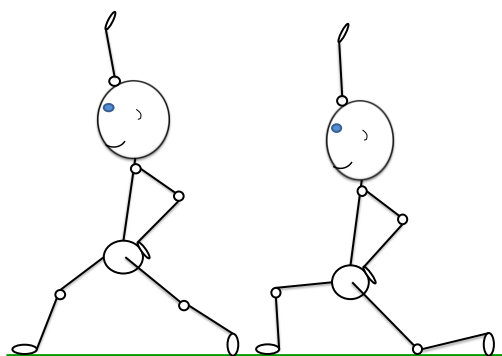
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Spiderman

9

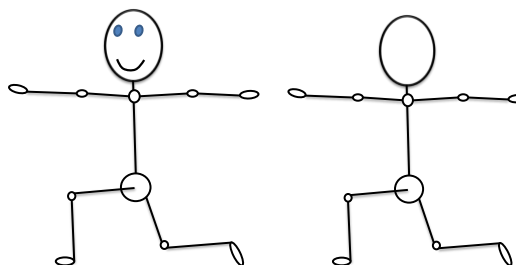
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Dynamic Hip Flexor

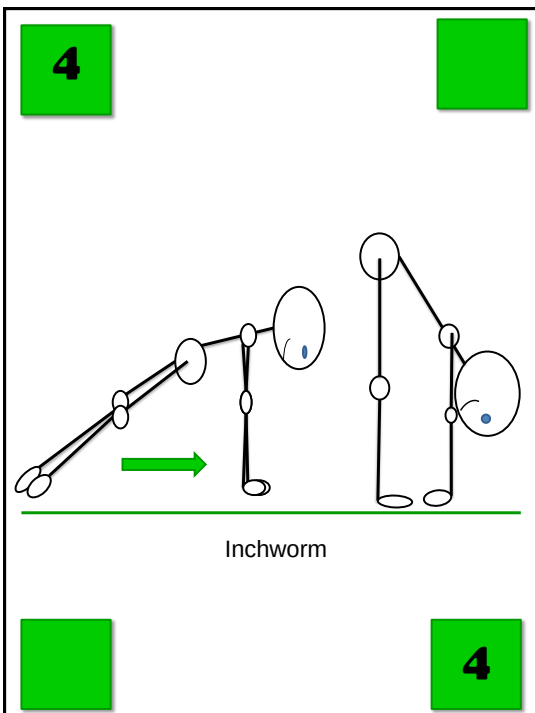
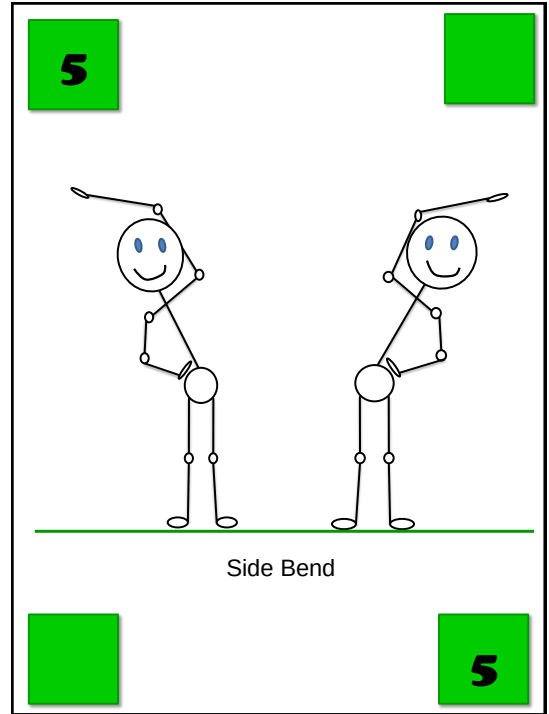
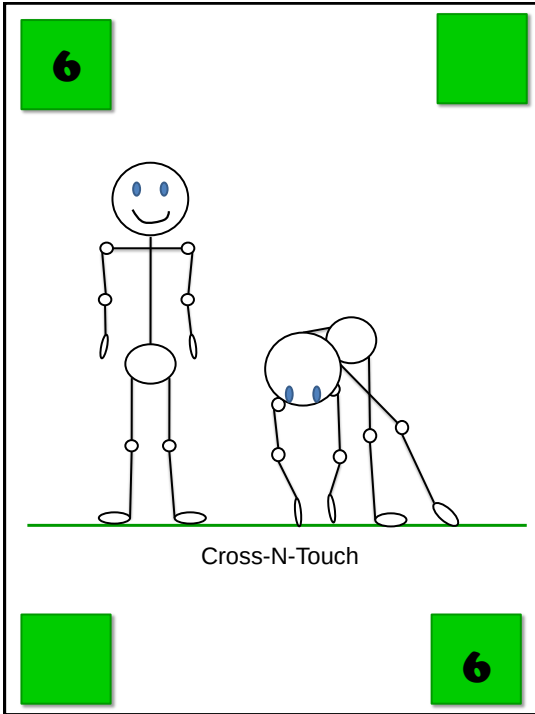
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7



Helicopter Lunges

7



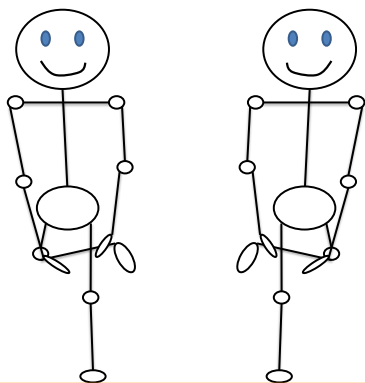
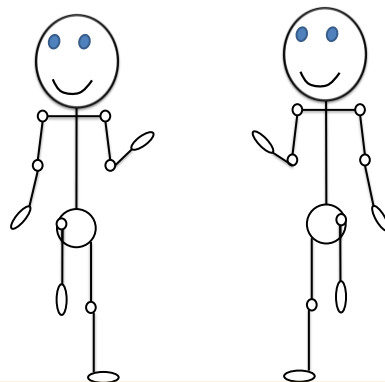
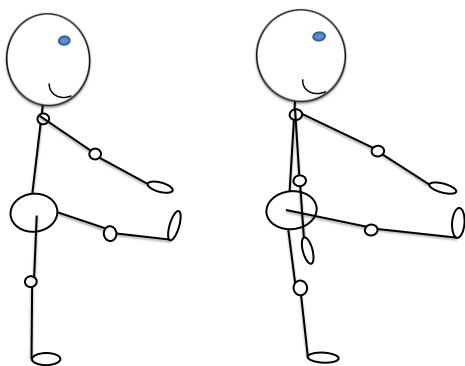
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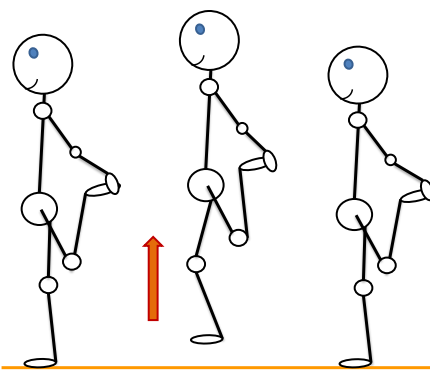
Figure 4 Walk

14**13**

Walking High Knees

13**12**

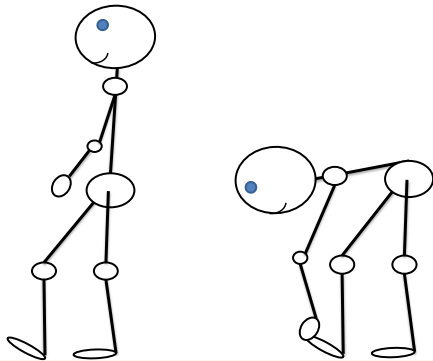
Straight Leg Kicks

12**11**

Quad Hops

11

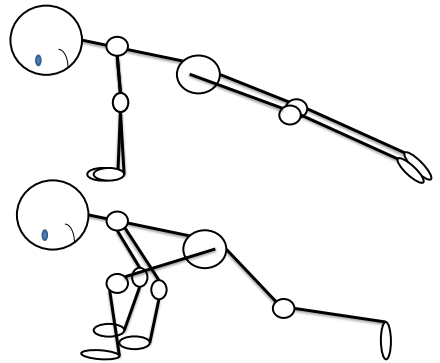
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Dynamic Hamstring

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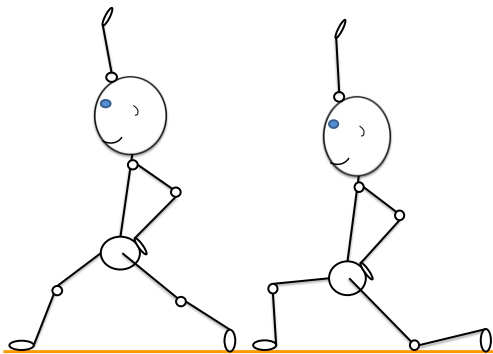
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Spiderman

9

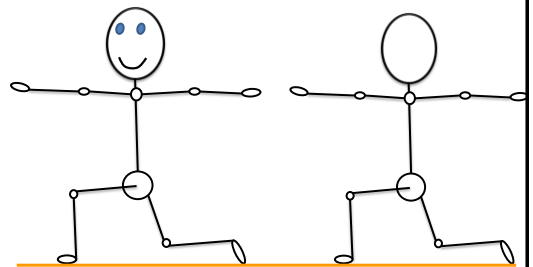
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Dynamic Hip Flexor

8

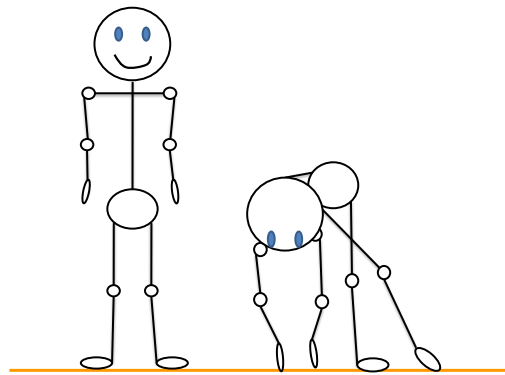
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Helicopter Lunges

7

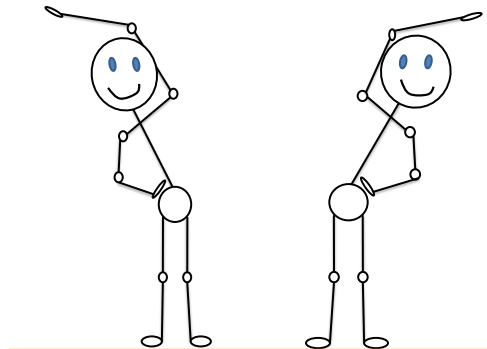
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Cross-N-Touch

6

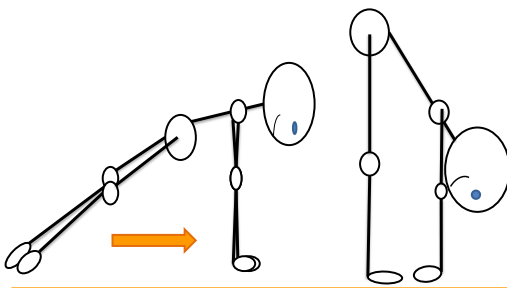
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Side Bend

5

4



Inchworm

4

Wild



Wild

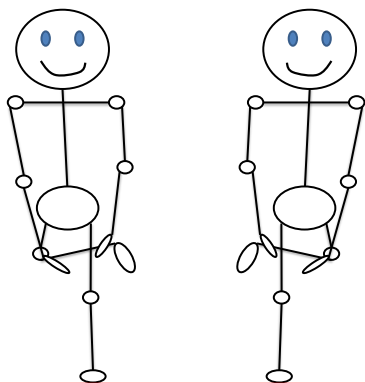
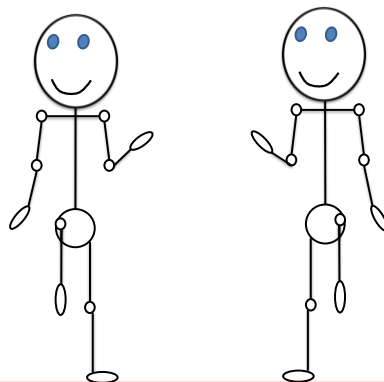
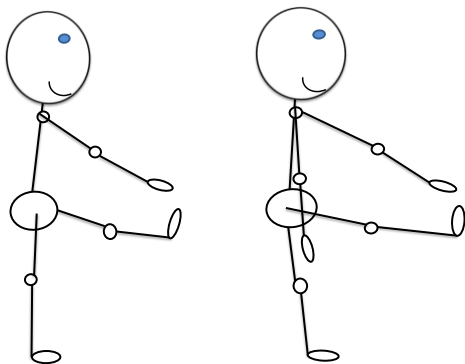
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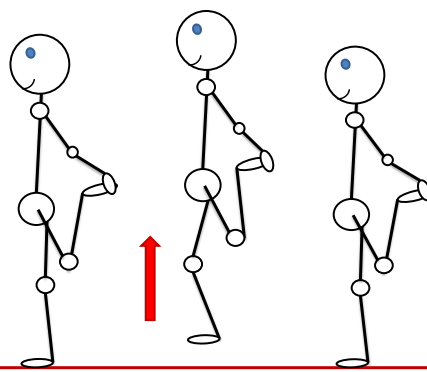
Figure 4 Walk

14**13**

Walking High Knees

13**12**

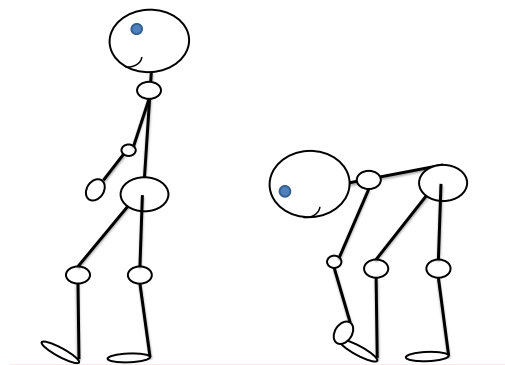
Straight Leg Kicks

12**11**

Quad Hops

11

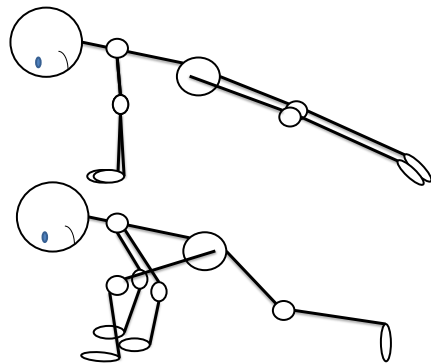
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Dynamic Hamstring

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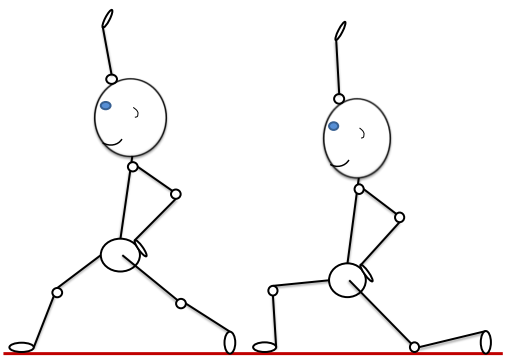
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Spiderman

9

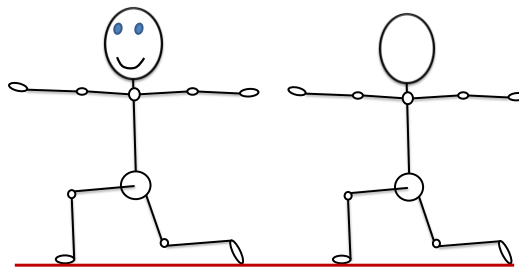
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Dynamic Hip Flexor

8

7



Helicopter Lunges

7

