

Every
Move Counts



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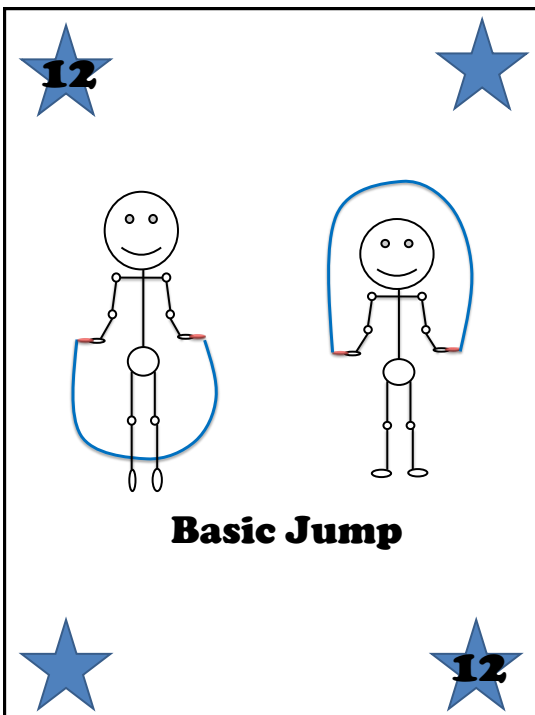
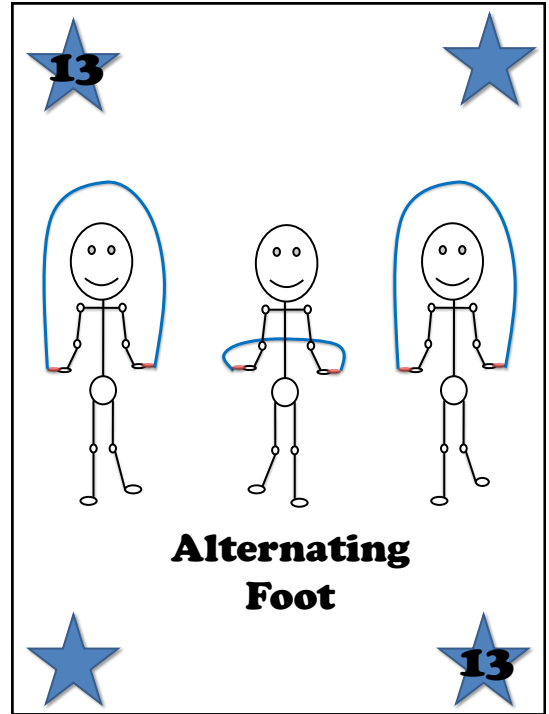
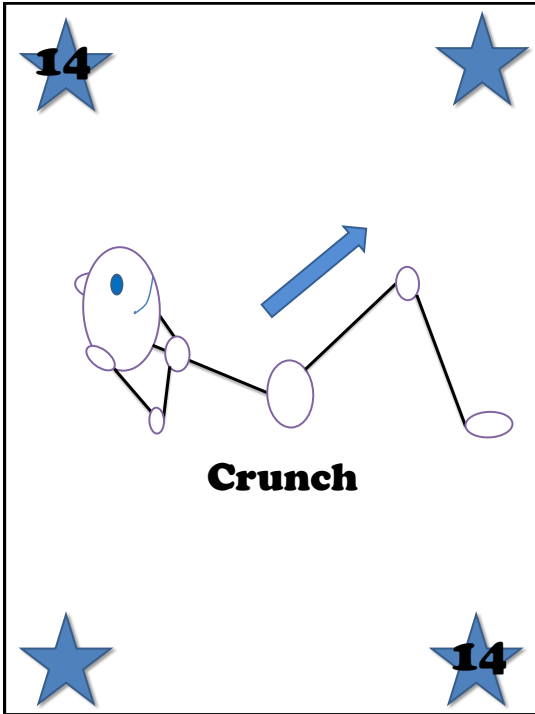


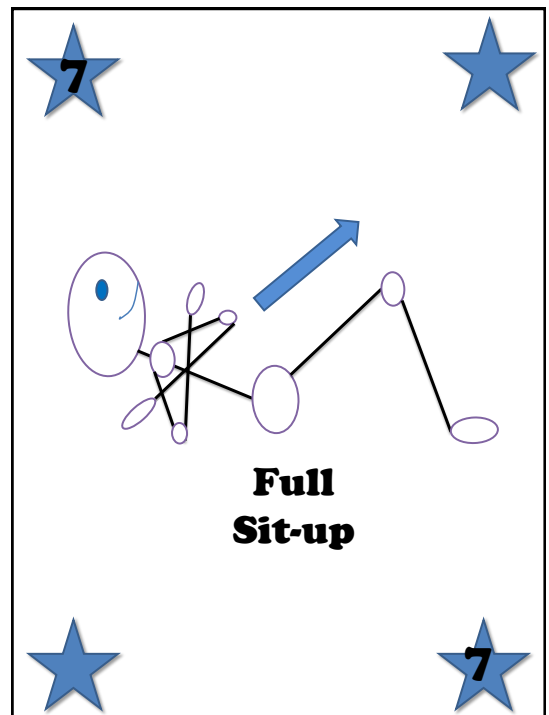
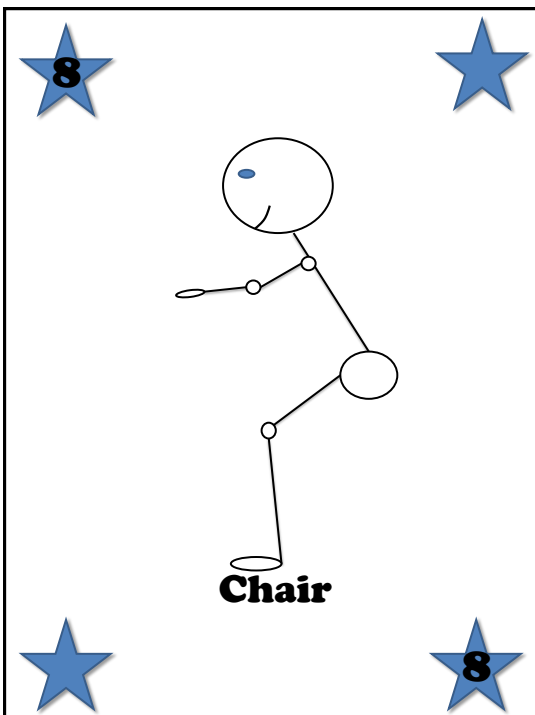
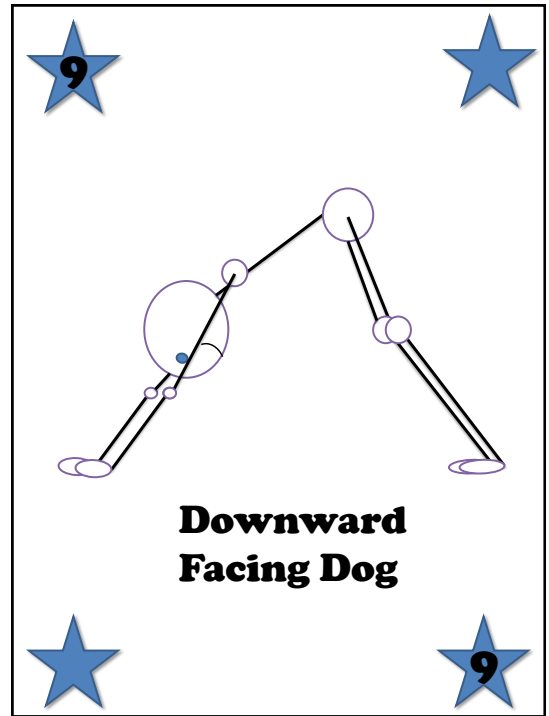
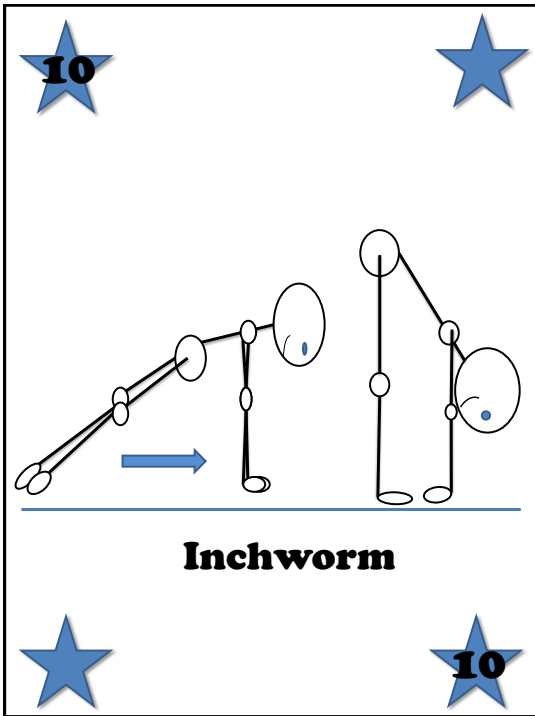
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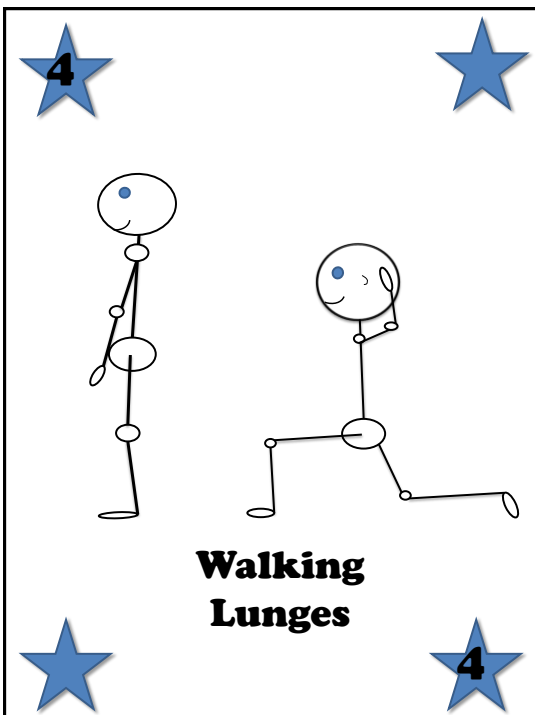
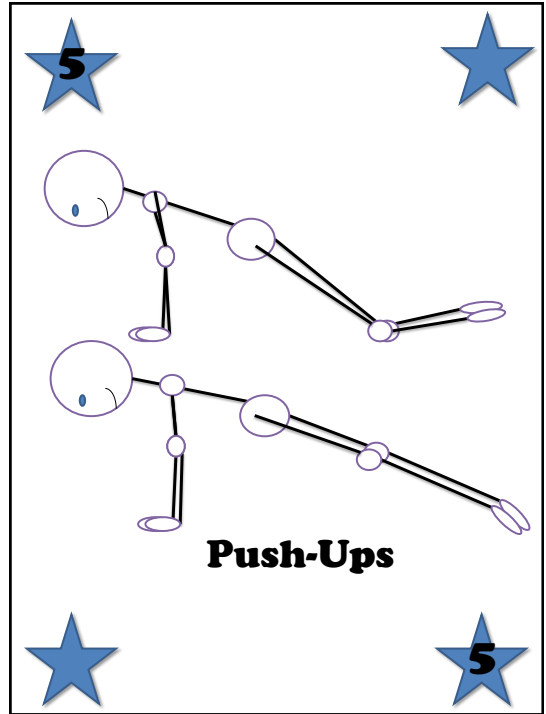
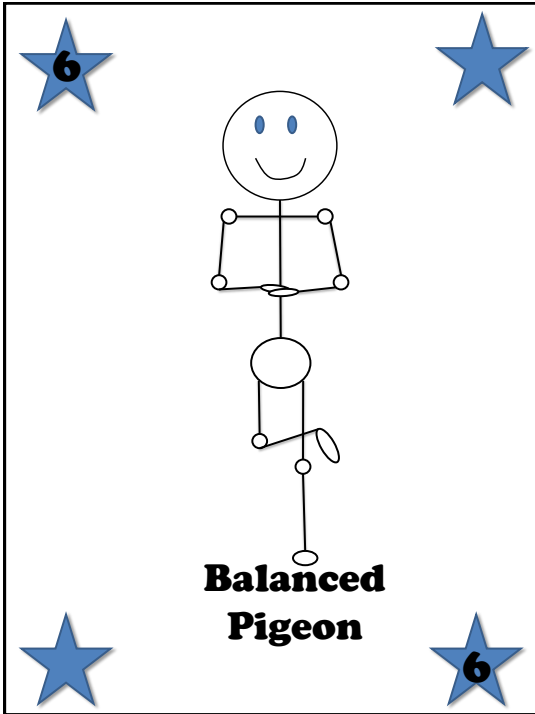


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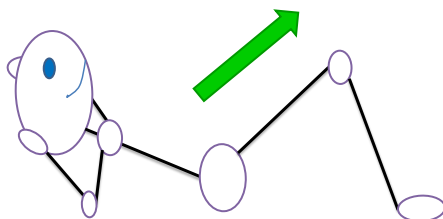








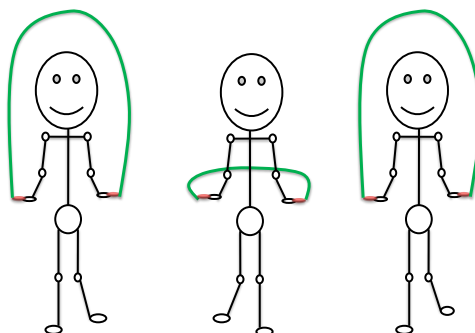
14



Crunch

14

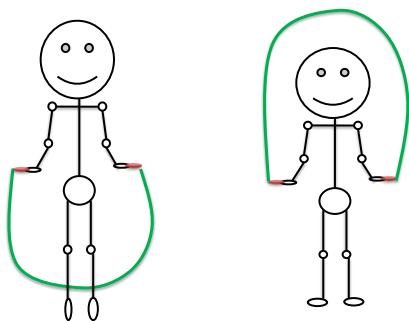
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**Alternating
Foot**

13

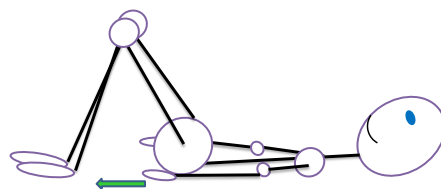
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Basic Jump

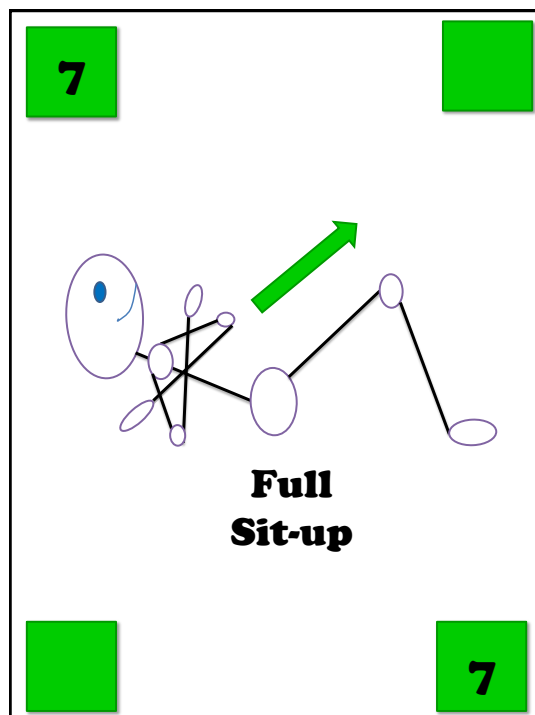
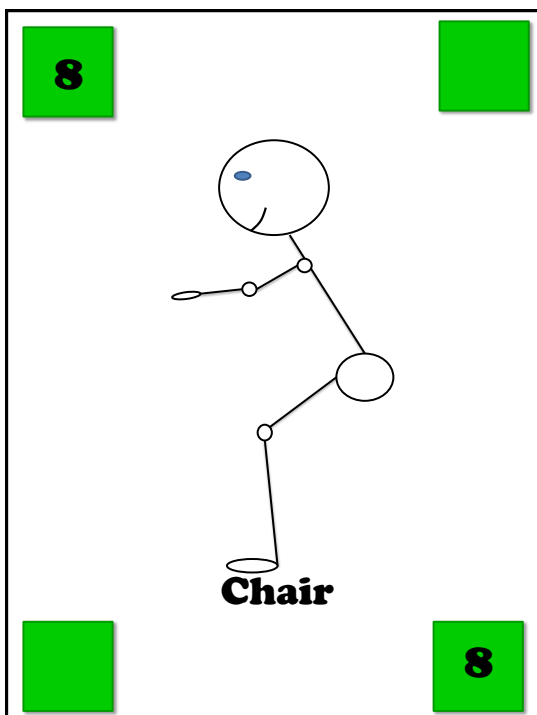
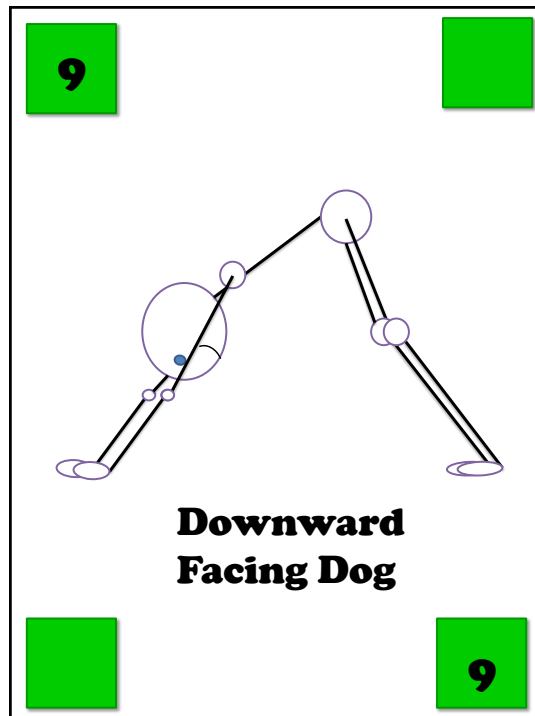
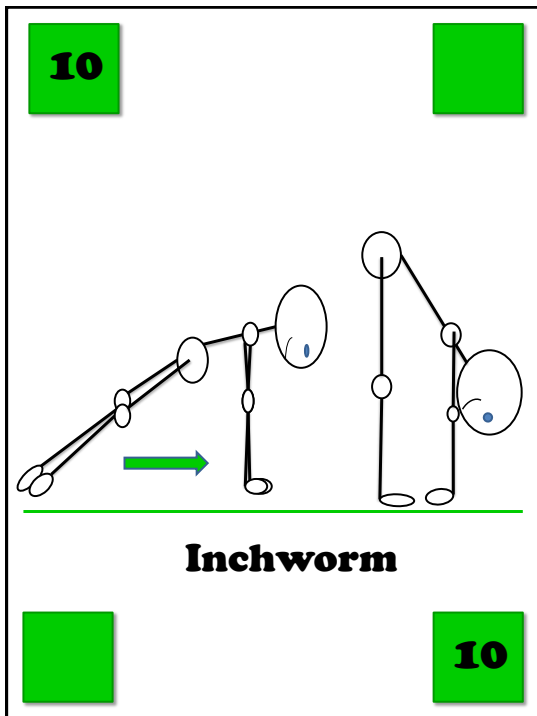
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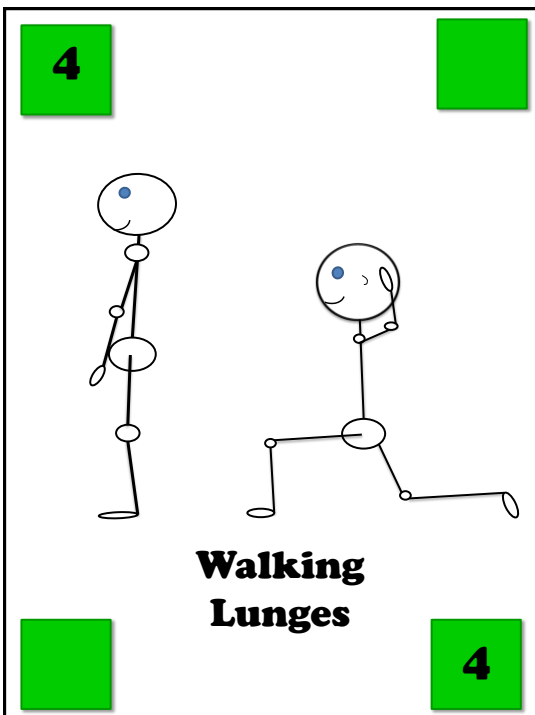
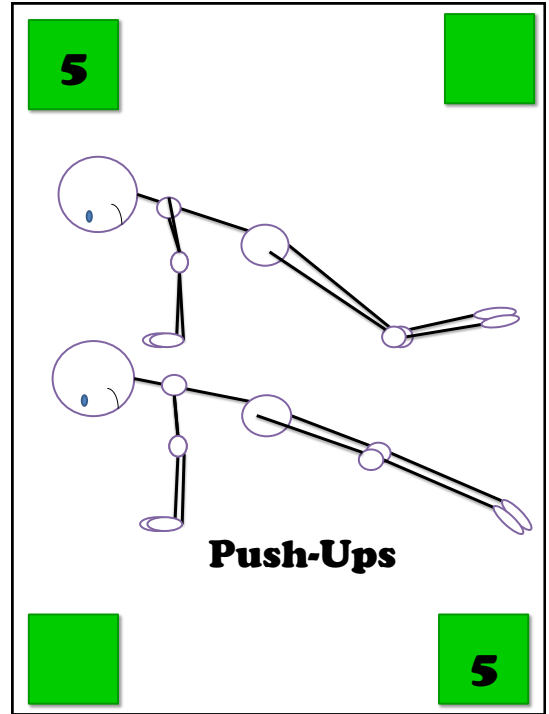
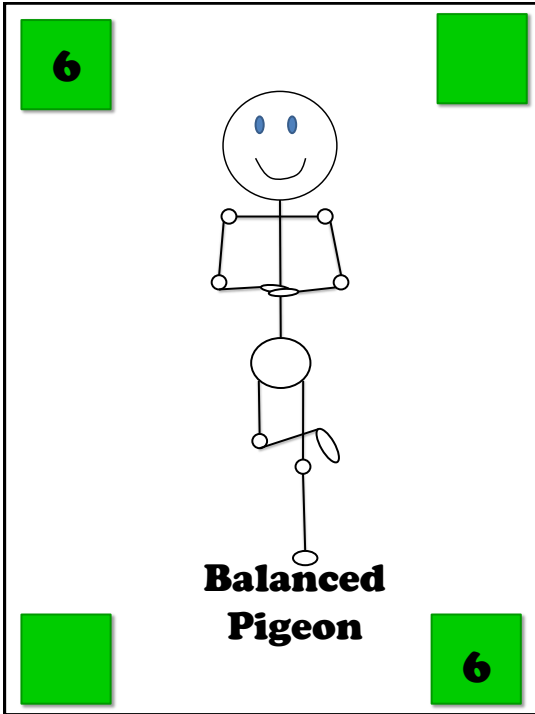
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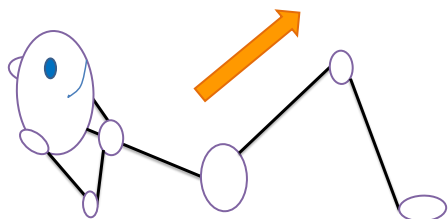
**Alternating
Heel Touch**

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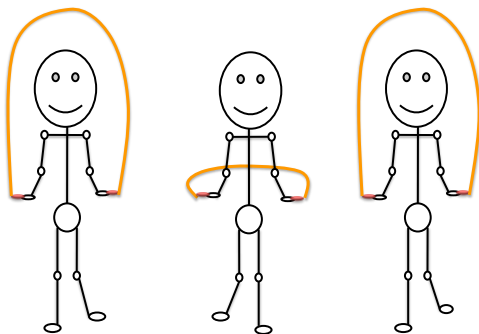
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Crunch

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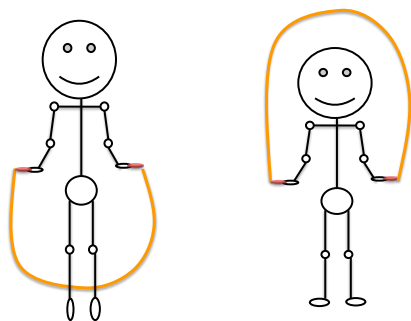
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**Alternating
Foot**

13

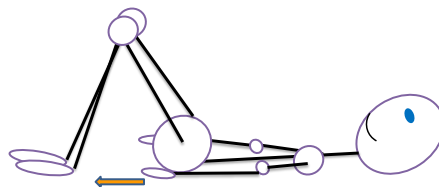
12



Basic Jump

12

11



**Alternating
Heel Touch**

11

