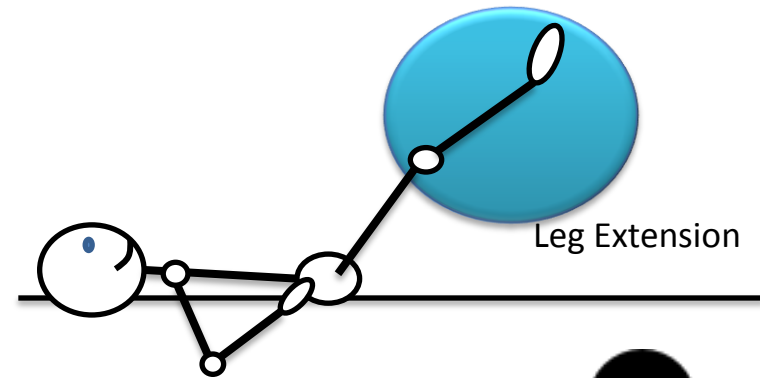
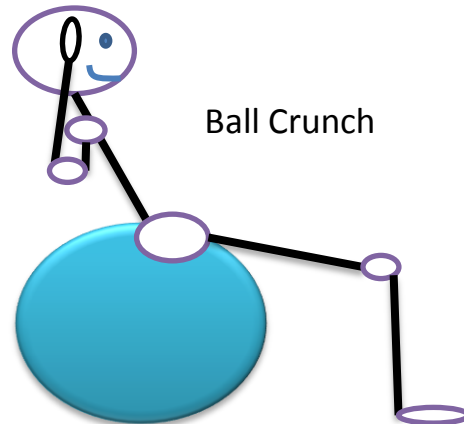
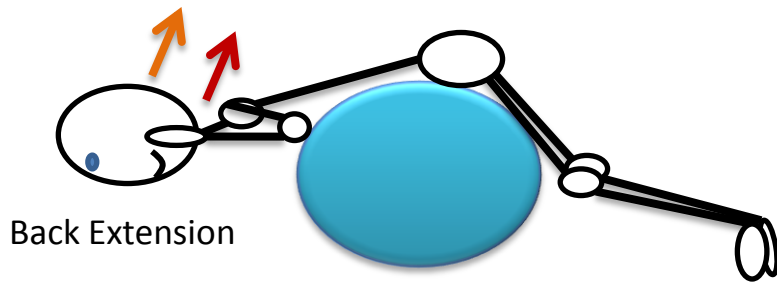
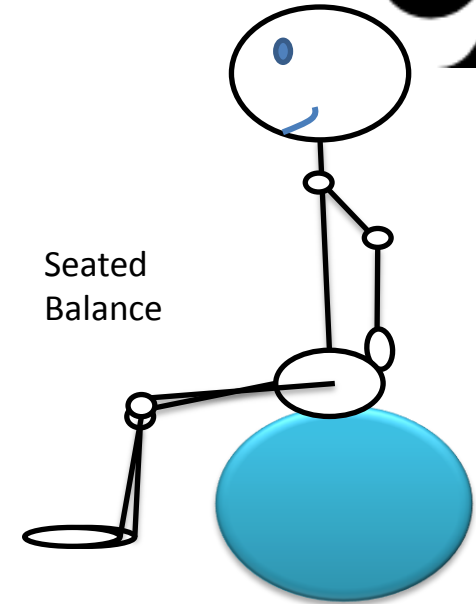
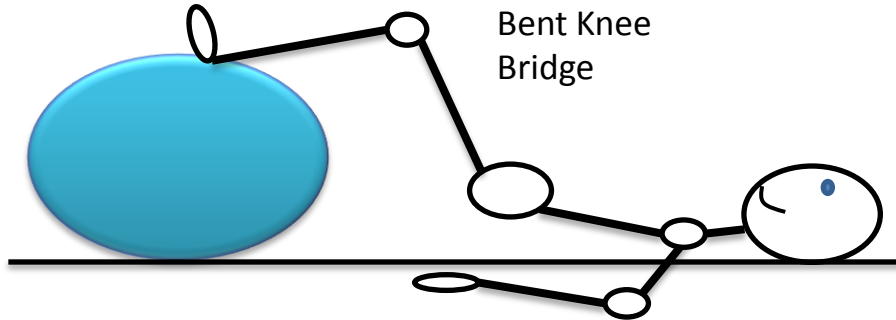


Stability Ball



Dynamic Flexibility

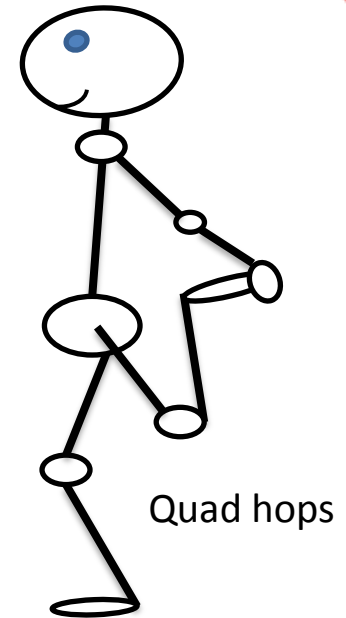
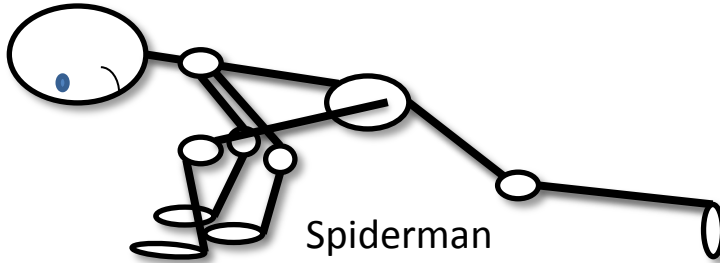
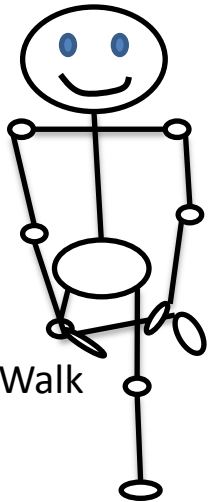
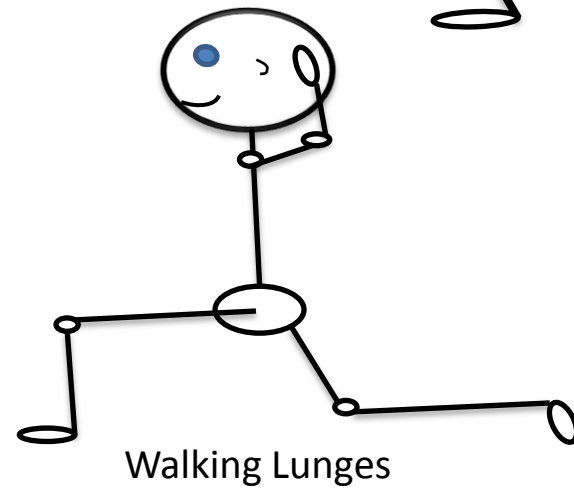
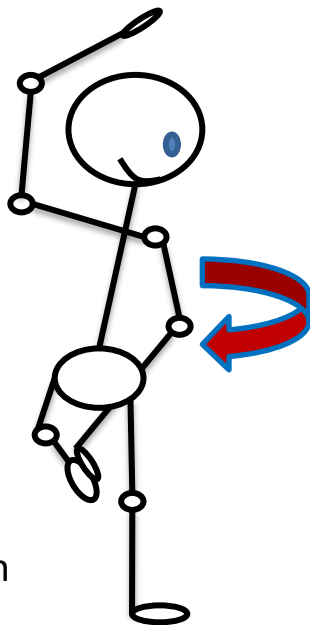


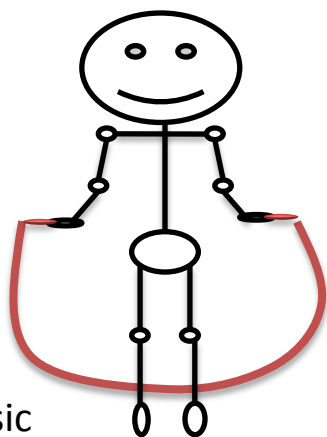
Figure 4 Walk



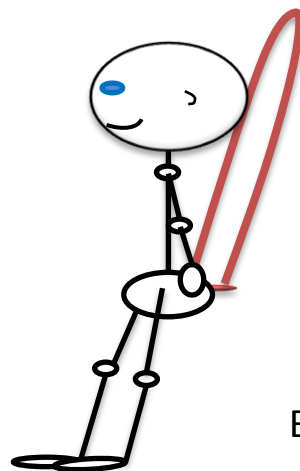
Scorpion



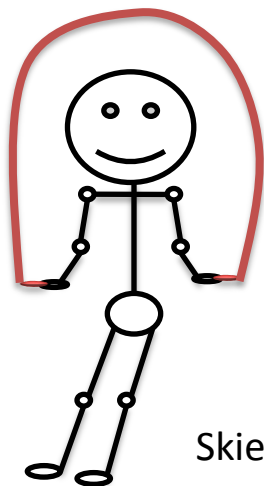
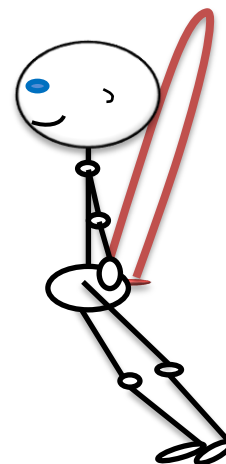
Jump Rope



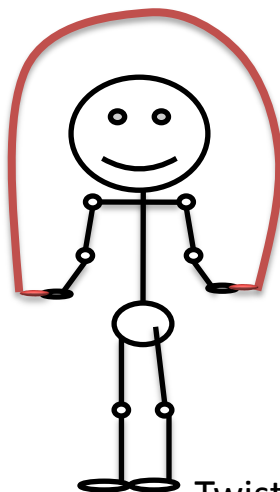
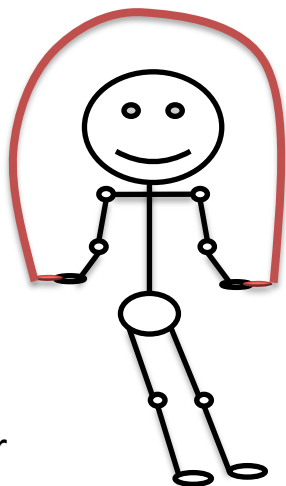
Basic



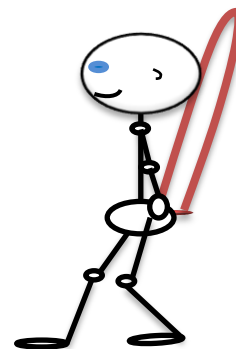
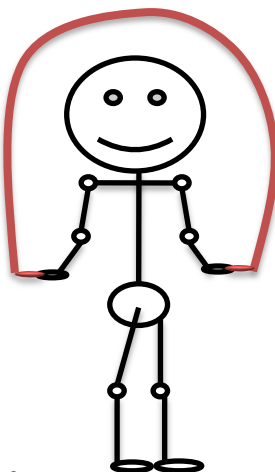
Bell



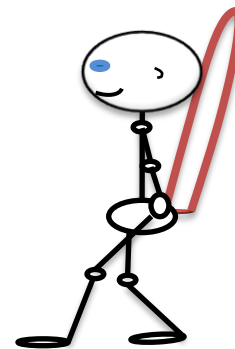
Skier



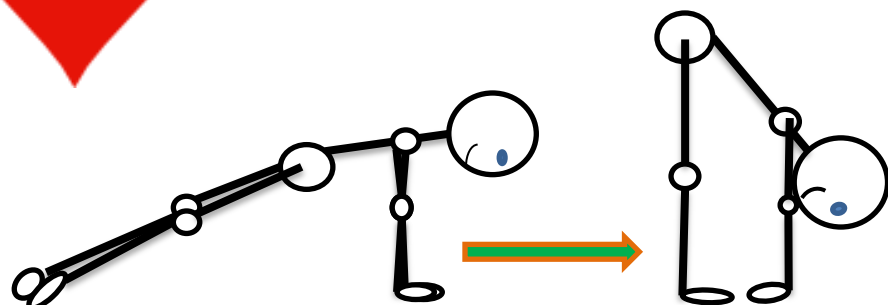
Twister



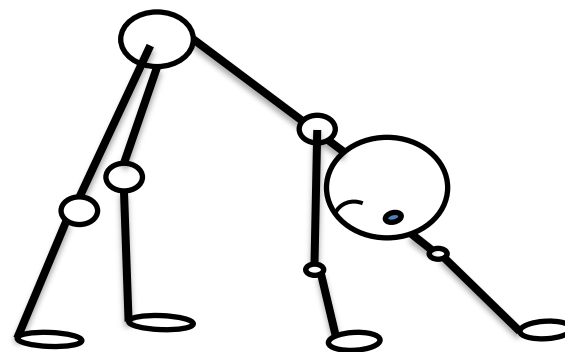
Scissors



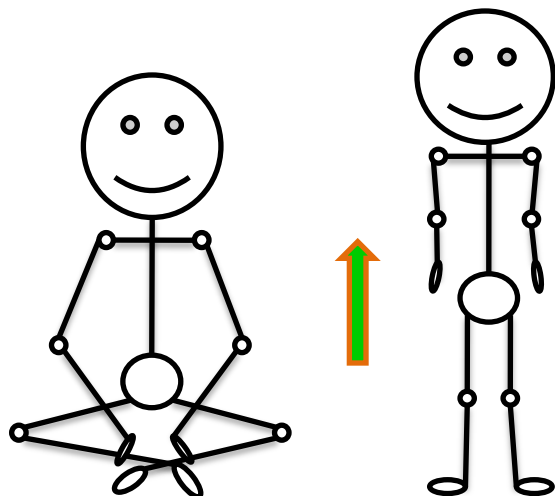
Fun Stunts



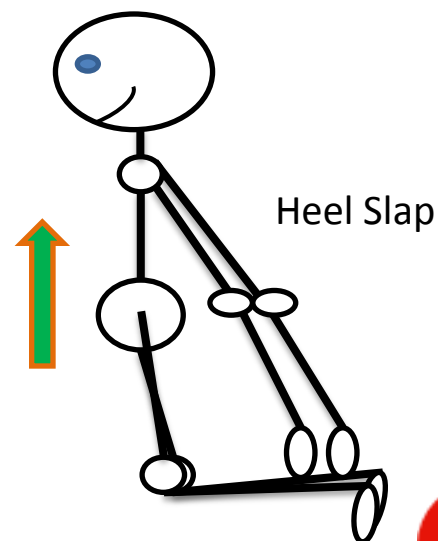
Inchworm



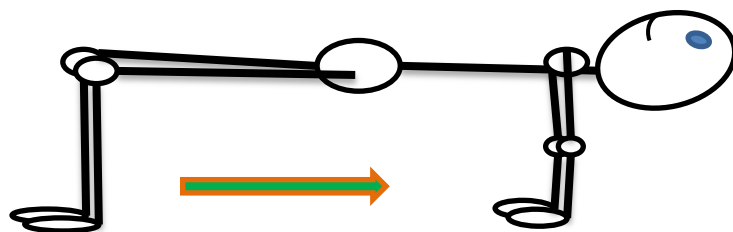
Bear Walk



Cross Stand



Heel Slap



Crab Walk

