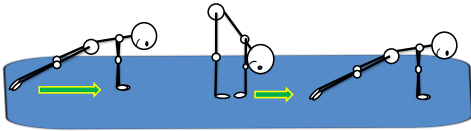
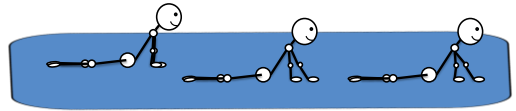


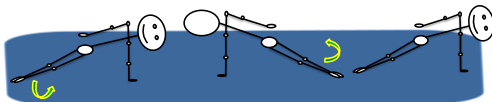
Inchworm



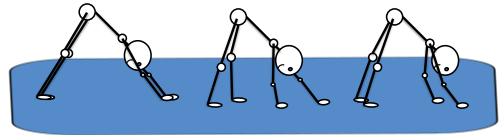
Seal Walk



Coffee Grinder



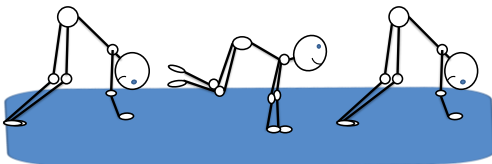
Bear Walk



1. Move right hand and foot together.
2. Then move left hand and foot together.



Rocker



Crazy Cross Stand

