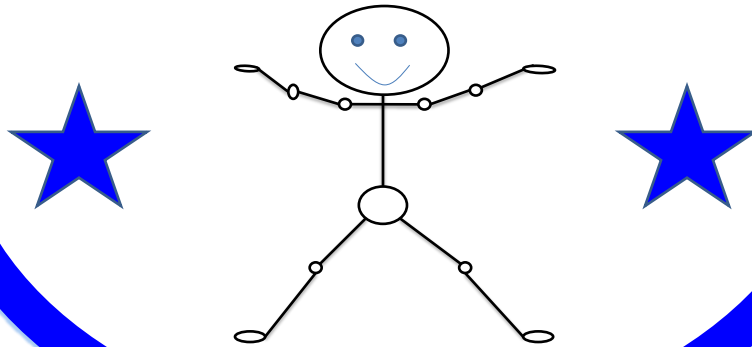




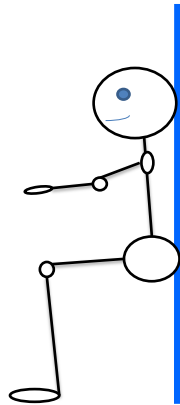
Blue

STAR JUMPS



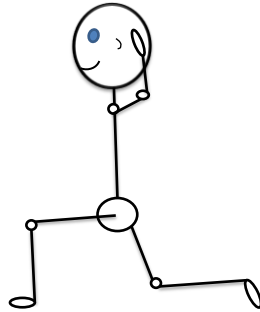
Blue

WALL SIT



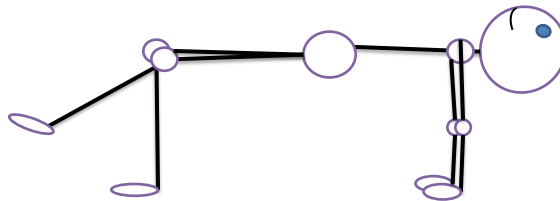
Blue

WALKING LUNGES



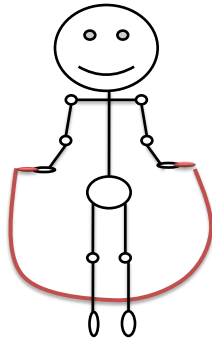
Blue

CRAB HEEL KICKS



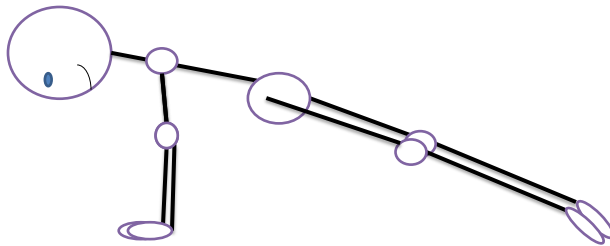
Blue

BASIC JUMP



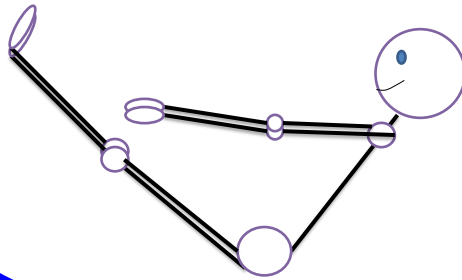
Blue

PUSH-UPS



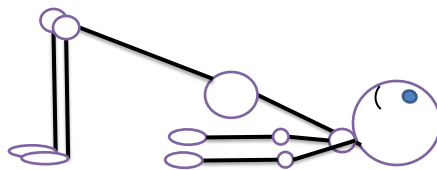
Blue

BOAT POSE



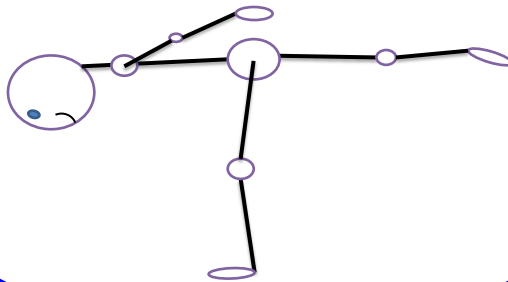
Blue

BRIDGE POSE



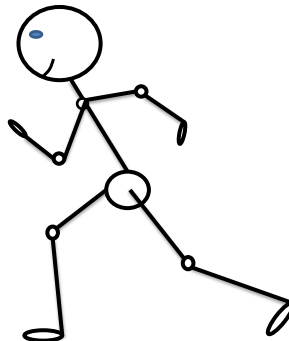
Blue

AIRPLANE With RUDDER



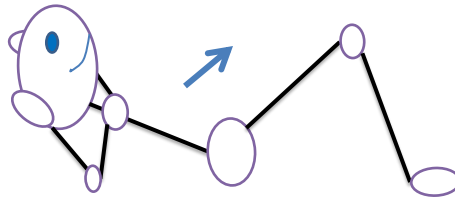
Blue

Jog Around the Cones



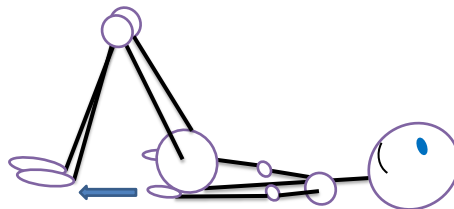
Blue

Crunch



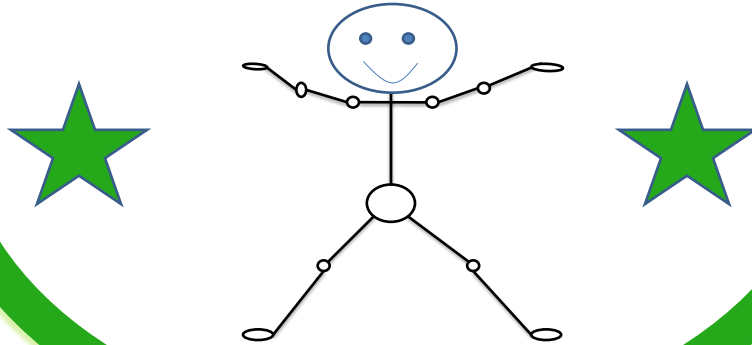
Blue

Bent Knee Heel Touch



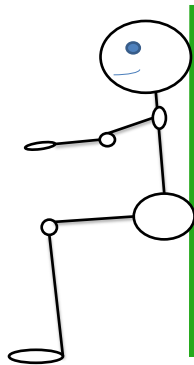
Green

STAR JUMPS



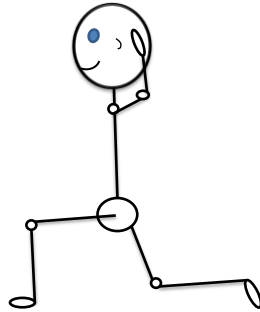
Green

WALL SIT



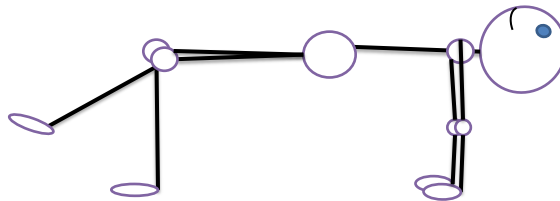
Green

WALKING LUNGES



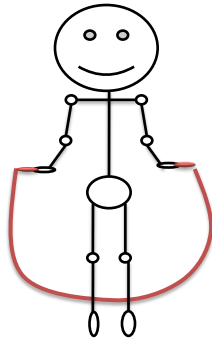
Green

CRAB HEEL KICKS



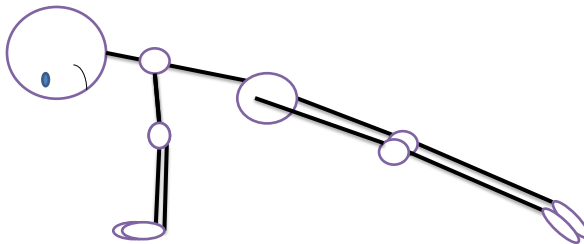
Green

BASIC JUMP



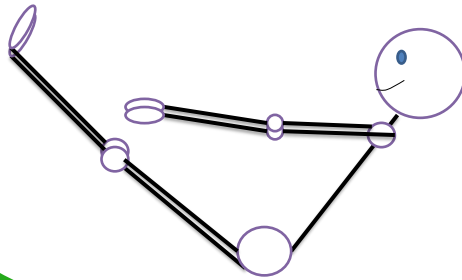
Green

PUSH-UPS



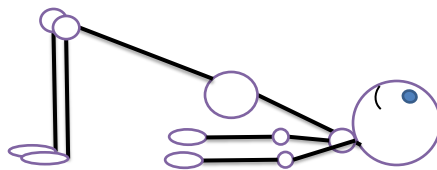
Green

BOAT POSE



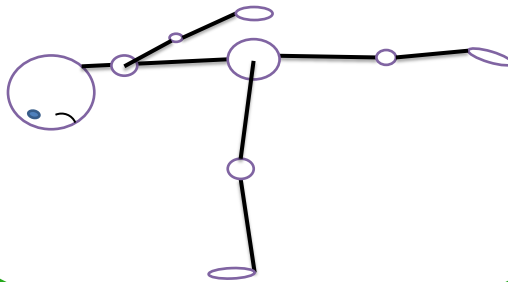
Green

BRIDGE POSE



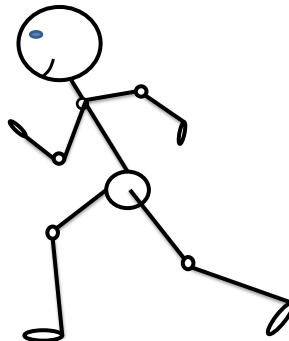
Green

AIRPLANE with RUDDER



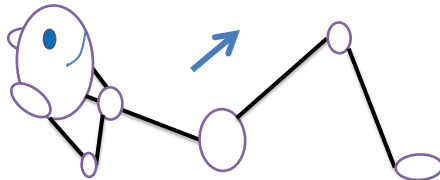
Green

Jog Around the Cones



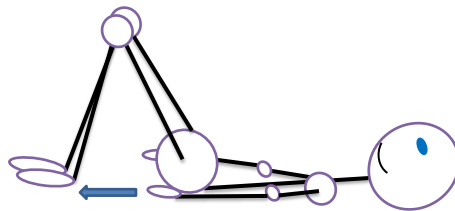
Green

Crunch



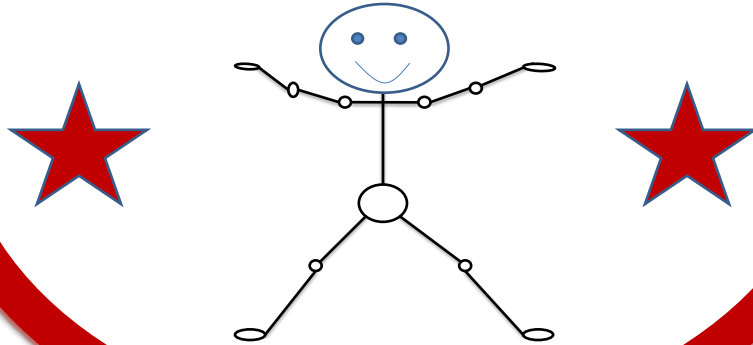
Green

Bent Knee Heel Touch



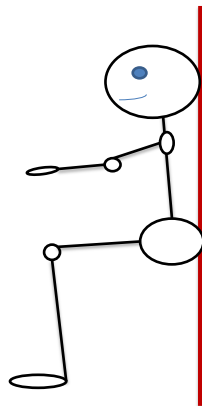
Red

STAR JUMPS



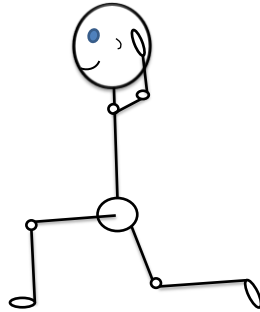
Red

WALL SIT



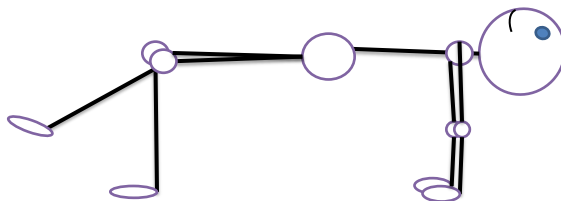
Red

WALKING LUNGES



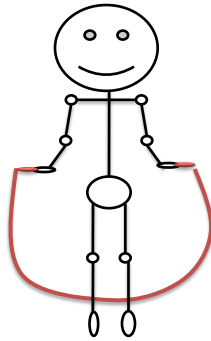
Red

CRAB HEEL KICKS



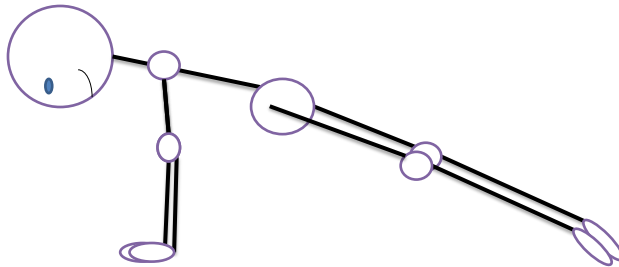
Red

BASIC JUMP



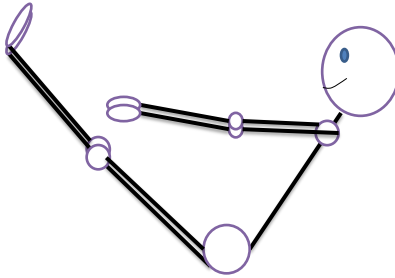
Red

PUSH-UPS



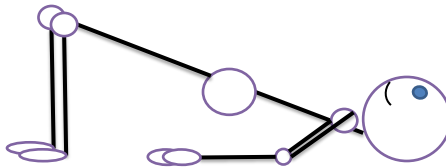
Red

BOAT POSE



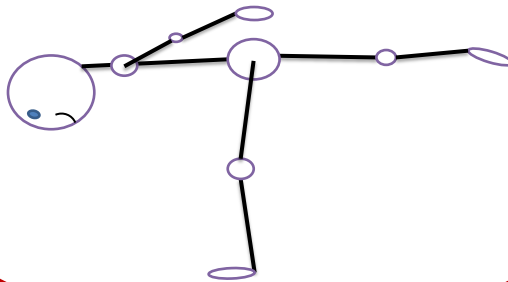
Red

BRIDGE POSE



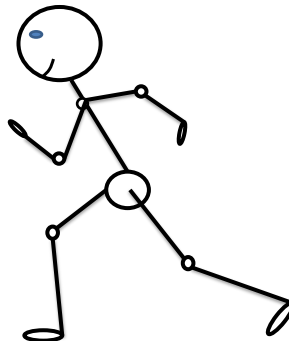
Red

AIRPLANE with RUDDER



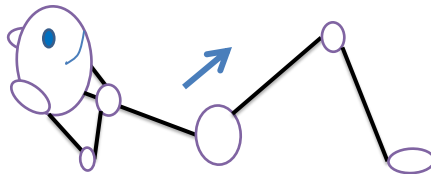
Red

Jog Around the Cones



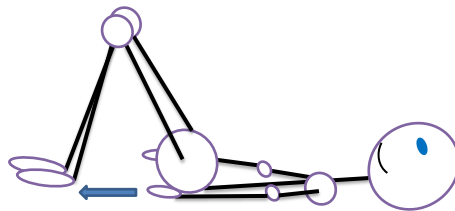
Red

Crunch



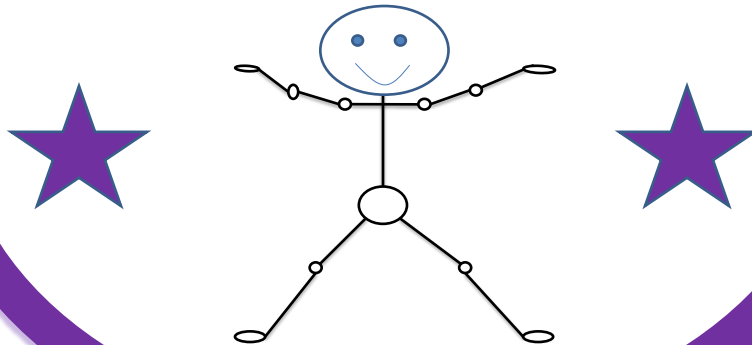
Red

Bent Knee Heel Touch



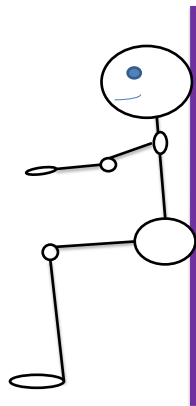
Purple

STAR JUMPS



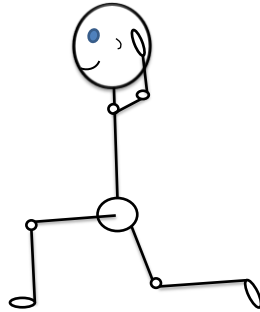
Purple

WALL SIT



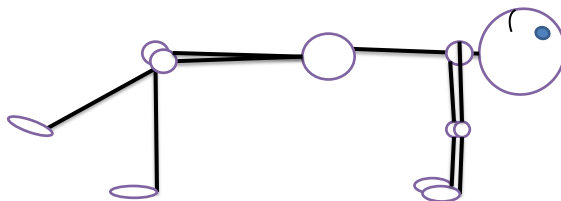
Purple

WALKING LUNGES



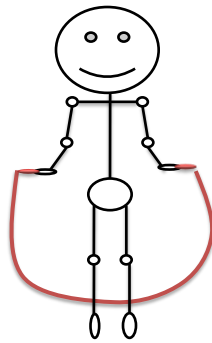
Purple

CRAB HEEL KICKS



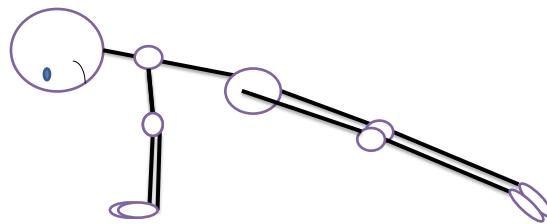
Purple

BASIC JUMP



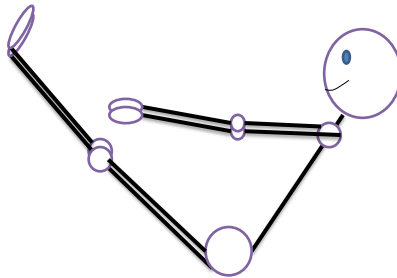
Purple

PUSH-UPS



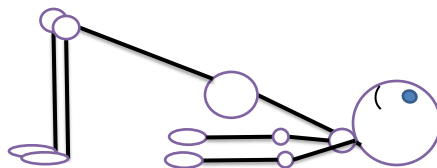
Purple

BOAT POSE



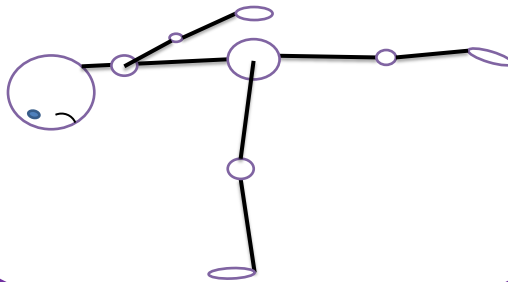
Purple

BRIDGE POSE



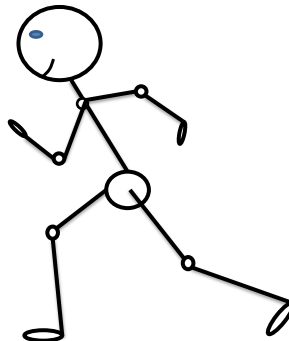
Purple

AIRPLANE with RUDDER



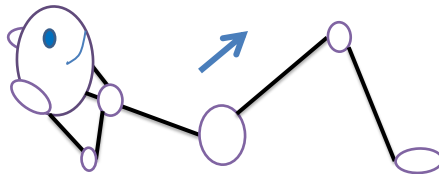
Purple

Jog Around the Cones



Purple

Crunch



Purple

Bent Knee Heel Touch

