








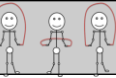



Two by Two Jump Rope

You and		Complete bell jumps 
You and		Complete skier jumps 
You and		Complete basic jump 
You and		Touch 3 walls
You and		Complete Alternating Foot 
You and		Complete side straddles 
You and		Stretch your Tricep muscle
You and		Speed walk around the outside of the cones 

Two by Two Jump Rope

You and		Complete bell jumps 
You and		Complete skier jumps 
You and		Complete basic jump 
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You and		Stretch your Tricep muscle
You and		Speed walk around the outside of the cones 