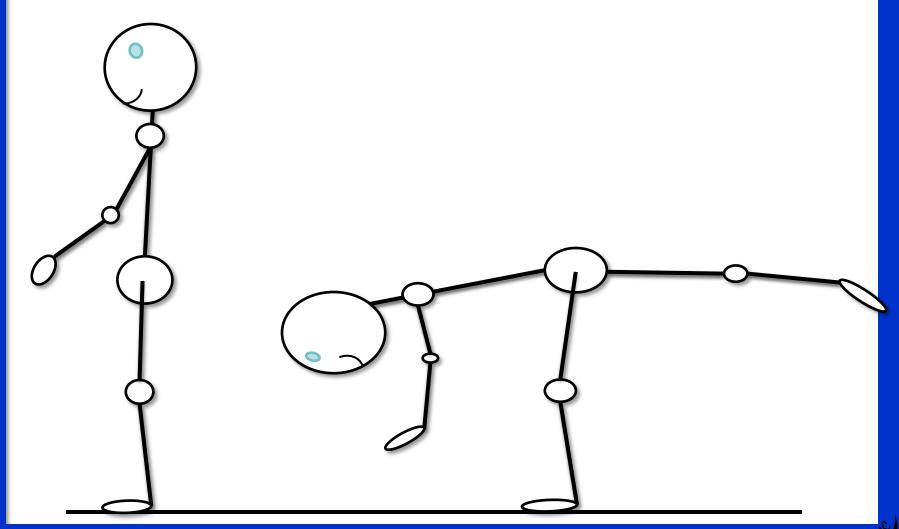
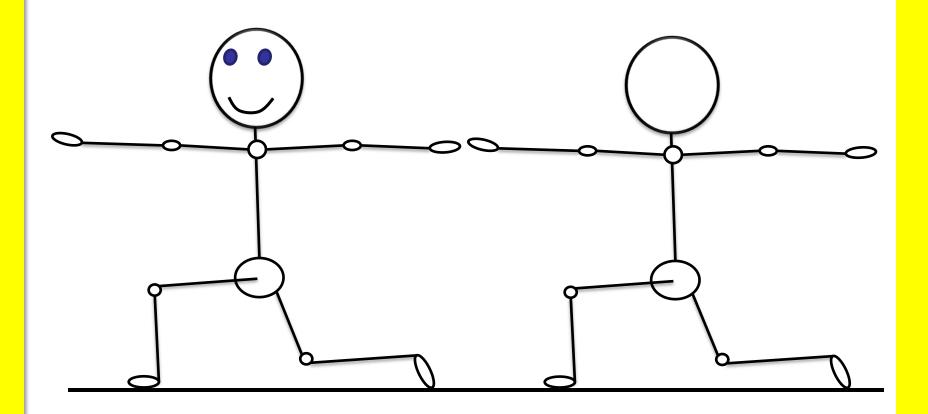




Stepovers



Helicopter Lunges

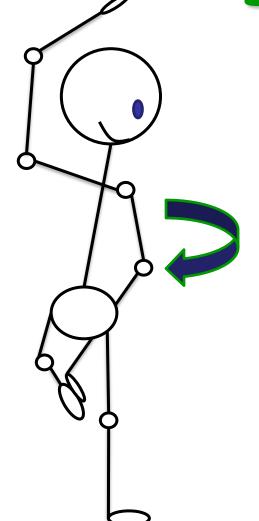


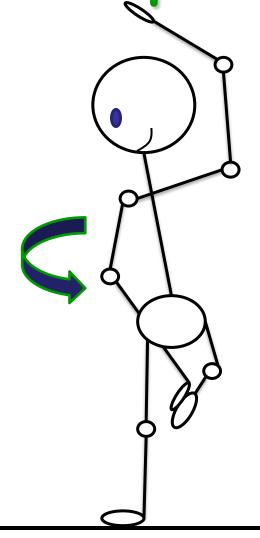


Walking Straight Leg Kick



Standing Scorpian







Quad Hops

