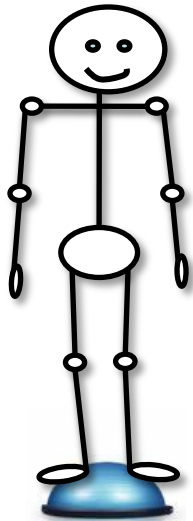
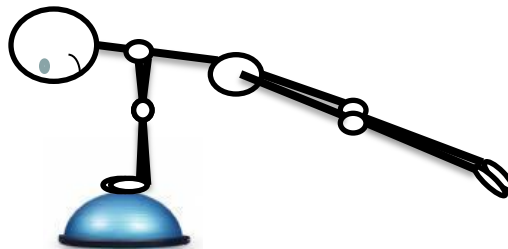


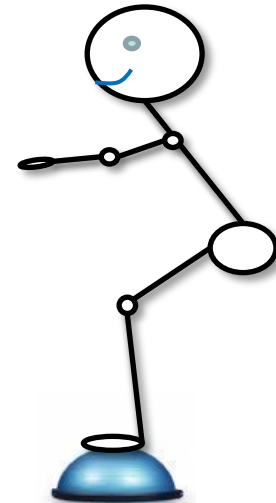
BOSU Activities



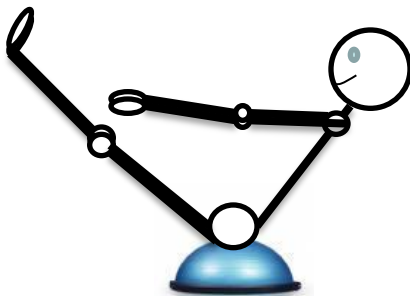
Ball Balance



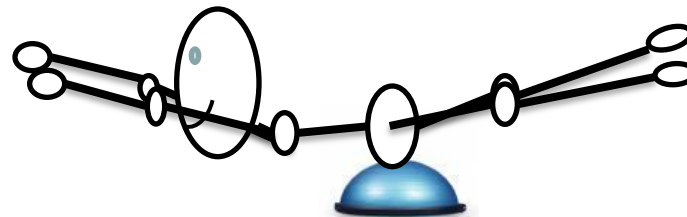
Plank



Squat



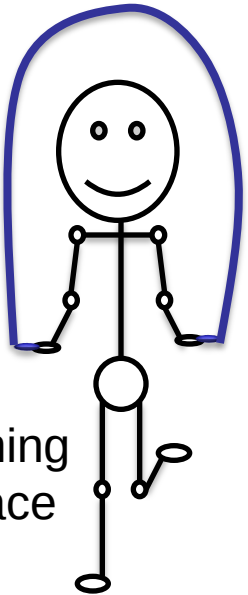
V-Sit



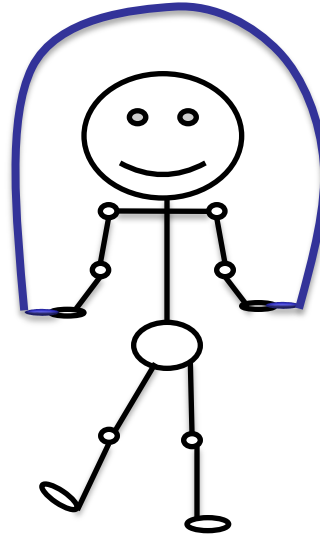
Superman

Jump Rope

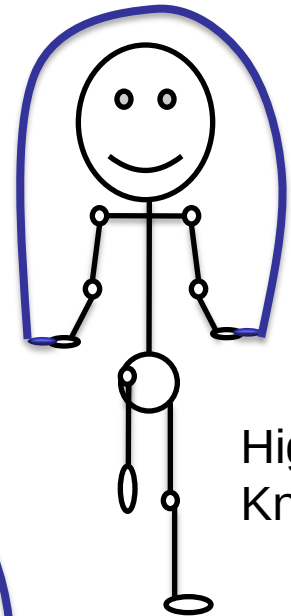
Choose the jump rope move



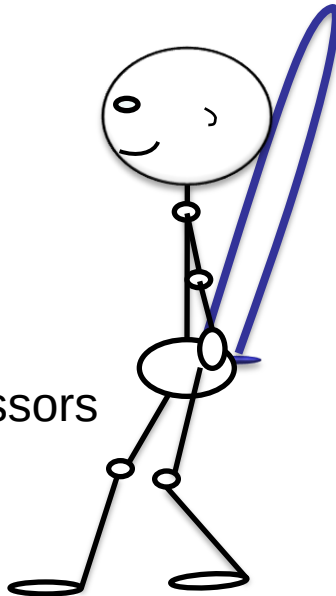
Running
in place



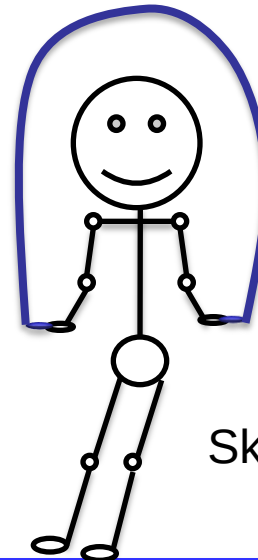
Heel
to
Heel



High
Knee



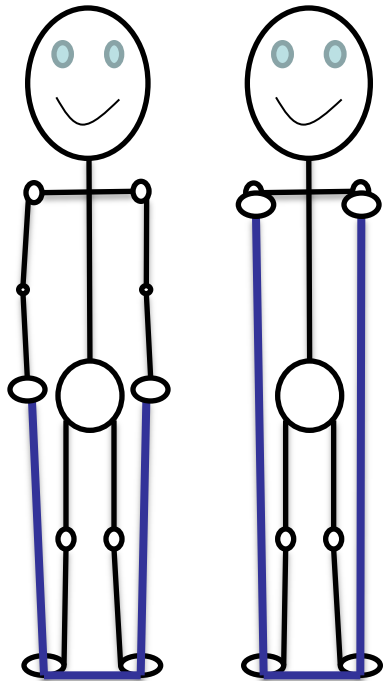
Scissors



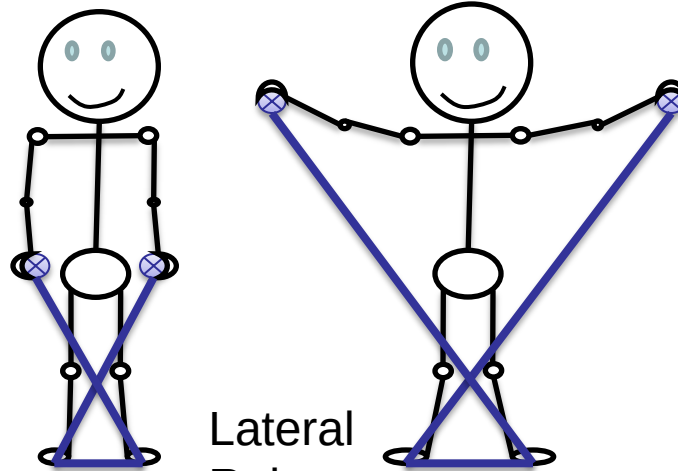
Skier

Resistance Bands

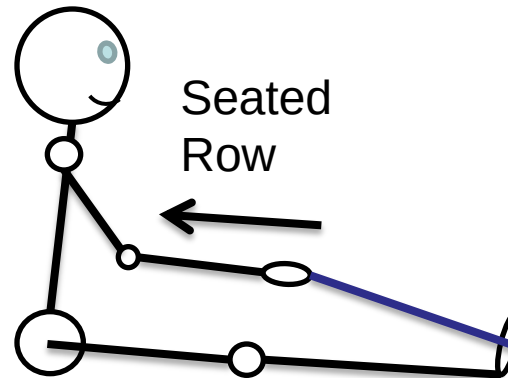
Choose which activity you would like to complete.



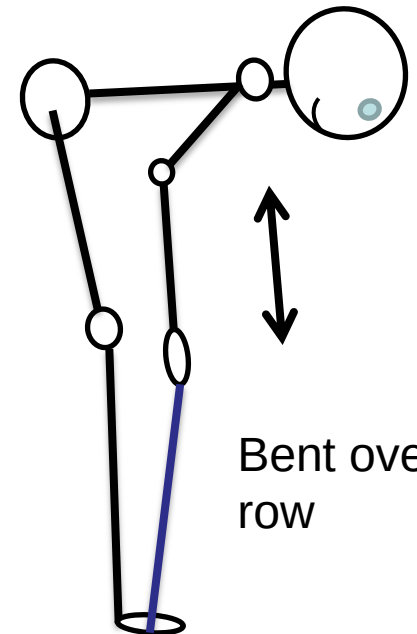
Front Raise



Lateral Raise

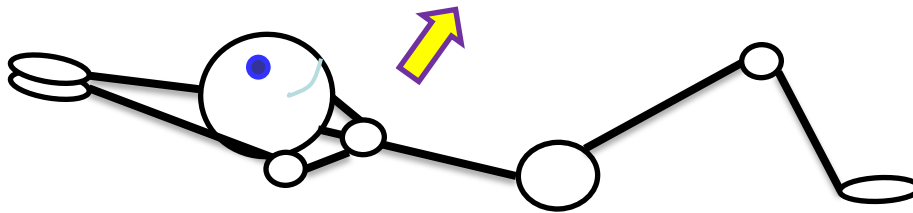


Seated Row

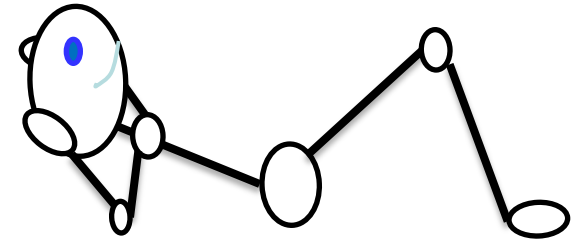


Bent over row

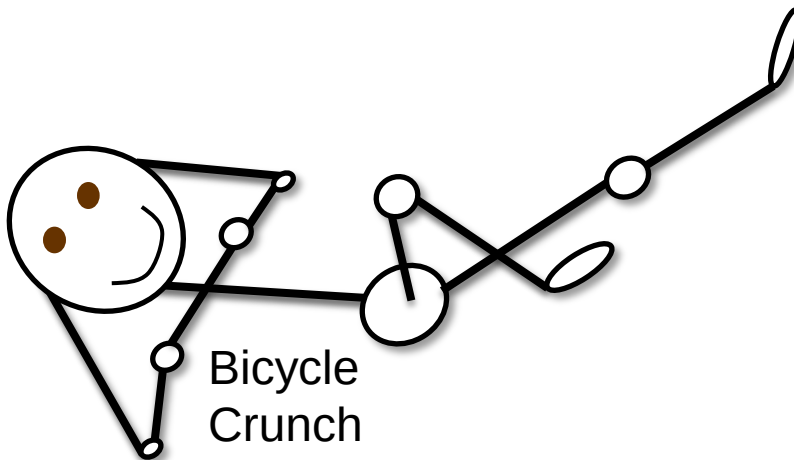
Abdominal Activities



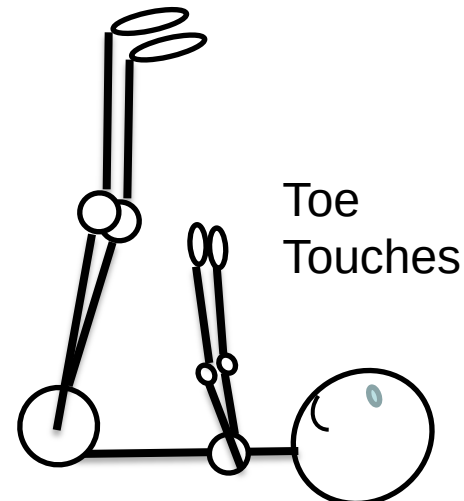
Long Arm Crunch



Crunch



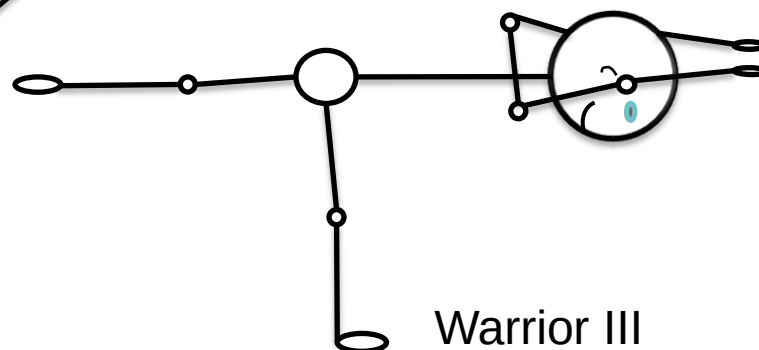
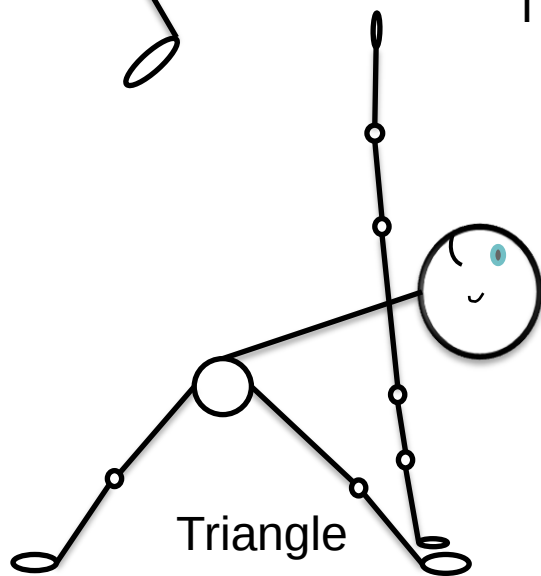
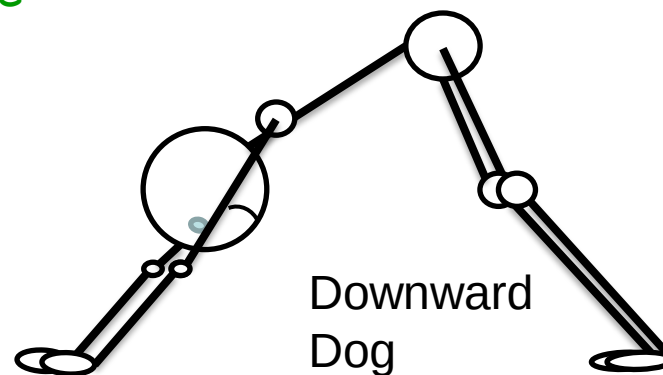
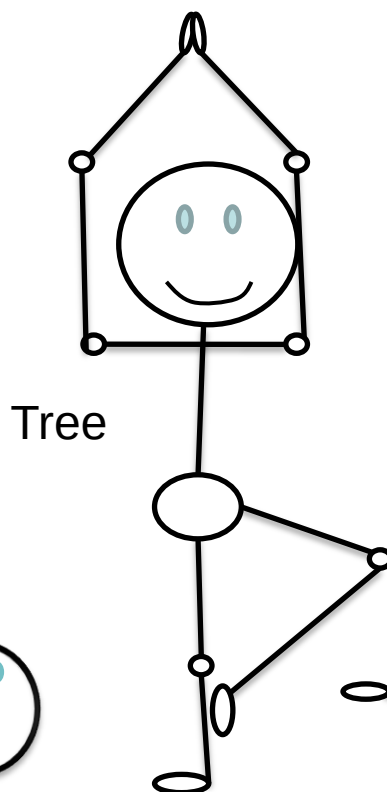
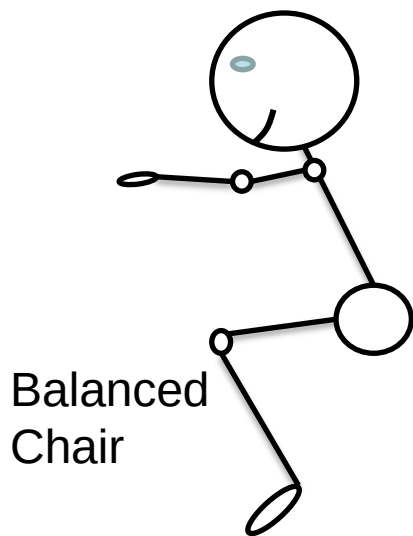
Bicycle Crunch



Toe Touches

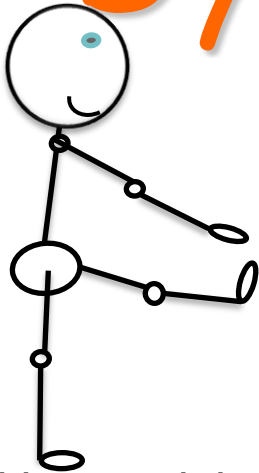
Yoga Poses

Choose the pose



Dynamic Flexibility

Choose the dynamic stretch



Walking straight leg kick

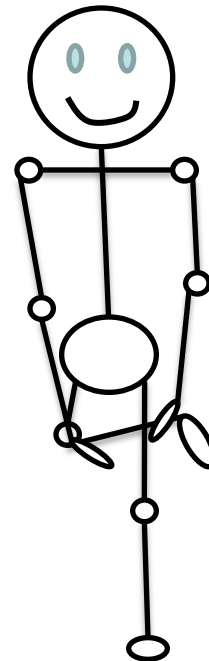
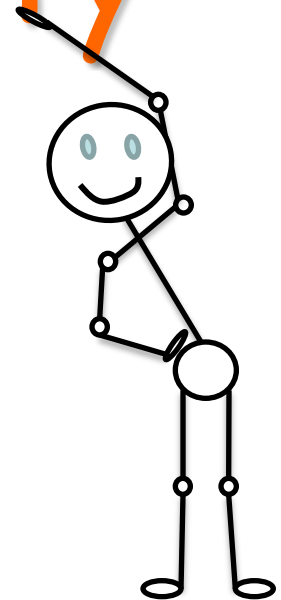
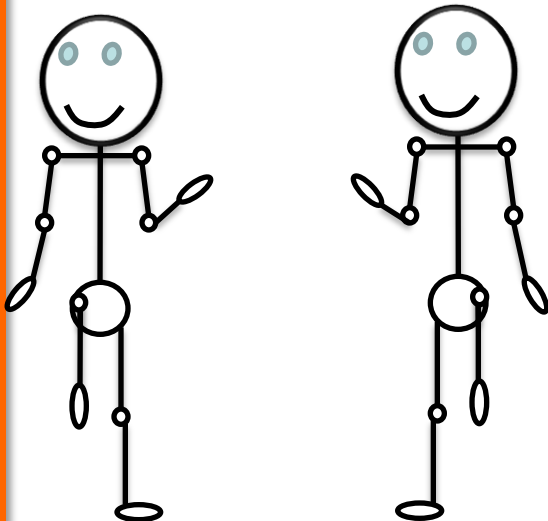


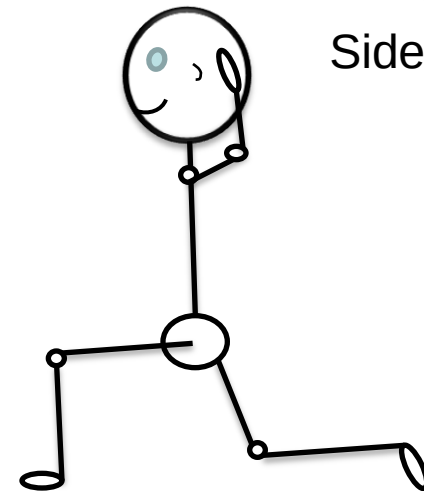
Figure Four
Walk



Side Bend



Walking High Knees



Walking Lunges

ORANGE

