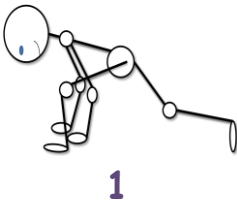


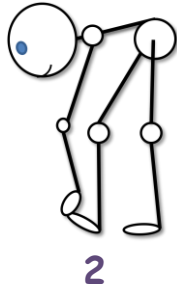
Dice Craze

Dynamic Flexibility

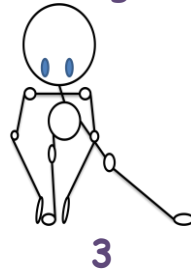
Spiderman



Dynamic Hamstring



Lateral Lunge



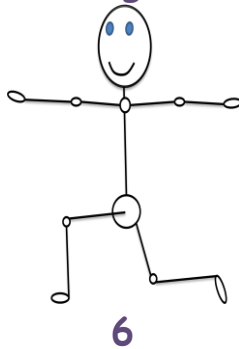
Quad Hop



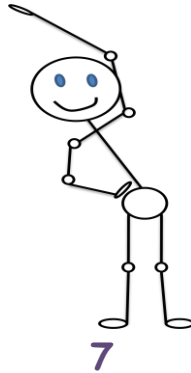
Figure 4 Walk



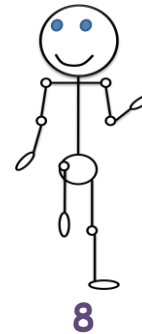
Helicopter Lunges



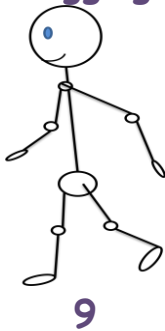
Side Bend



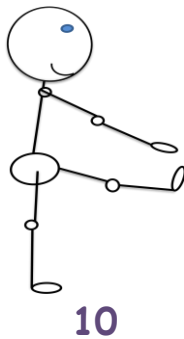
Walking High Knee



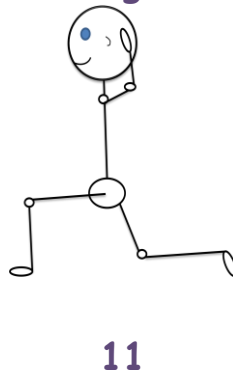
Backward Jogging



Straight Leg Kicks



Lunges



Pot of Gold

