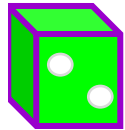
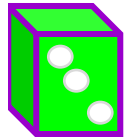
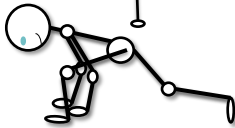


FIGURE 4 WALK

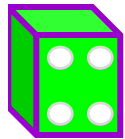
10 repetitions



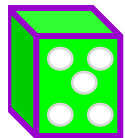
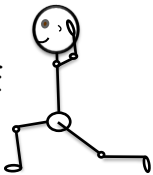
SPIDERMAN



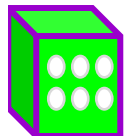
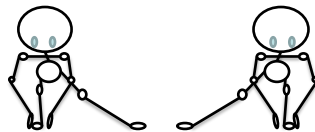
QUAD HOP



WALKING LUNGE



LATERAL LUNGE



JOG BACKWARD

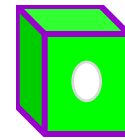
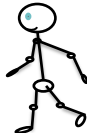
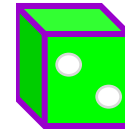
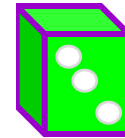
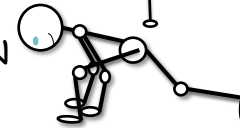


FIGURE 4 WALK

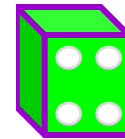
10 repetitions



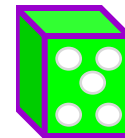
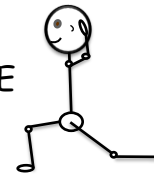
SPIDERMAN



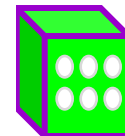
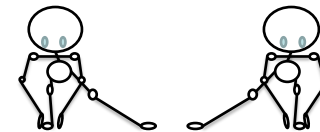
QUAD HOP



WALKING LUNGE



LATERAL LUNGE



JOG BACKWARD

