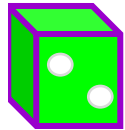
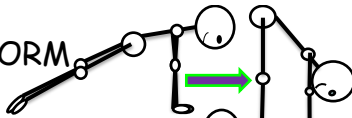
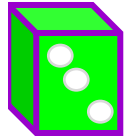
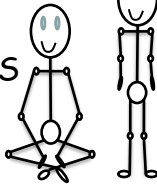


INCHWORM

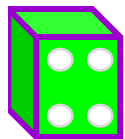
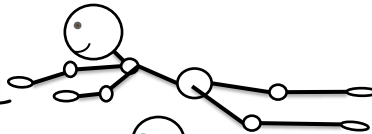
10 repetitions



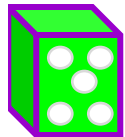
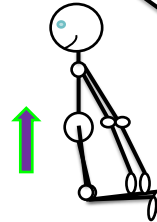
CRISS CROSS
STAND



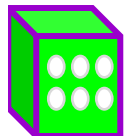
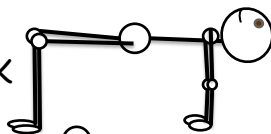
ARMY
CRAWL



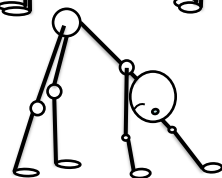
HEEL SLAP



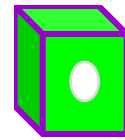
CRAB WALK



BEAR WALK

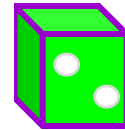
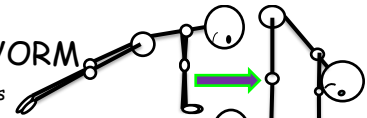


ROLLER
DANCE
CYCLE

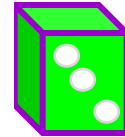
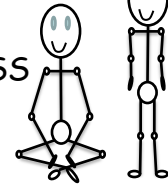


INCHWORM

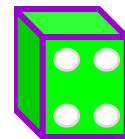
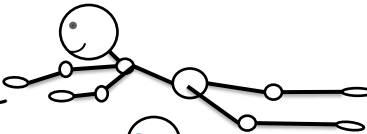
10 repetitions



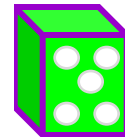
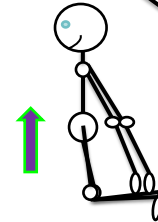
CRISS CROSS
STAND



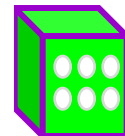
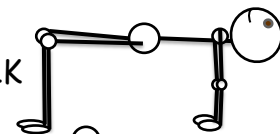
ARMY
CRAWL



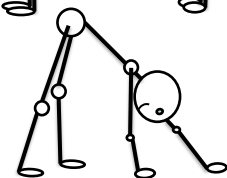
HEEL SLAP



CRAB WALK



BEAR WALK



ROLLER
DANCE
CYCLE

