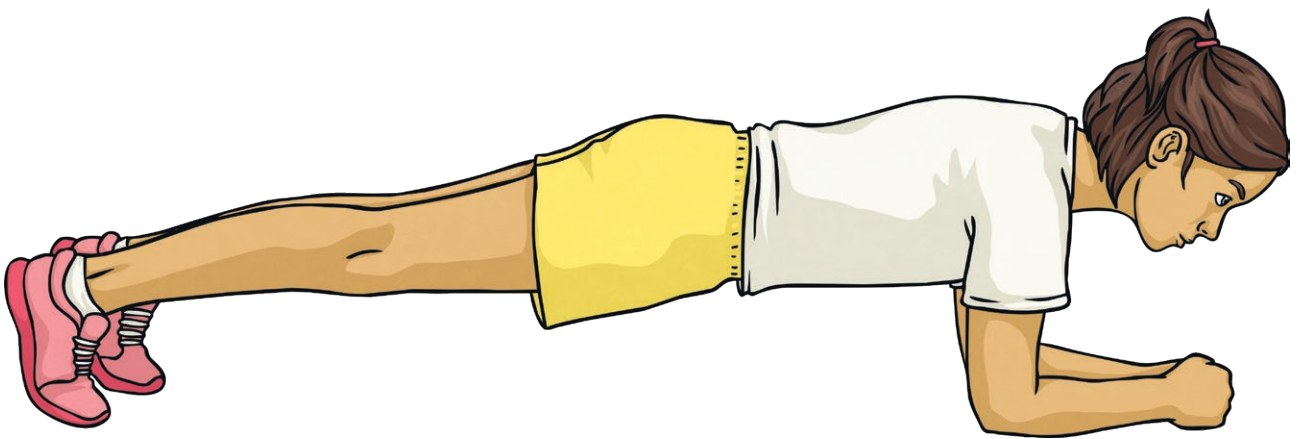
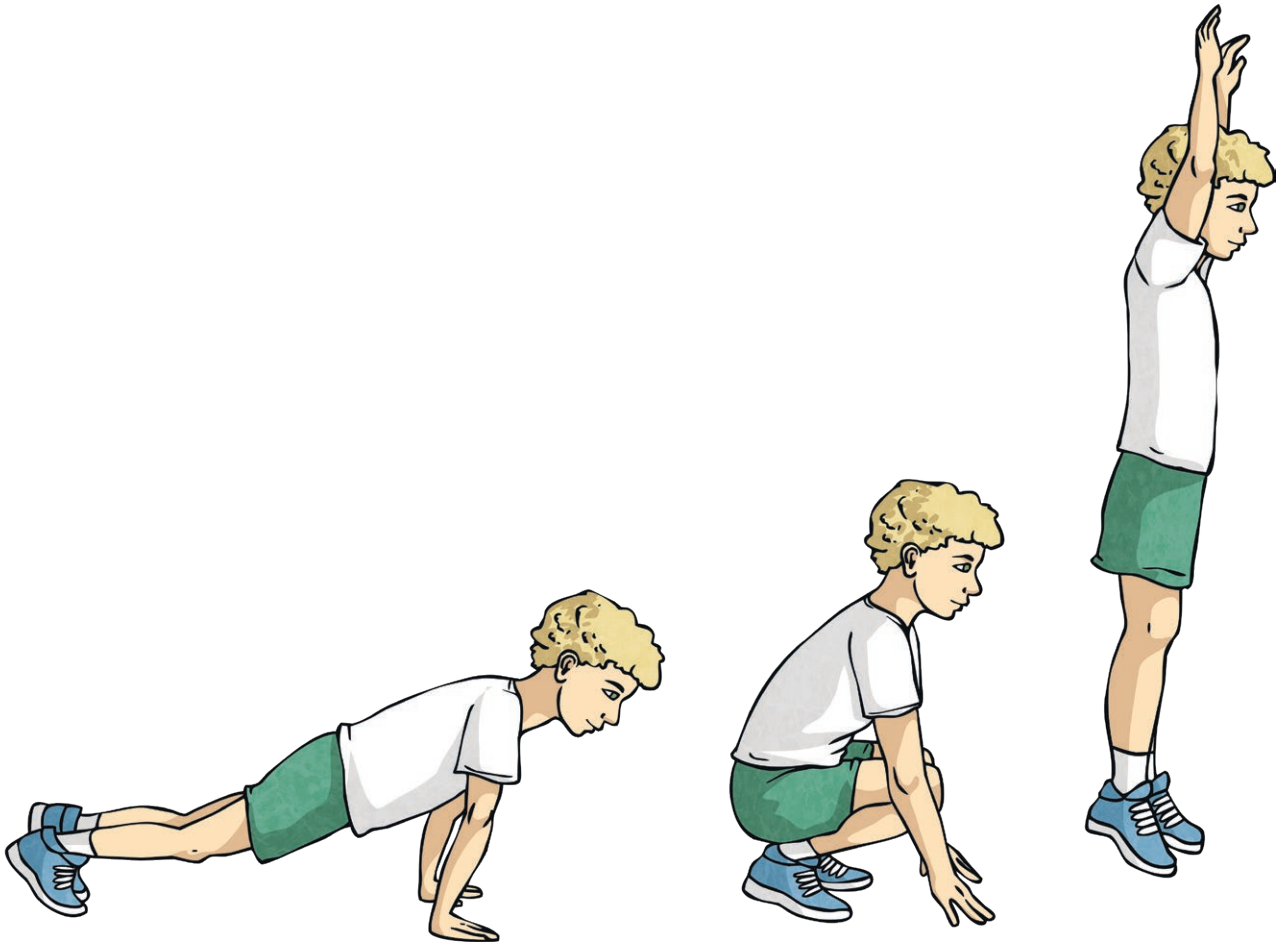


Plank



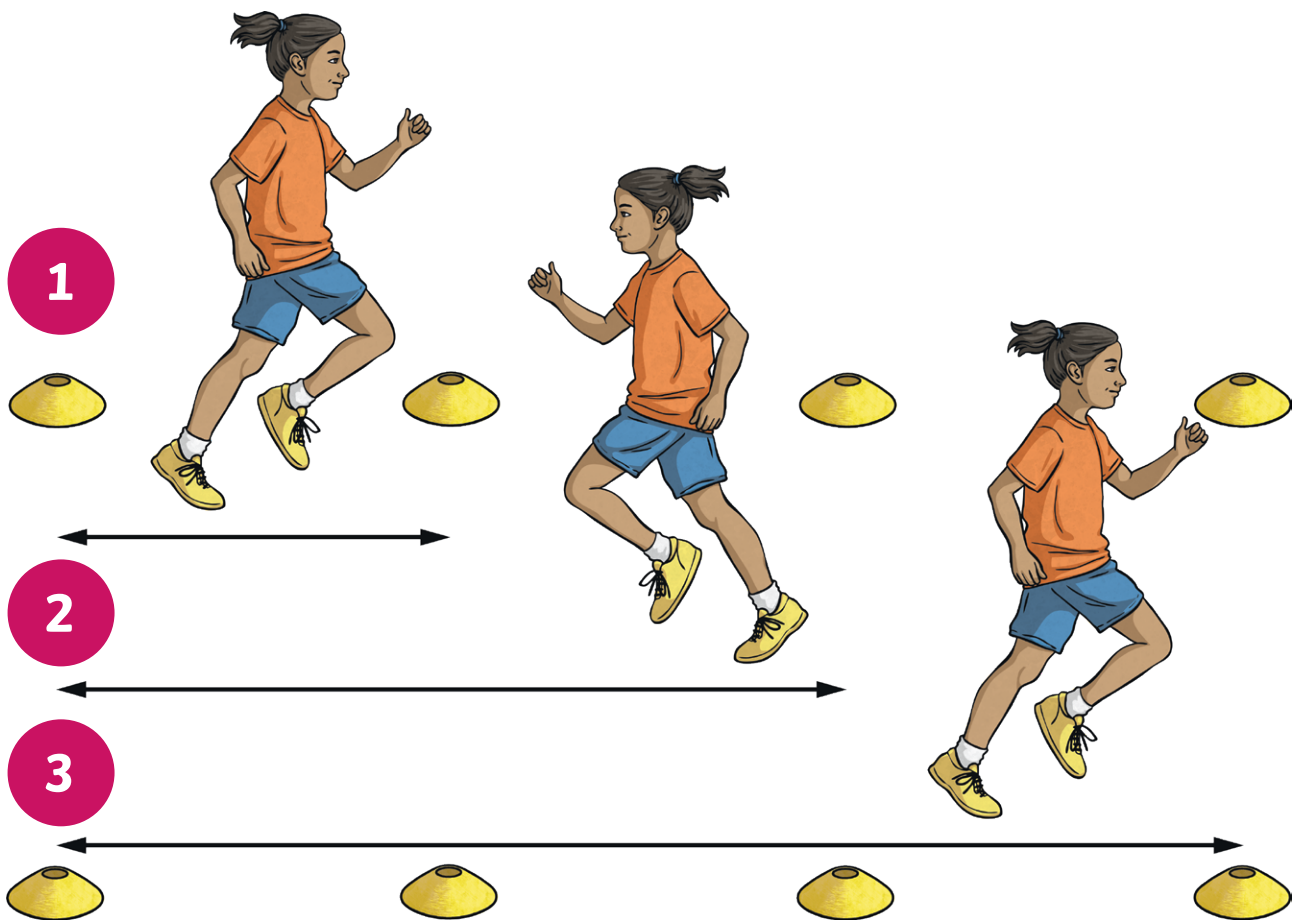
Burpees



Sit Ups



Shuttle Runs



Squats

1



2



Star Jumps

1



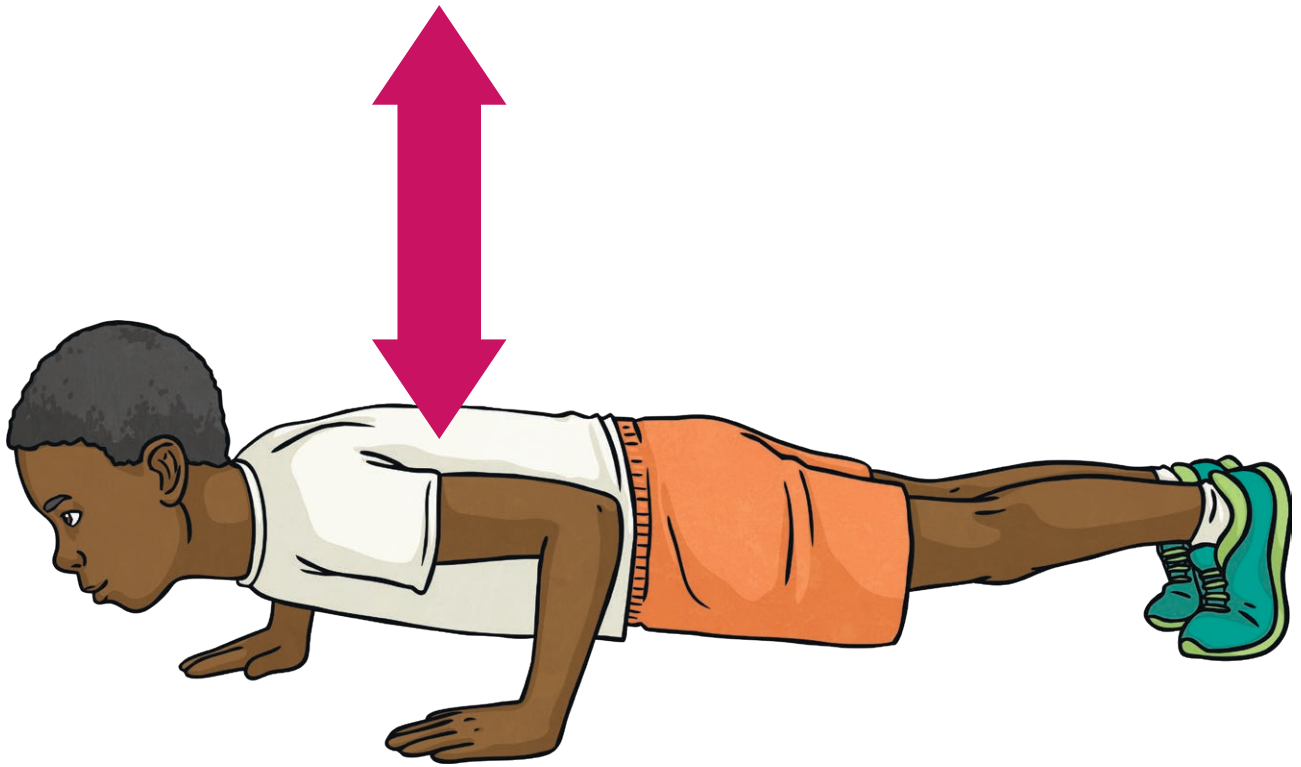
2



Lunges



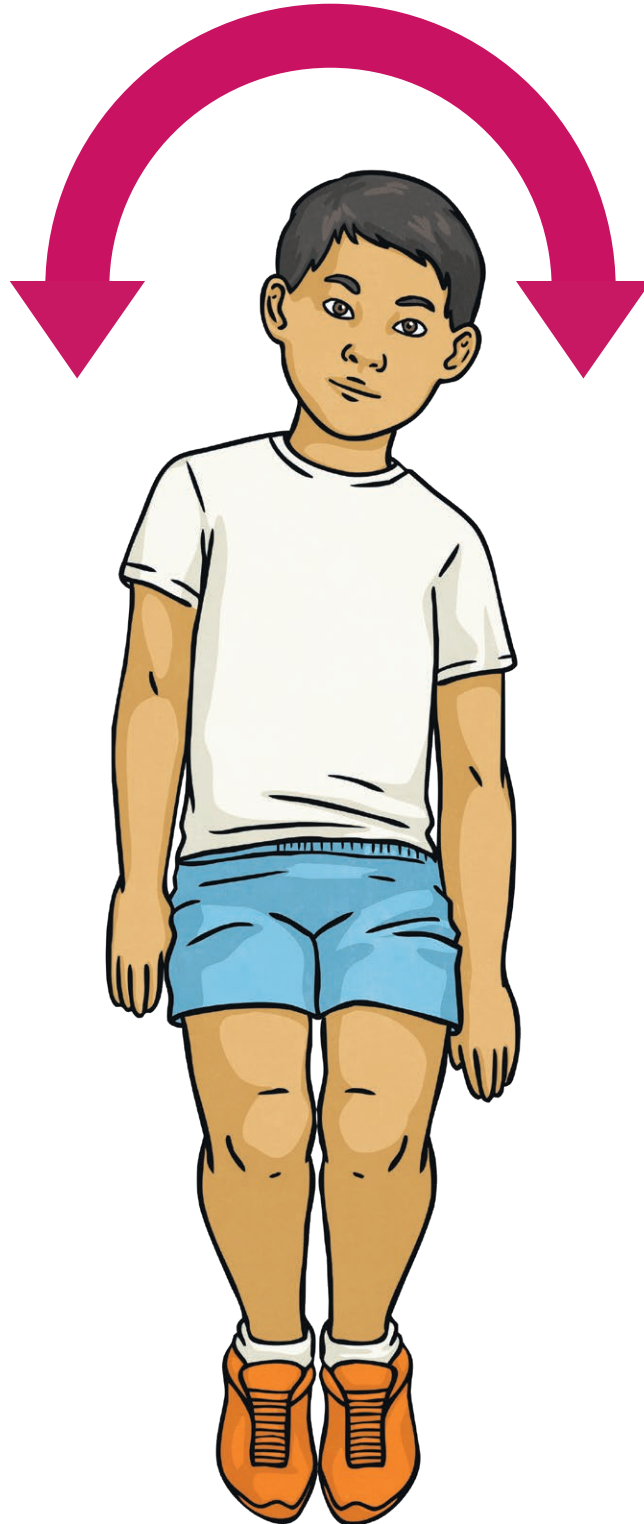
Press Ups



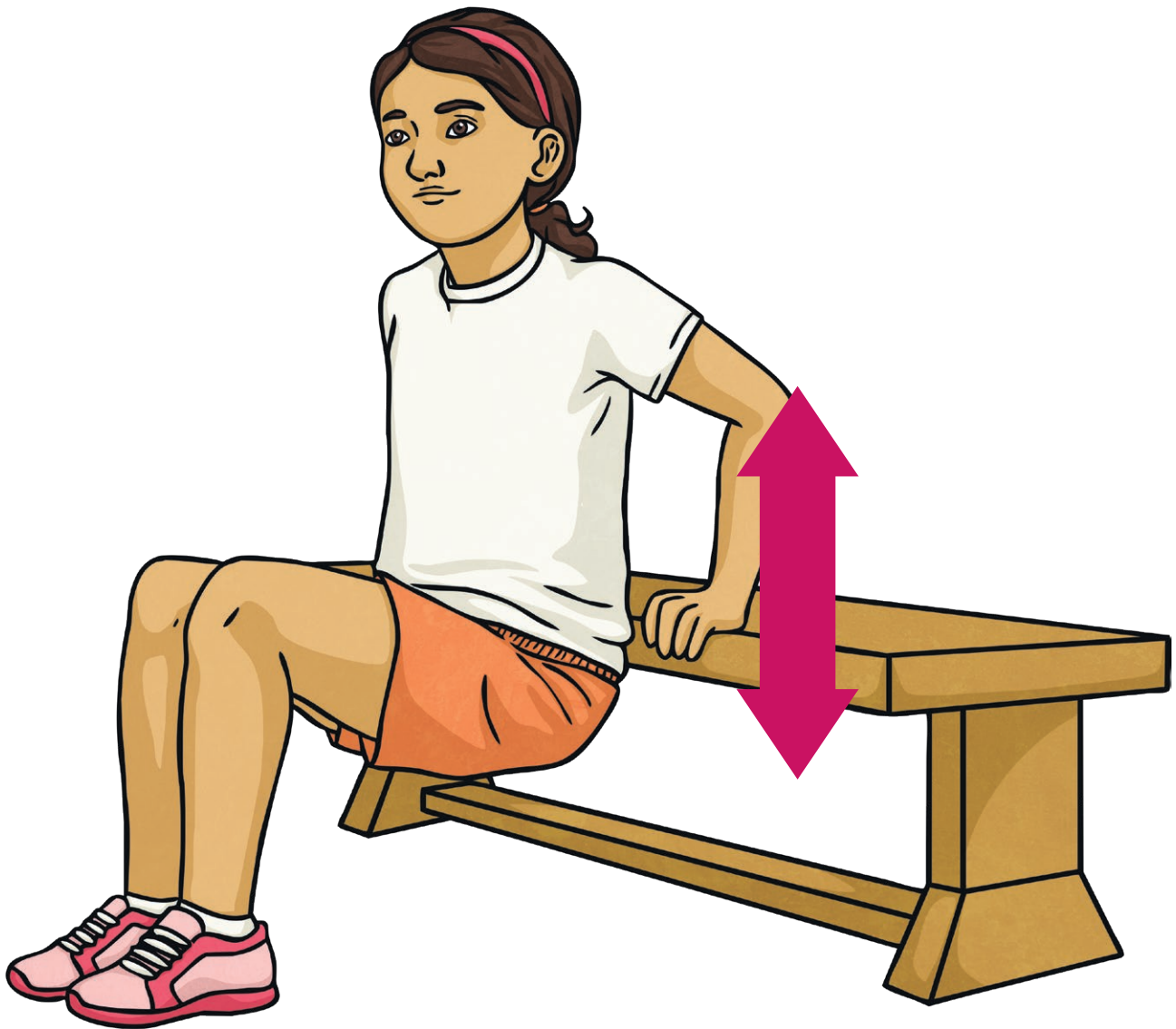
Wall Throws



Side Reaches

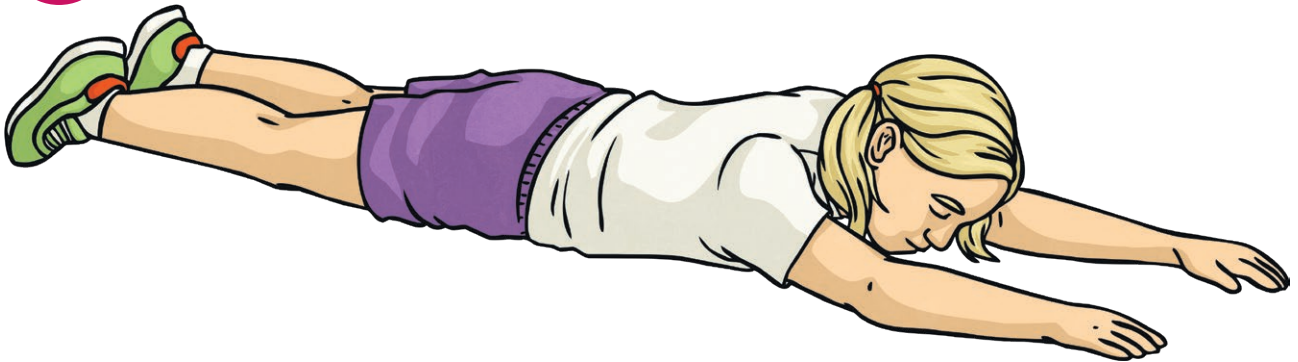


Tricep Dips



Seal Raises

1



2

