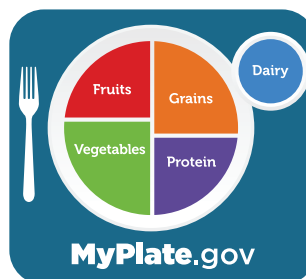
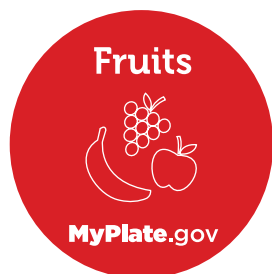
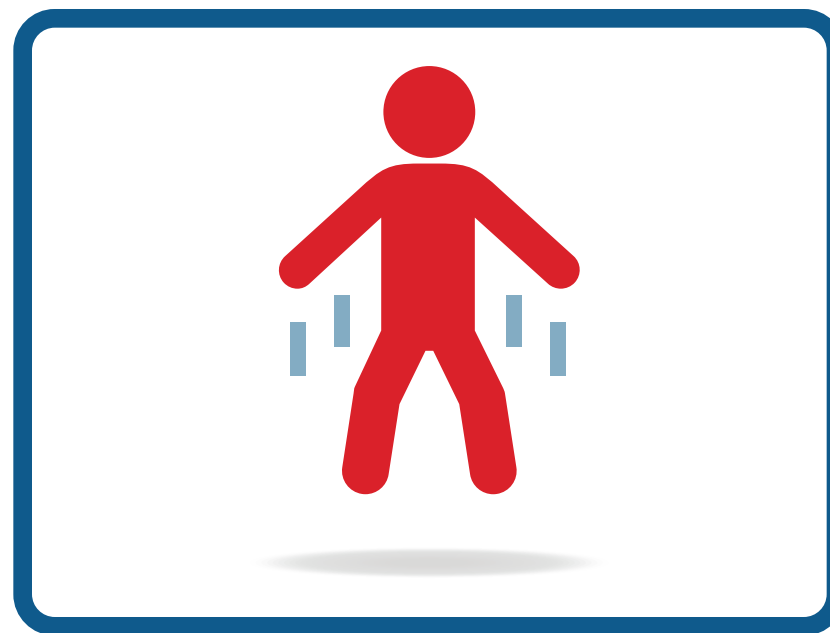
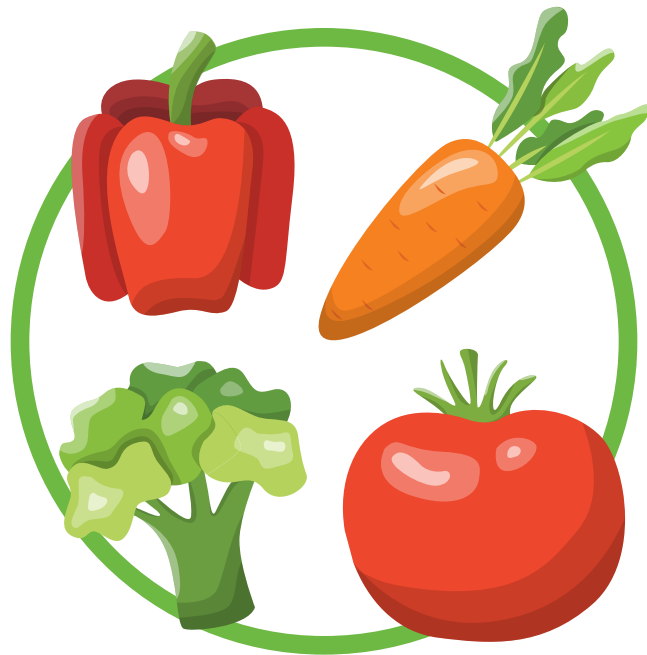
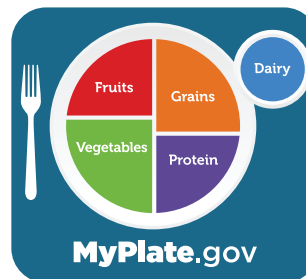
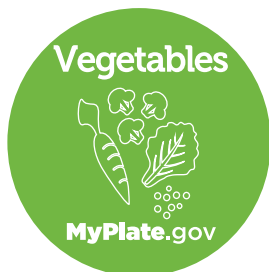


Jump and Land 5X

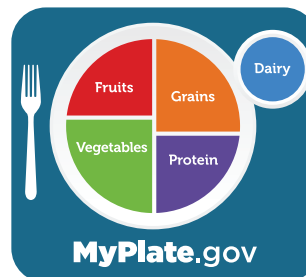
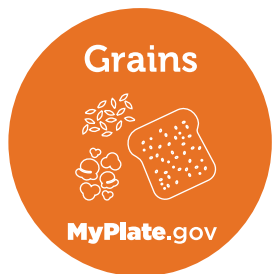
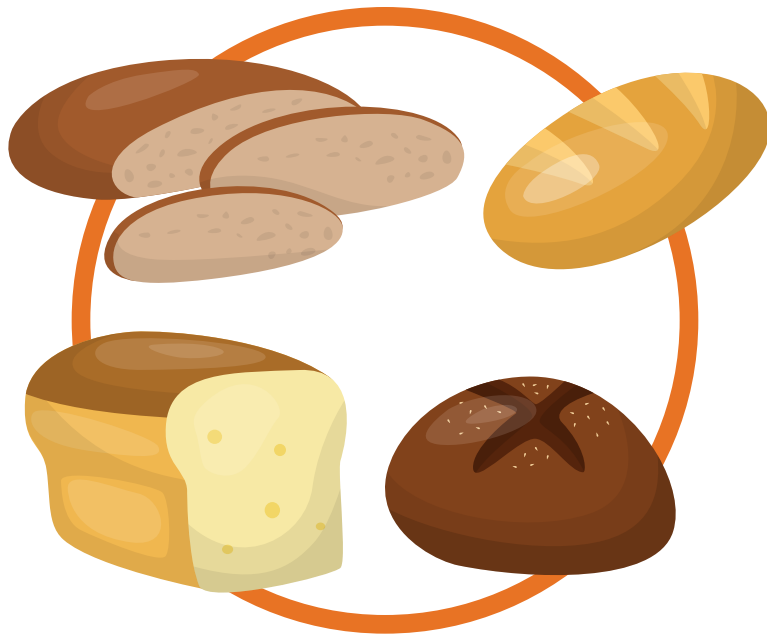


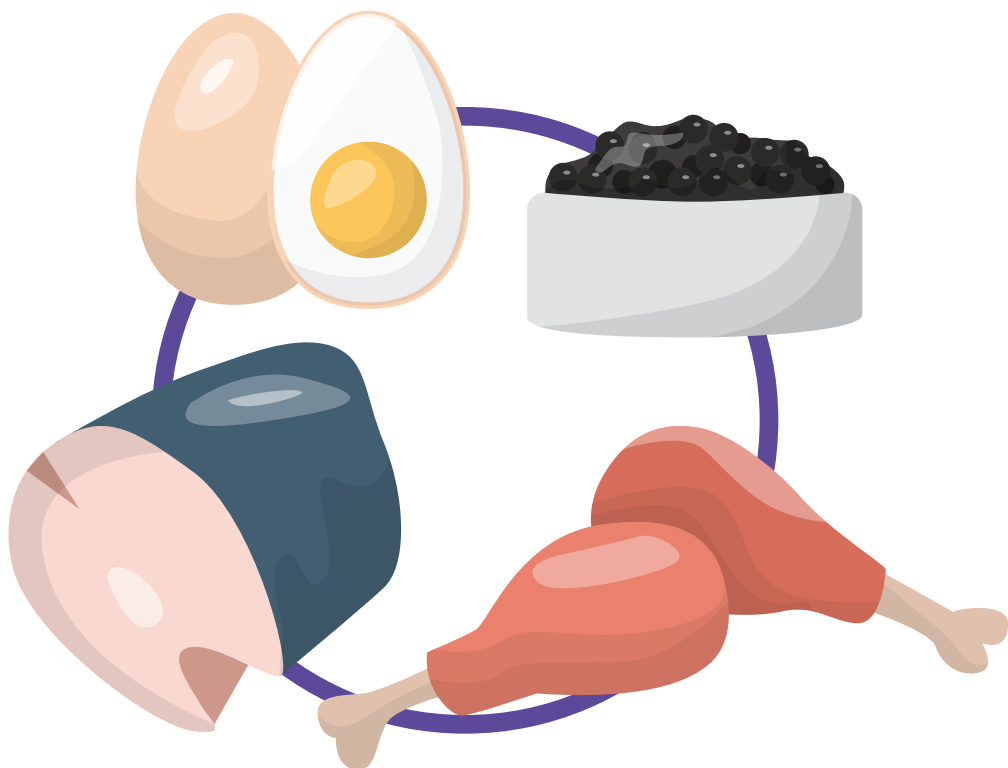


Squat 5X

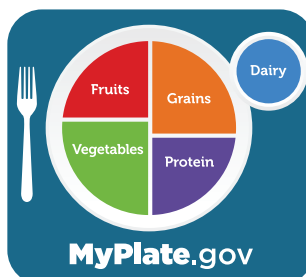
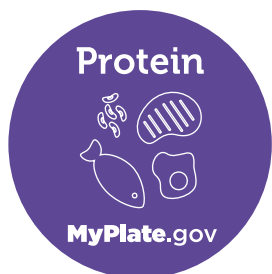


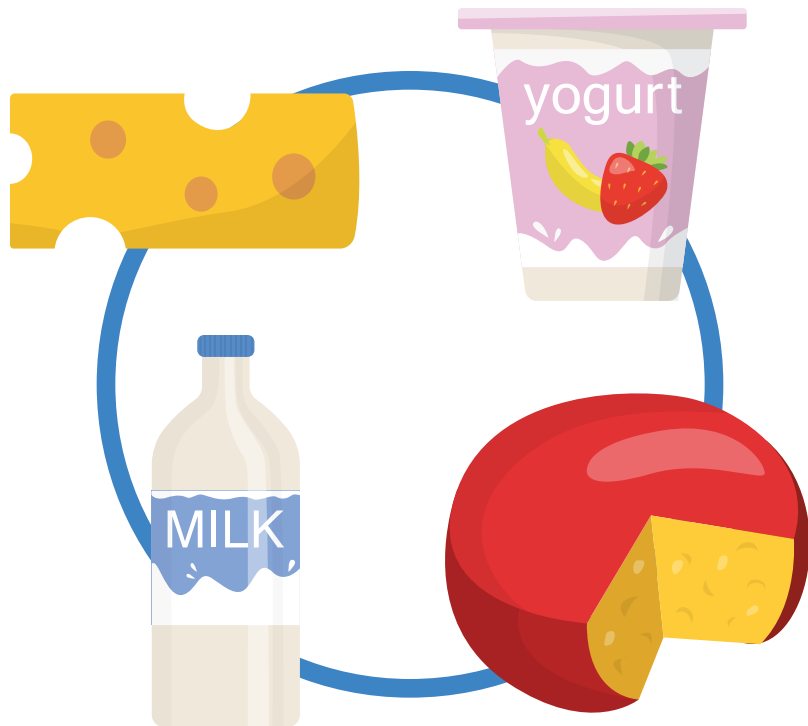
Balance on 1 Foot 5 Seconds





Breathe Deeply 5X





Jumping Jacks 5X

