

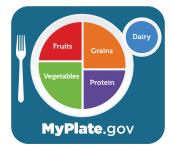


Jump and Land 5X









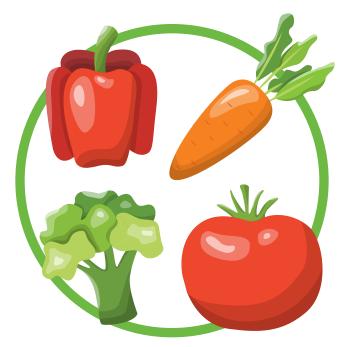






Squat 5X









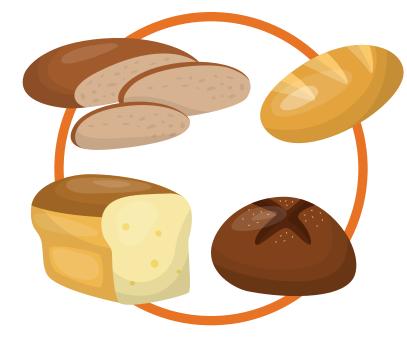


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Balance on 1 Foot 5 Seconds











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Breathe Deeply 5X



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Jumping Jacks 5X



