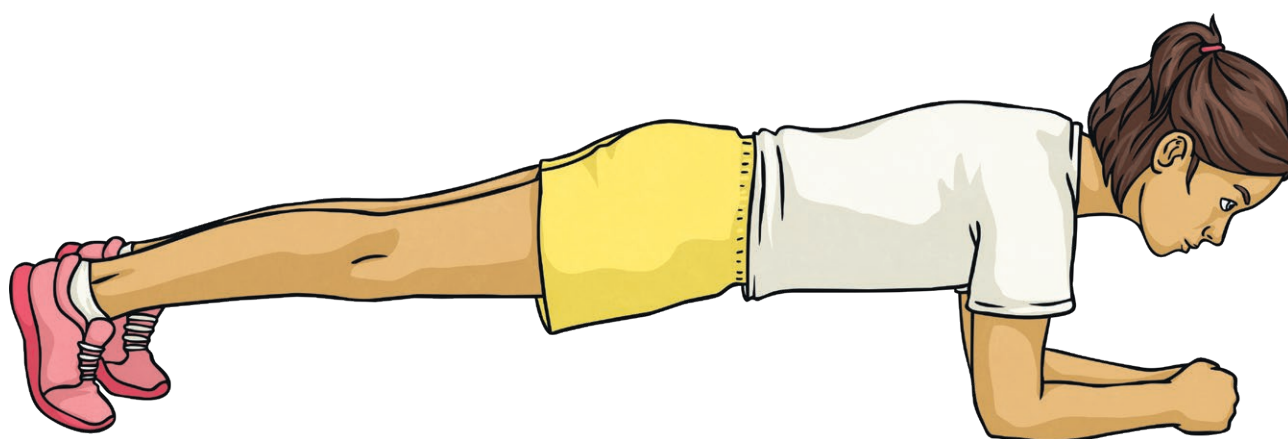
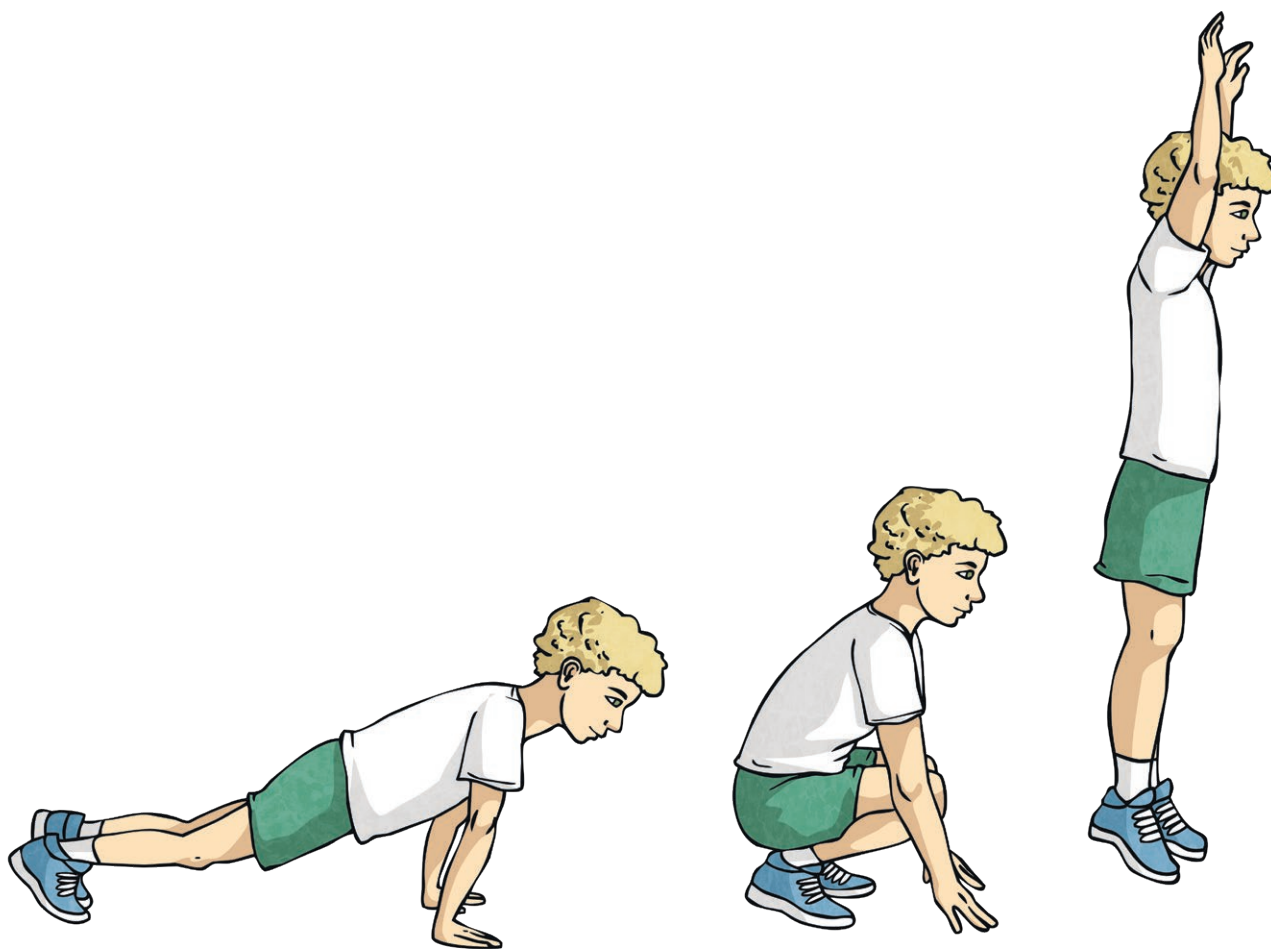


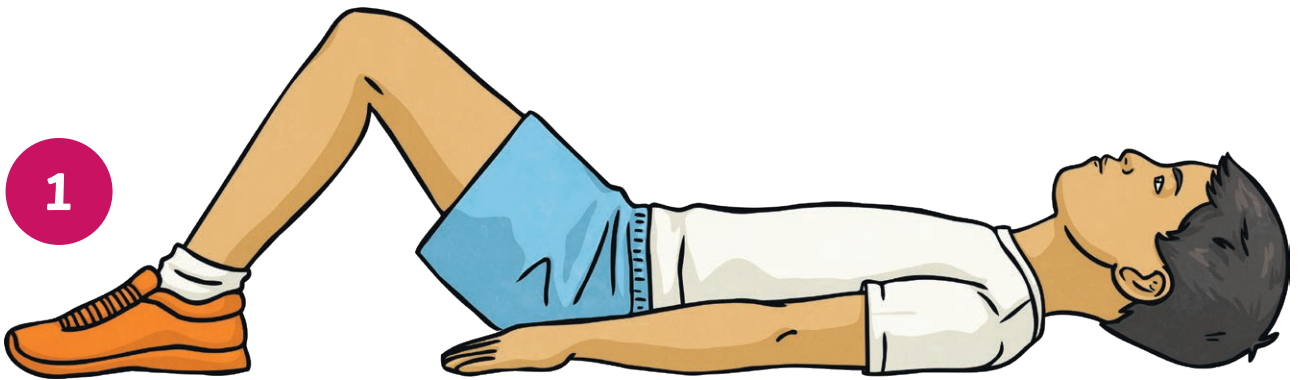
# Plank



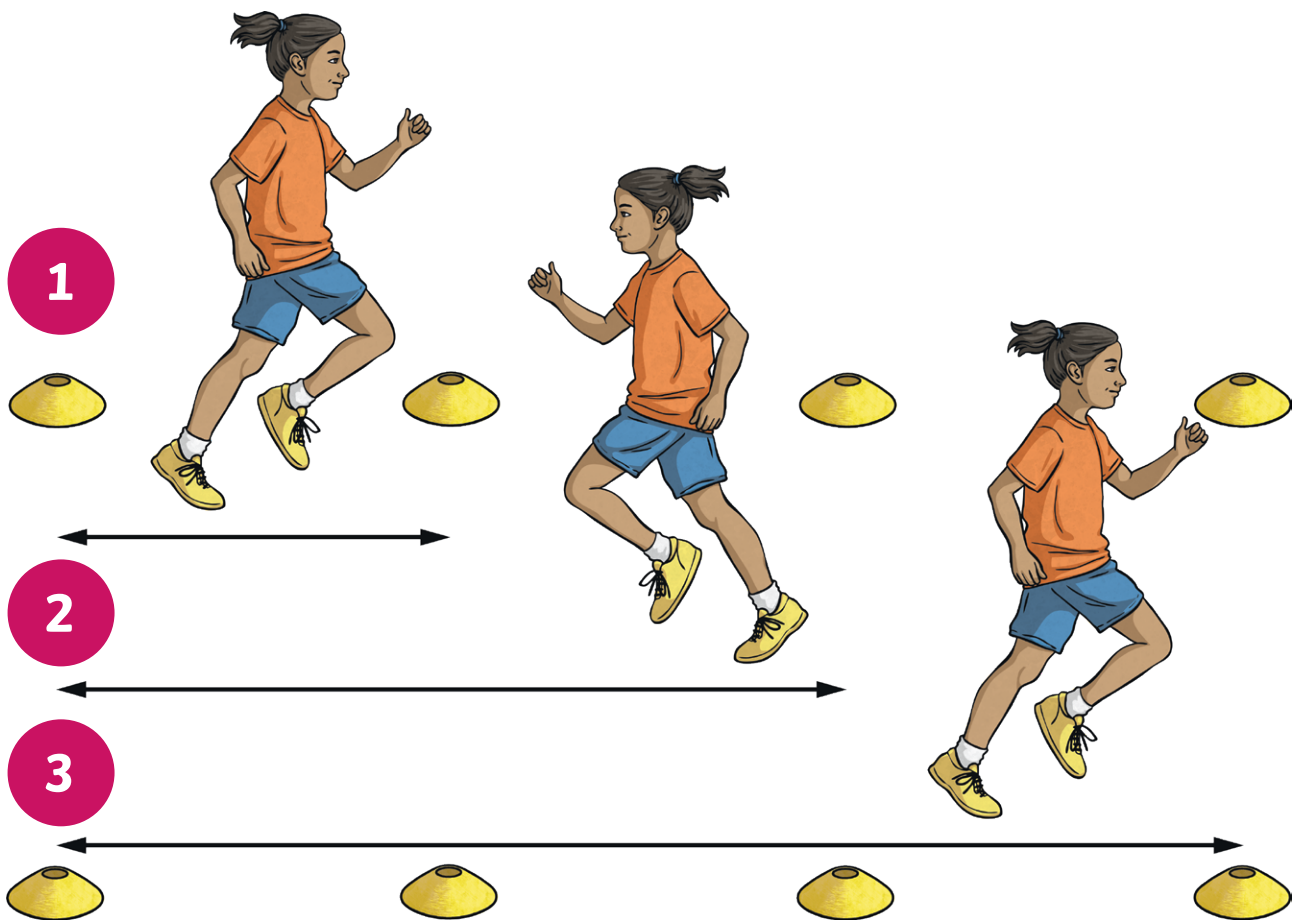
# Burpees



# Sit Ups



# Shuttle Runs



# Squats

1



2



# Star Jumps

1



2

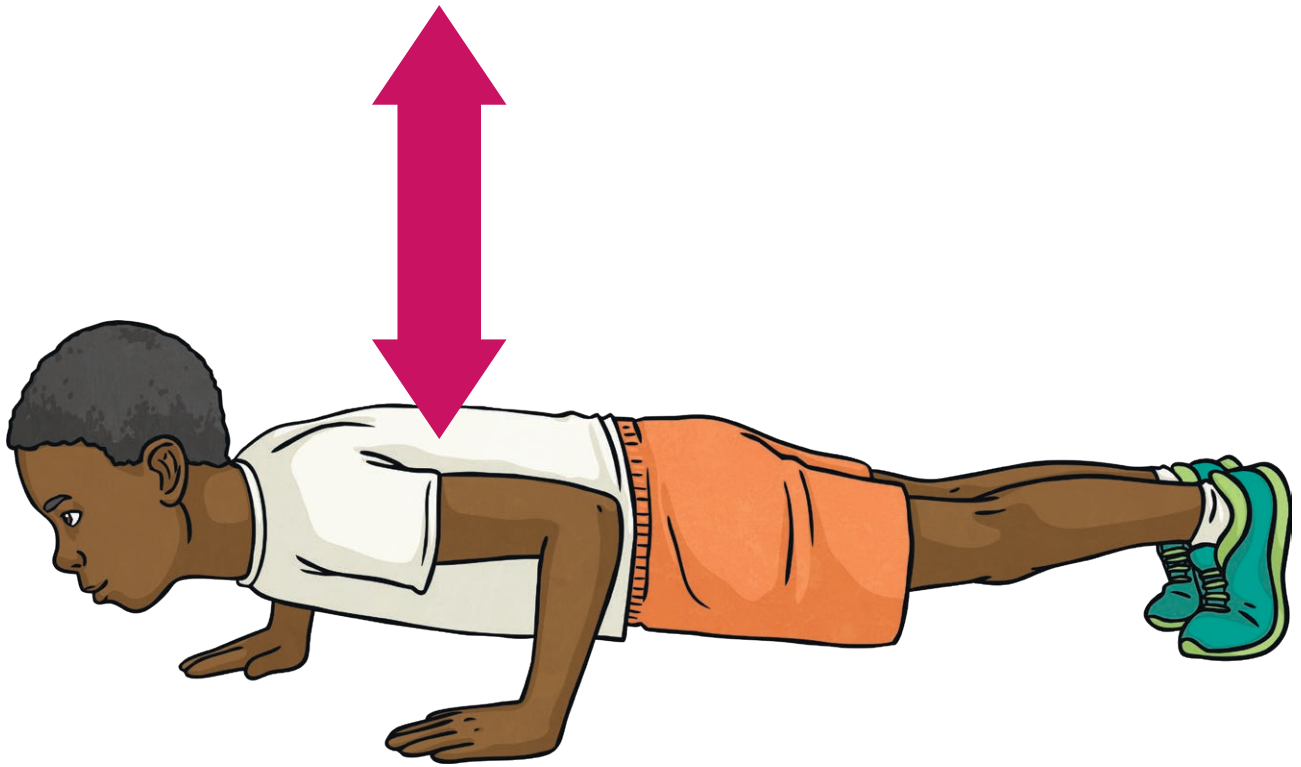




# Lunges



# Press Ups

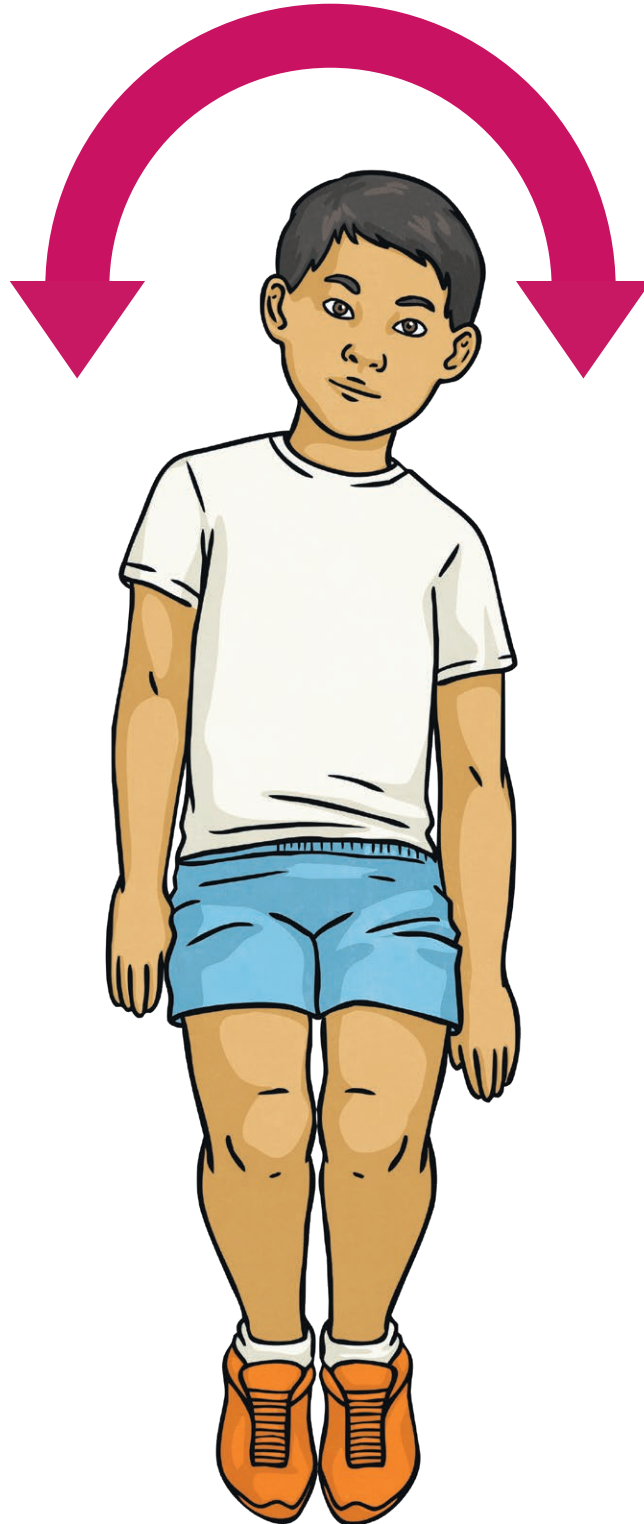




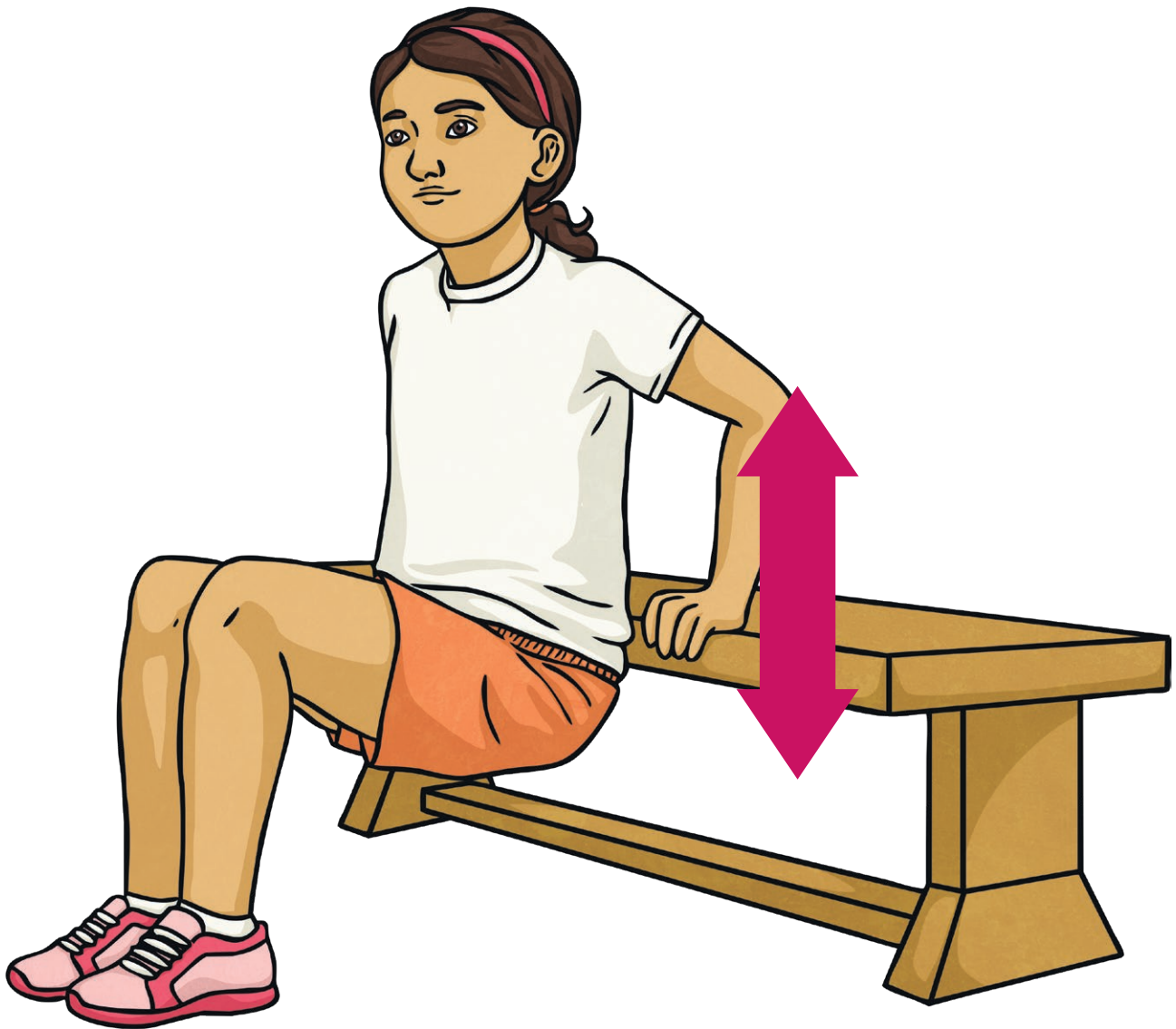
# Wall Throws



# Side Reaches

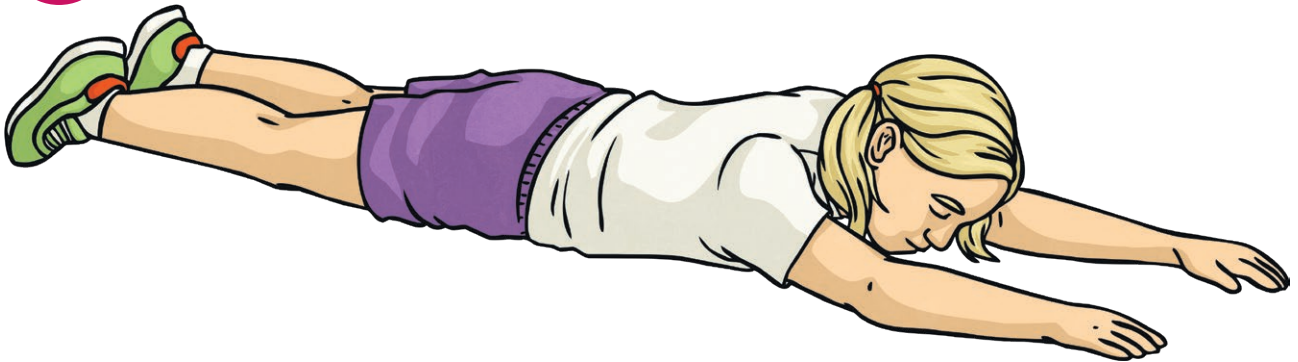


# Tricep Dips



# Seal Raises

1



2

