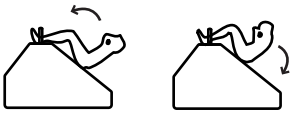
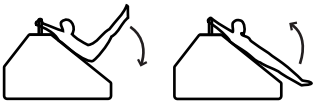
A

1



ABDOMINALS / SIT-UPS

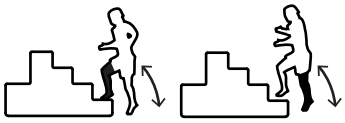
2



ABDOMINALS / LEG RAISE

B

3

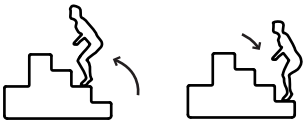


RUNNING STEPS

4

PUSH-UPS

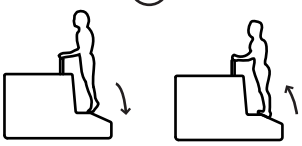
5



LEG / JUMP 2 STEPS UP - 1 STEP DOWN

C

6

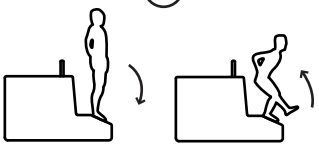


CALF RAISE

7

ABDOMINALS / SIT-UPS

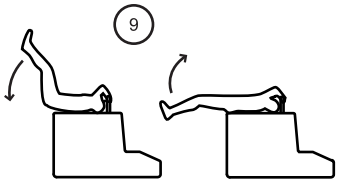
8



ONE LEG SQUAT

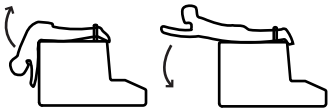
D

9



ABDOMINALS / LEG LOWERING

10



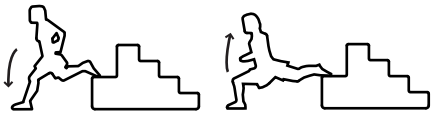
BACK EXTENSION

11

LOWER BACK / LEG RAISE

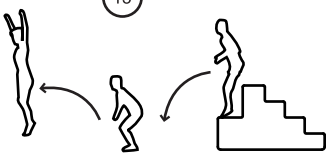
E

12



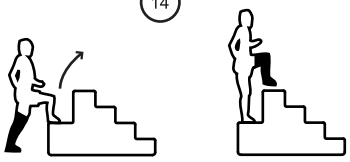
ONE LEG SQUAT

13



LEG / JUMP DOWN - JUMP UP

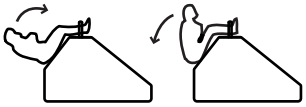
14



LEG / STEP-UPS

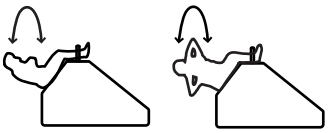
F

15



ABDOMINALS / SIT-UPS

16



ABDOMINALS / TORSO TWIST

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