



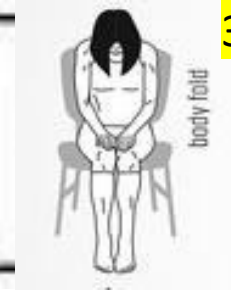
## Quick Jabs

10



## Upwards Punches

10



30 seconds

Yoga  
Pose



## Rope Climbing

10

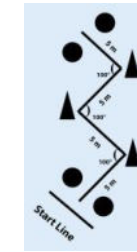


## V-sit

Hold 10



Make "v"



10

Zig Zag Moves  
Feet or Hands



10



## Side Bends



Wiggle 30 seconds



Create a

X

30 seconds



10



twists

