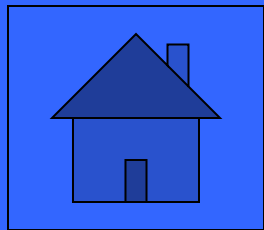
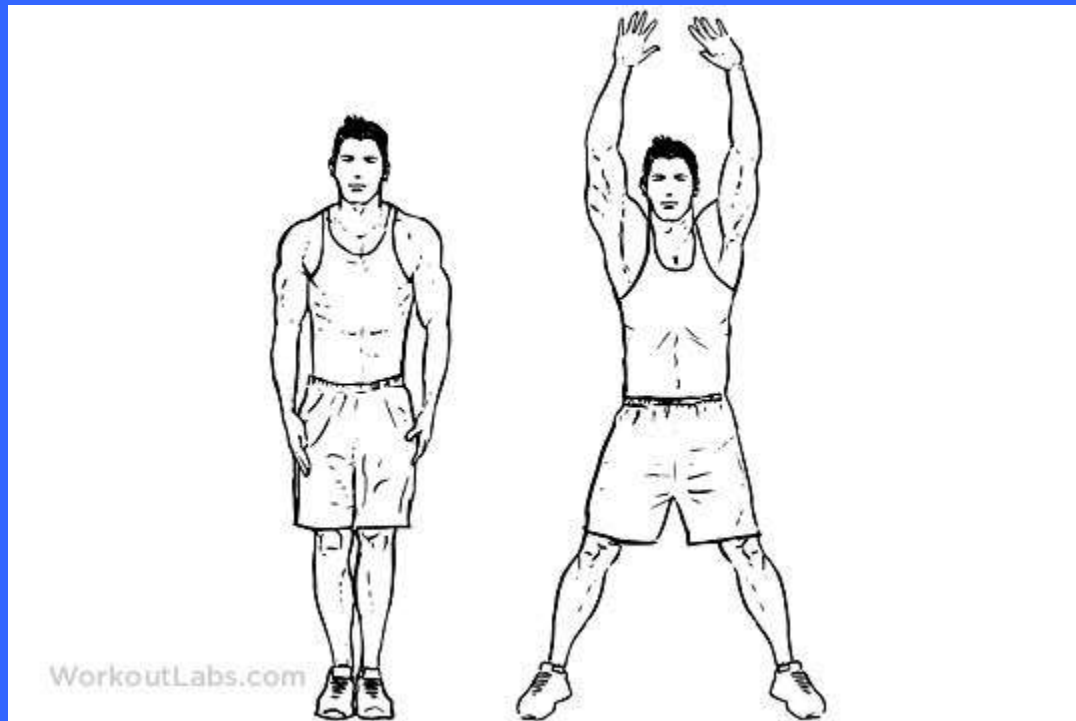


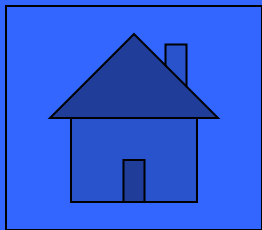
Emoji Workout



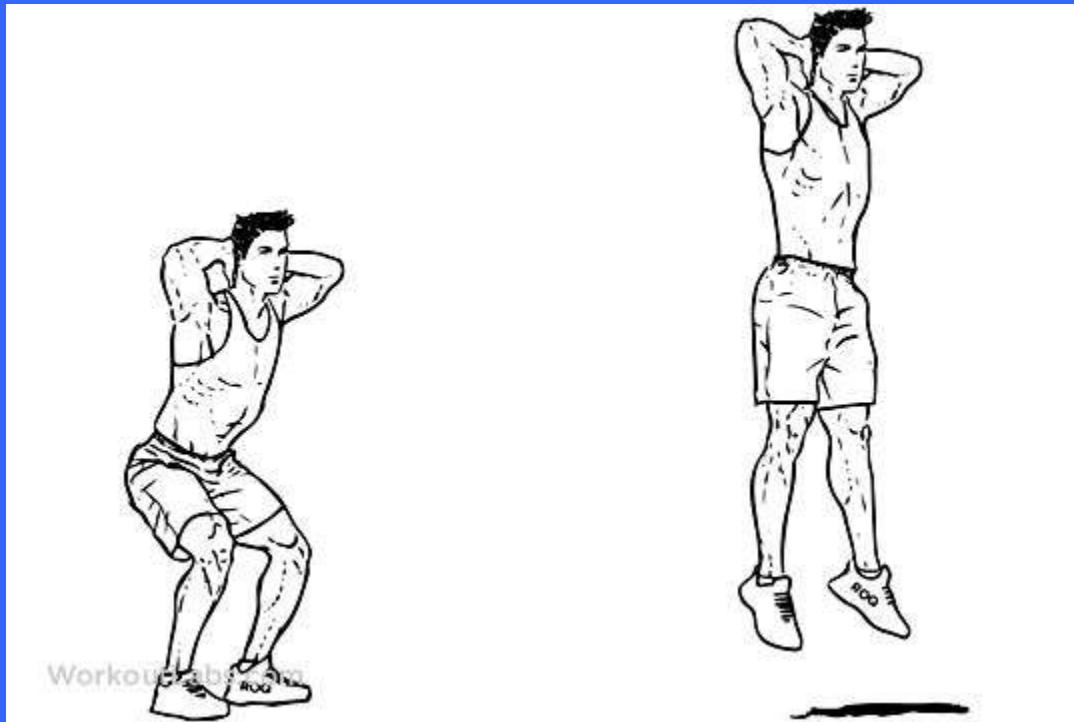
15 Jumping Jacks



10 Squat to Toss



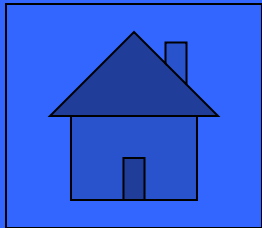
8 Jump Squats



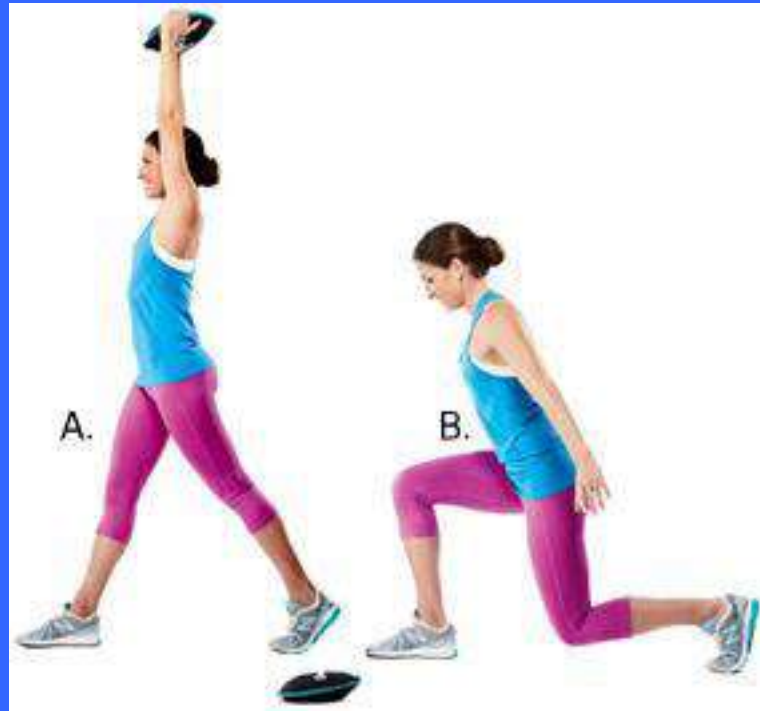
10 Plank Rows Each Arm



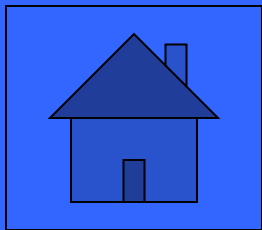
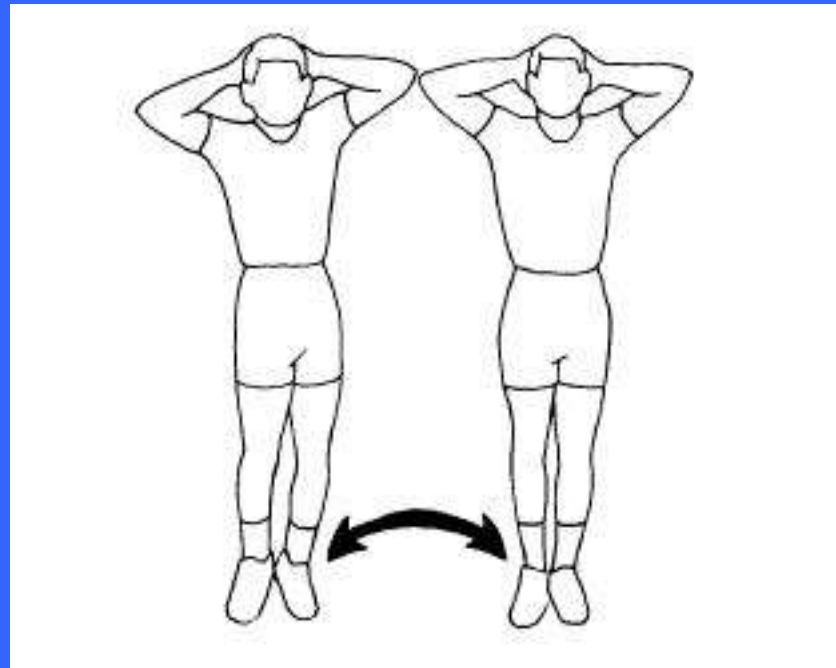
20 High Knees



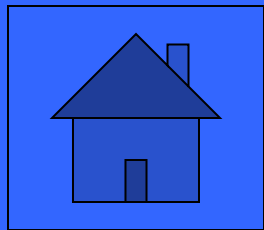
6 Lunge and Slams Each Leg



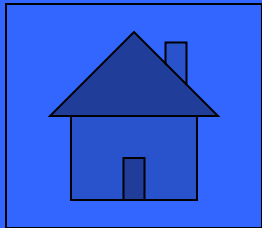
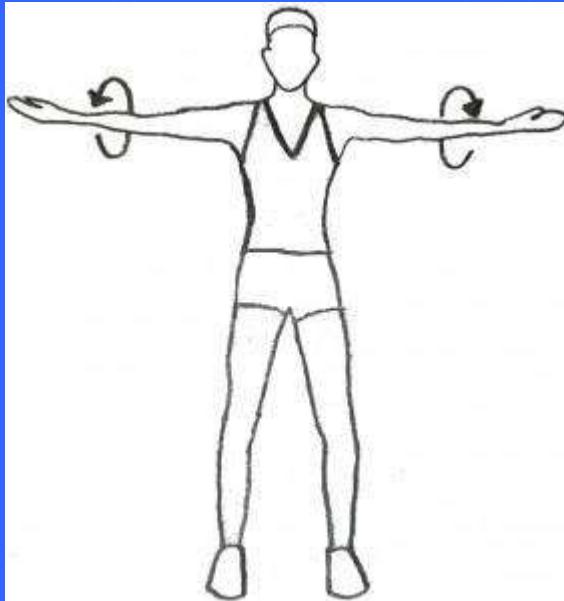
16 Ski Jumps



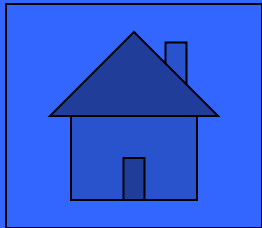
5 Slam and Burpees



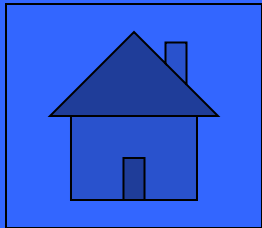
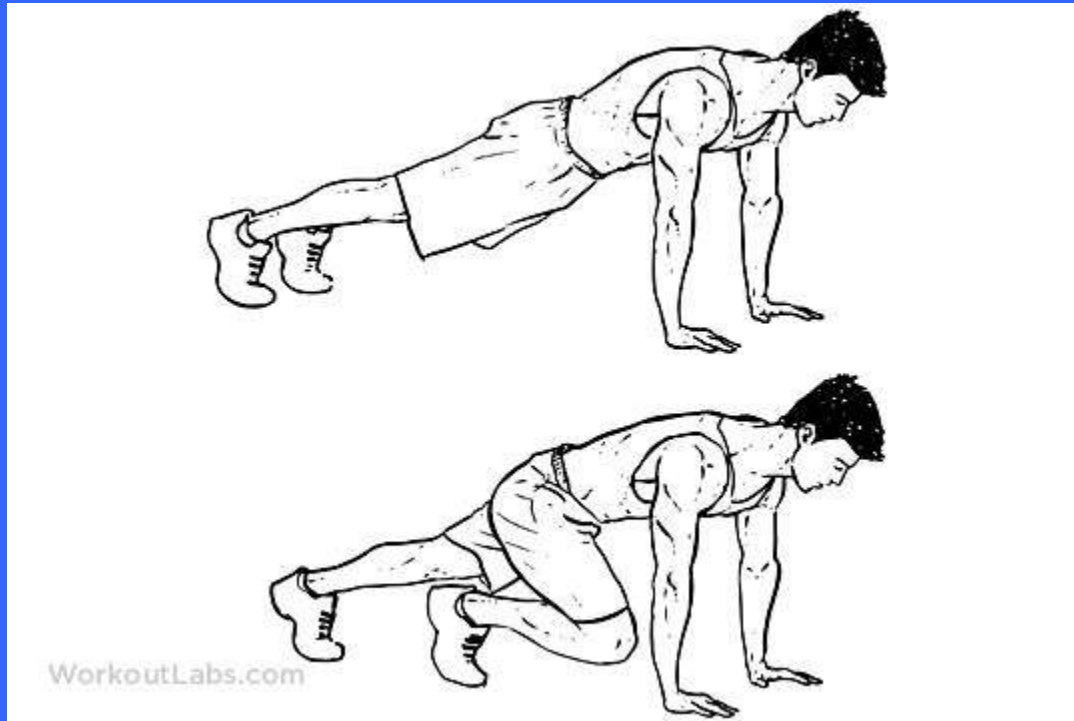
15 Arm Circles



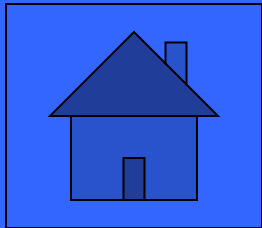
10 Sec Side Plank Hold



18 Mountain Climbers



6 Reverse Lunge and Twist



20 Jog In Place

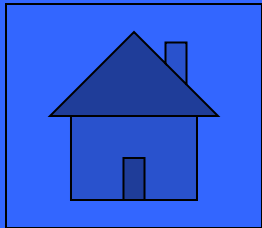


10 Balance Split Squats

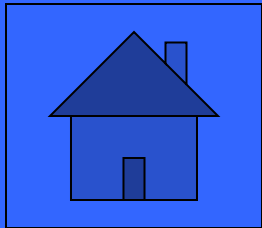
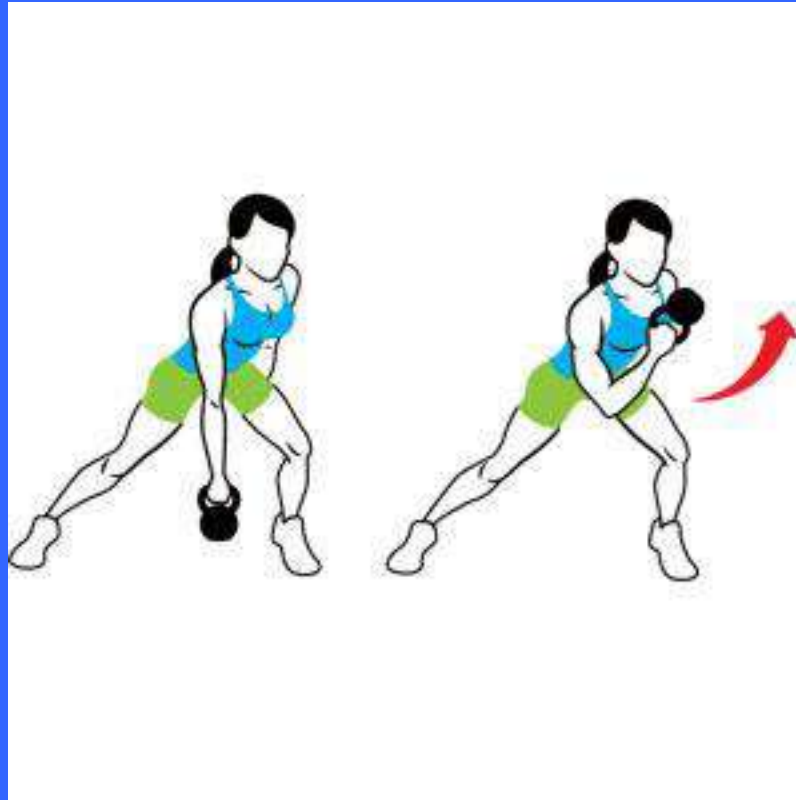




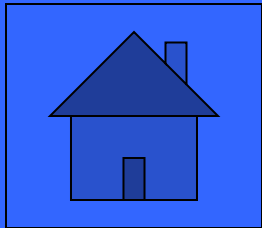
4 X-Hop Sequences (one foot) Each Side



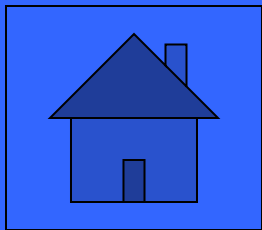
8 Side Lunge Bicep Curls



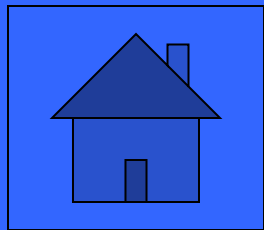
12 Under Leg Claps



12 Sumo Squat and Triceps Extensions



15 Scissor Jumps



14 Sit-Up Exchanges



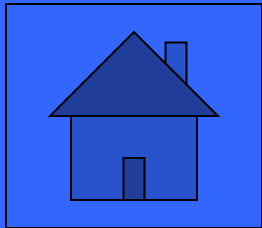
10 Skater Jumps



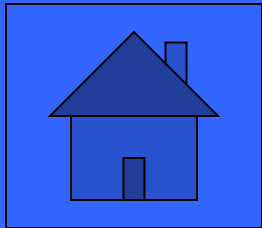
8 Partner Oblique Twist



10 Partner V-Sit Toss



10 Choice Exercise



12 Push Up Drag

Push Up Drag

