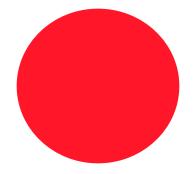
FITASS JENCH







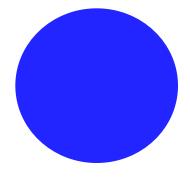
PUSH UPS ARM CIRCLES ONE FOOT HOPS CURL UPS

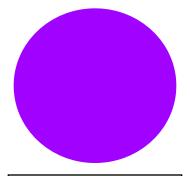
SCISSOR

JUMPS

SQUATS

BURPEES
HIGH KNEES
LUNGES







LINE JUMPS

TOE TOUCHES

JUMPING

JACKS

MOUNTAIN CLIMBERS STAR JUMPS CALF RAISES

SIDE LUNGES
AIR PUNCHES
FROG JUMPS