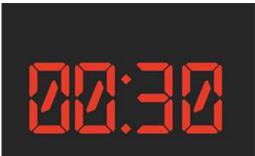


FITNESS FOR FOOTBALL

BURPEE





SPEED SKATERS





FLUTTER KICKS





PLANK





MOUNTAIN CLIMBER





HIGH KNEES

