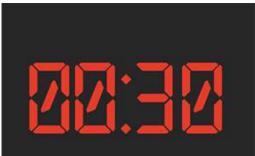


#### FITNESS FOR FOOTBALL

#### BURPEE





## SPEED SKATERS





# FLUTTER KICKS





#### PLANK





## MOUNTAIN CLIMBER





### **HIGH KNEES**

