

**A 1**

**10 Jumping Jacks**

**A 1**

**10 Jumping Jacks**



**A 1**

**10 Jumping Jacks**

**A 1**

**10 Jumping Jacks**



**B**<sub>3</sub>

**5 Burpees**

**B**<sub>3</sub>

**5 Burpees**





**10 Squats**



**10 Squats**



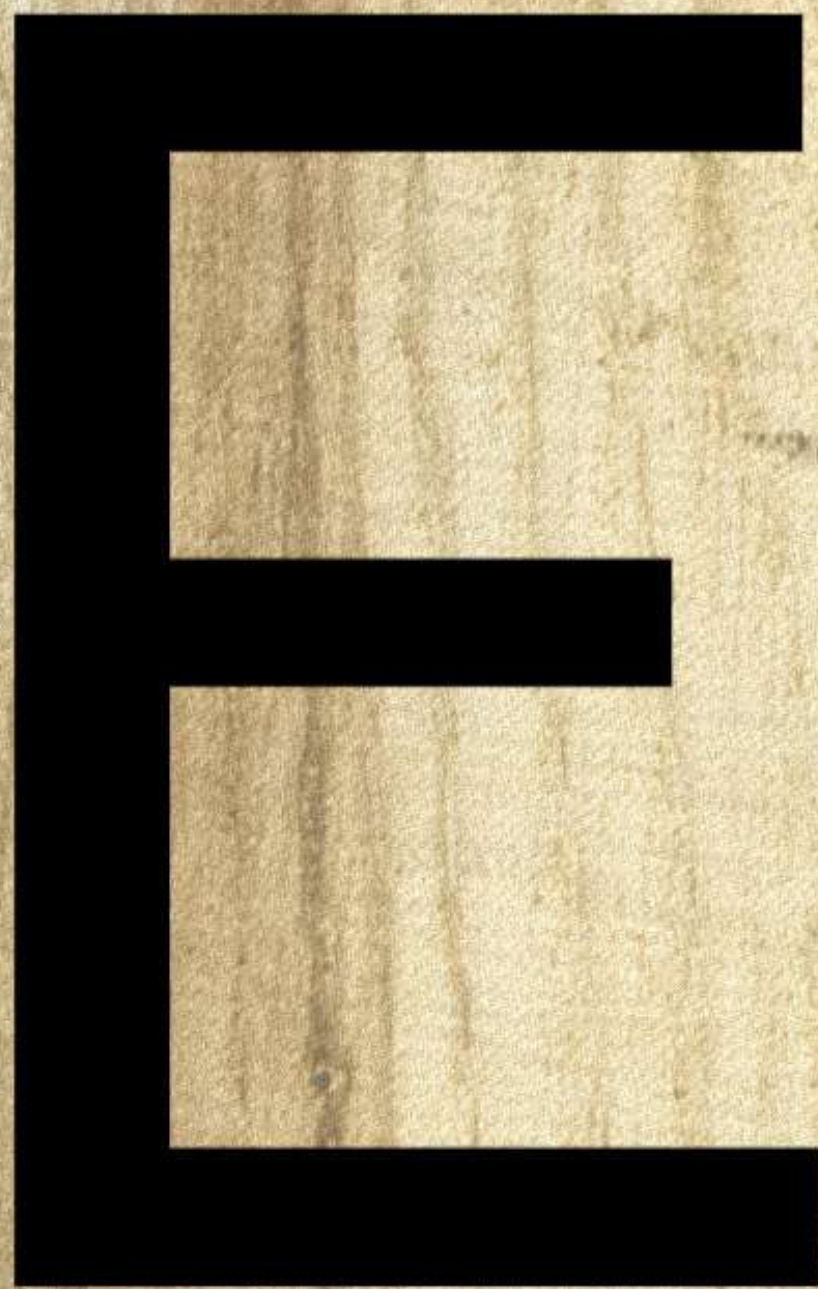
**DD<sub>2</sub>**

**7 Second Plank**

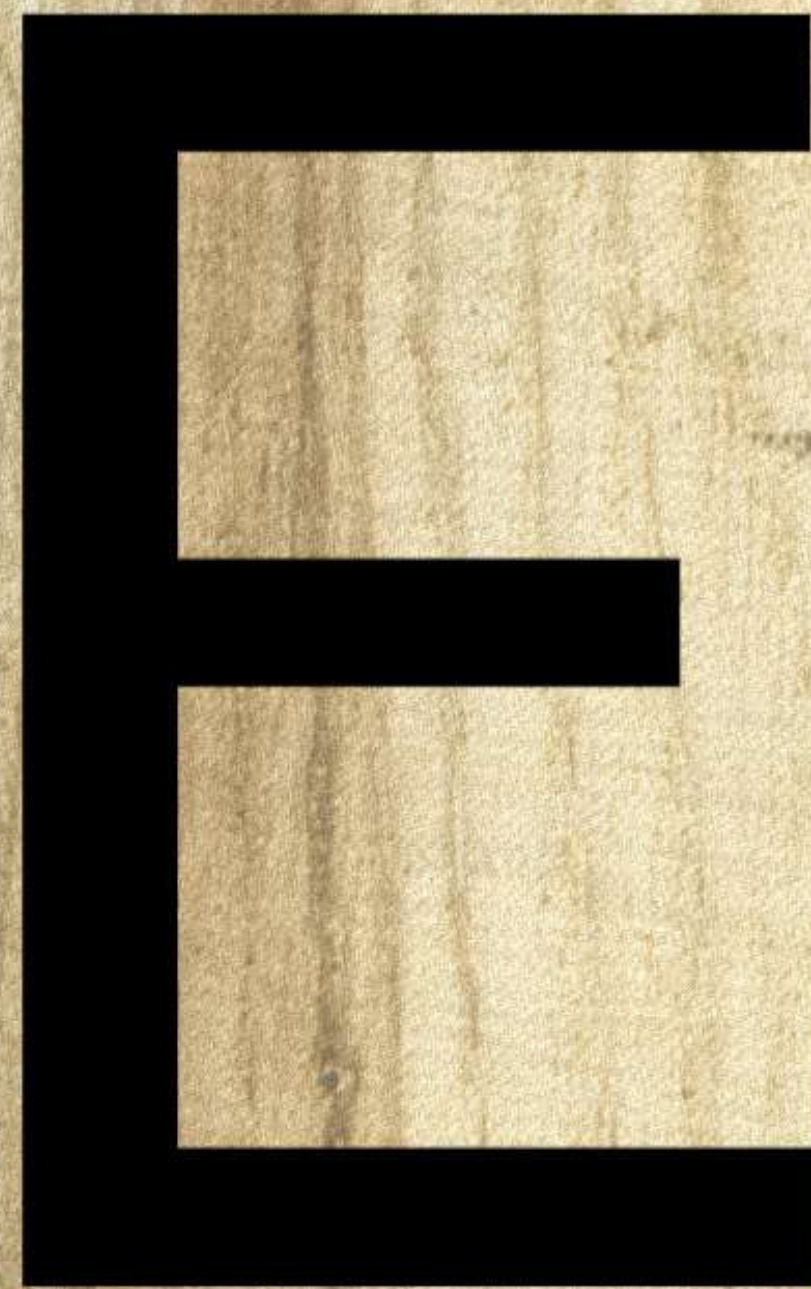
**DD<sub>2</sub>**

**7 Second Plank**



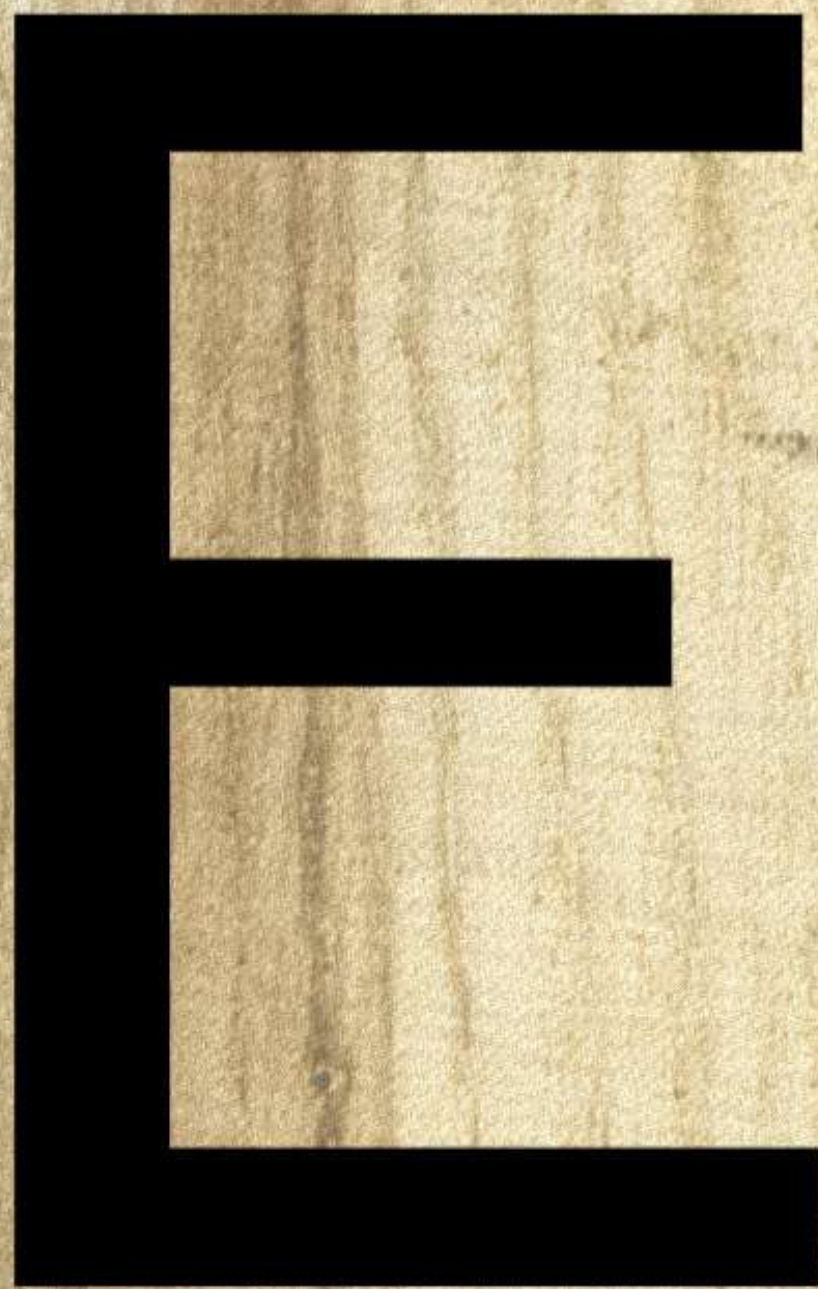


**5 Tuck Jumps**



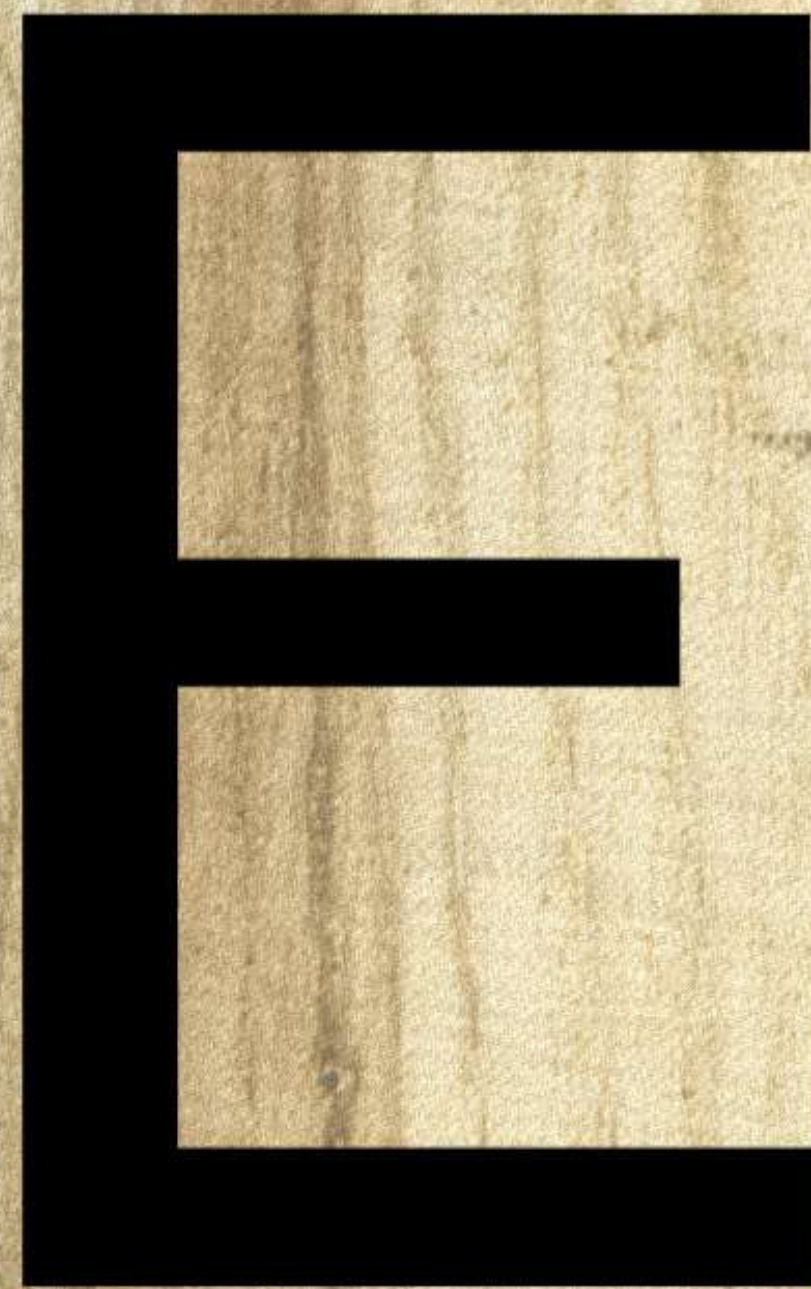
**5 Tuck Jumps**





1

**5 Tuck Jumps**



1

**5 Tuck Jumps**





4

**5 Lunges**



4

**5 Lunges**



G<sub>2</sub>

**5 Sit Ups**

G<sub>2</sub>

**5 Sit Ups**





**10 Ski Jumps**



**10 Ski Jumps**





1

**20 Mountain Climbers**



1

**20 Mountain Climbers**





1

**10 Mountain Climbers**



1

**10 Mountain Climbers**



J 8

**Free**

J 8

**Free**



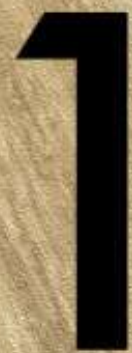
**K 5**

**10 Seal Jumps**

**K 5**

**10 Seal Jumps**





**15 Ski Jumps**



**15 Ski Jumps**



**M3**

**10 Second Buffly**

**M3**

**10 Second Buffly**



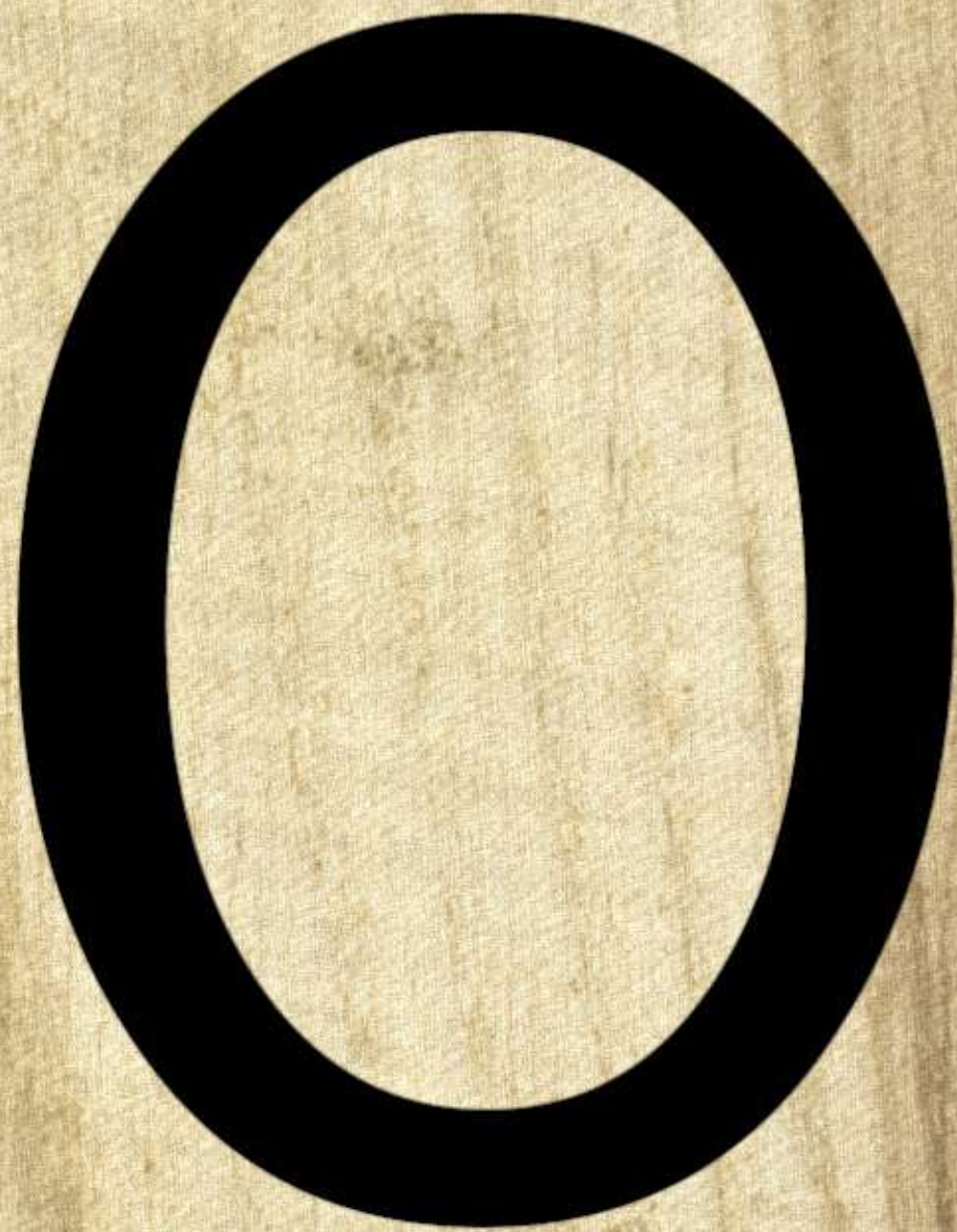


**10 Second Wall Sit**

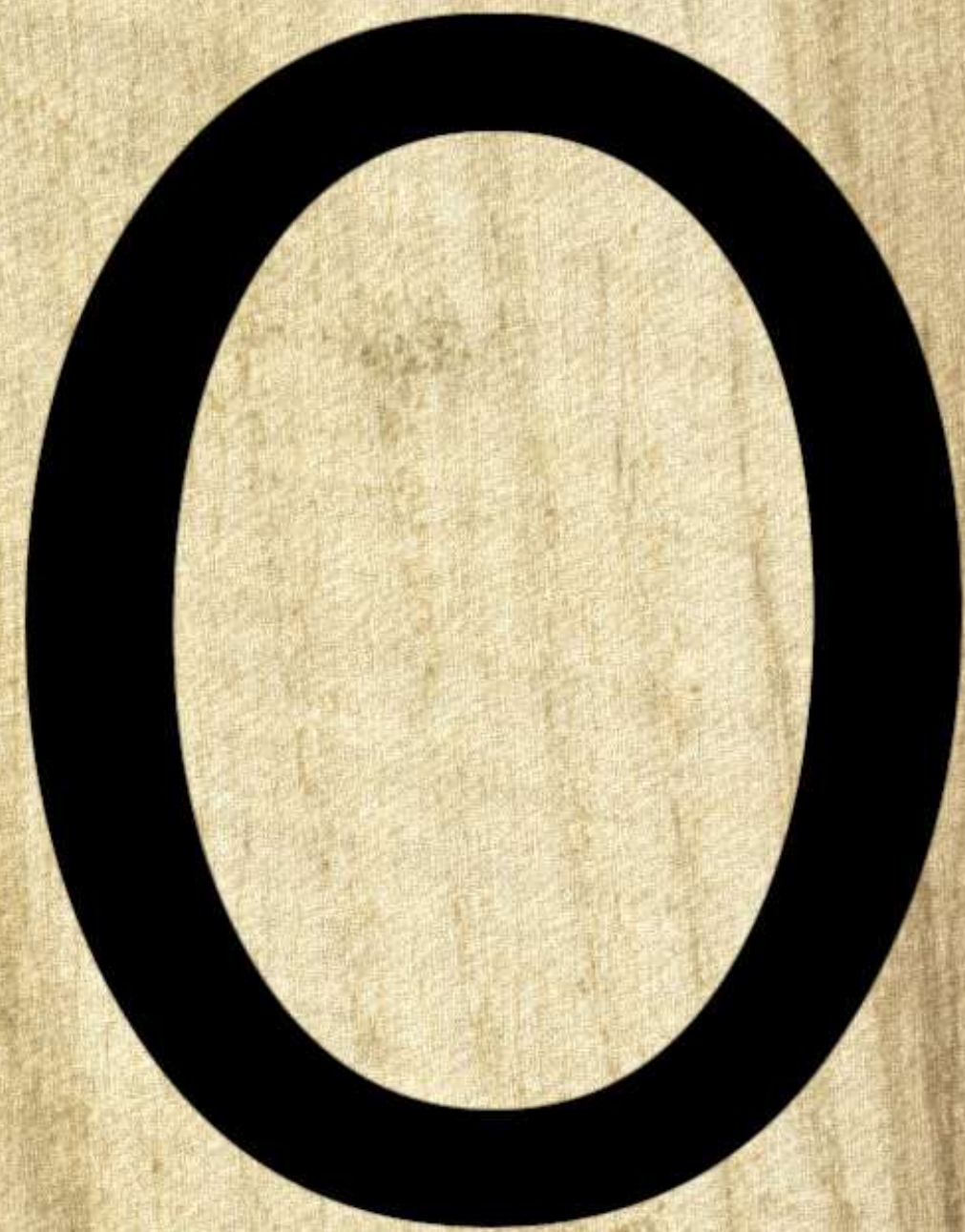


**10 Second Wall Sit**



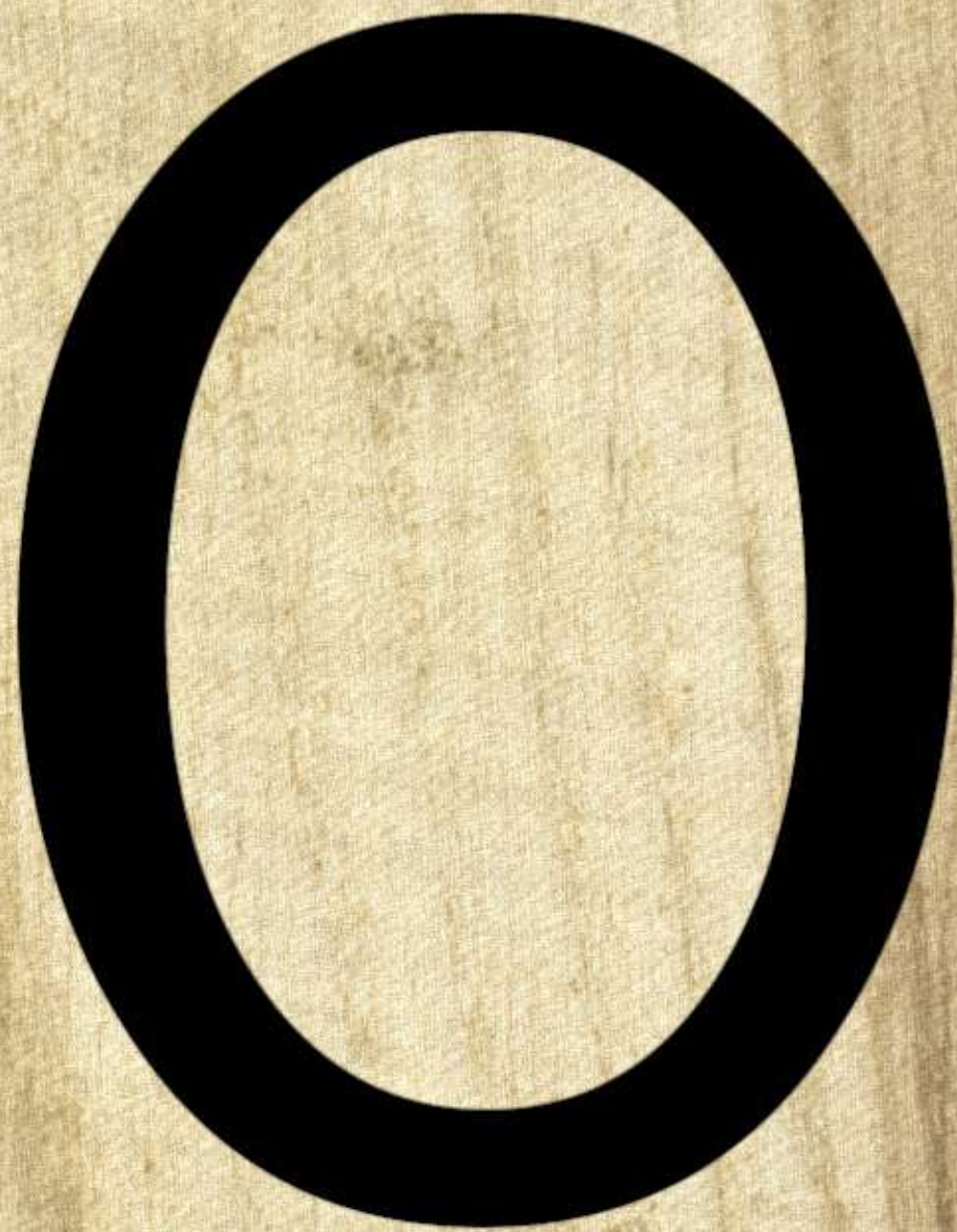


**20 Second Jog In Place**

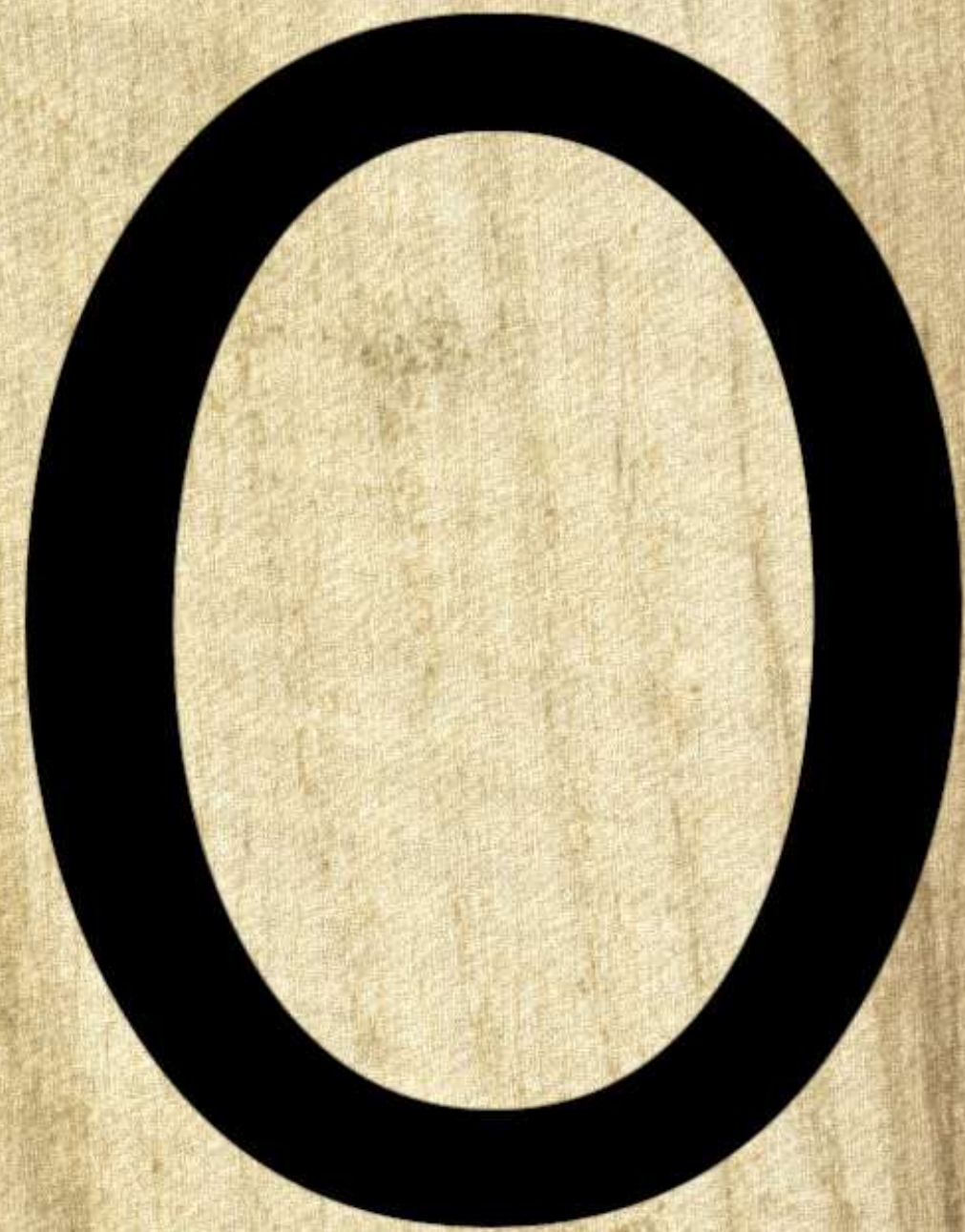


**20 Second Jog In Place**





**20 Second Jog In Place**



**20 Second Jog In Place**



**P**  
**3**

**10 Jumping Jacks**

**P**  
**3**

**10 Jumping Jacks**



Q. 10

**5 Burpees**

Q. 10

**5 Burpees**



**R**

**1**

**10 Lunges**

**R**

**1**

**10 Lunges**



A large, bold, black capital letter 'S' is centered on the left side of the image. The background is a light-colored wood grain.A large, bold, black number '1' is positioned to the right of the letter 'S'.

**5 Tuck Jumps**

A large, bold, black capital letter 'S' is centered on the right side of the image. The background is a light-colored wood grain.A large, bold, black number '1' is positioned to the right of the letter 'S'.

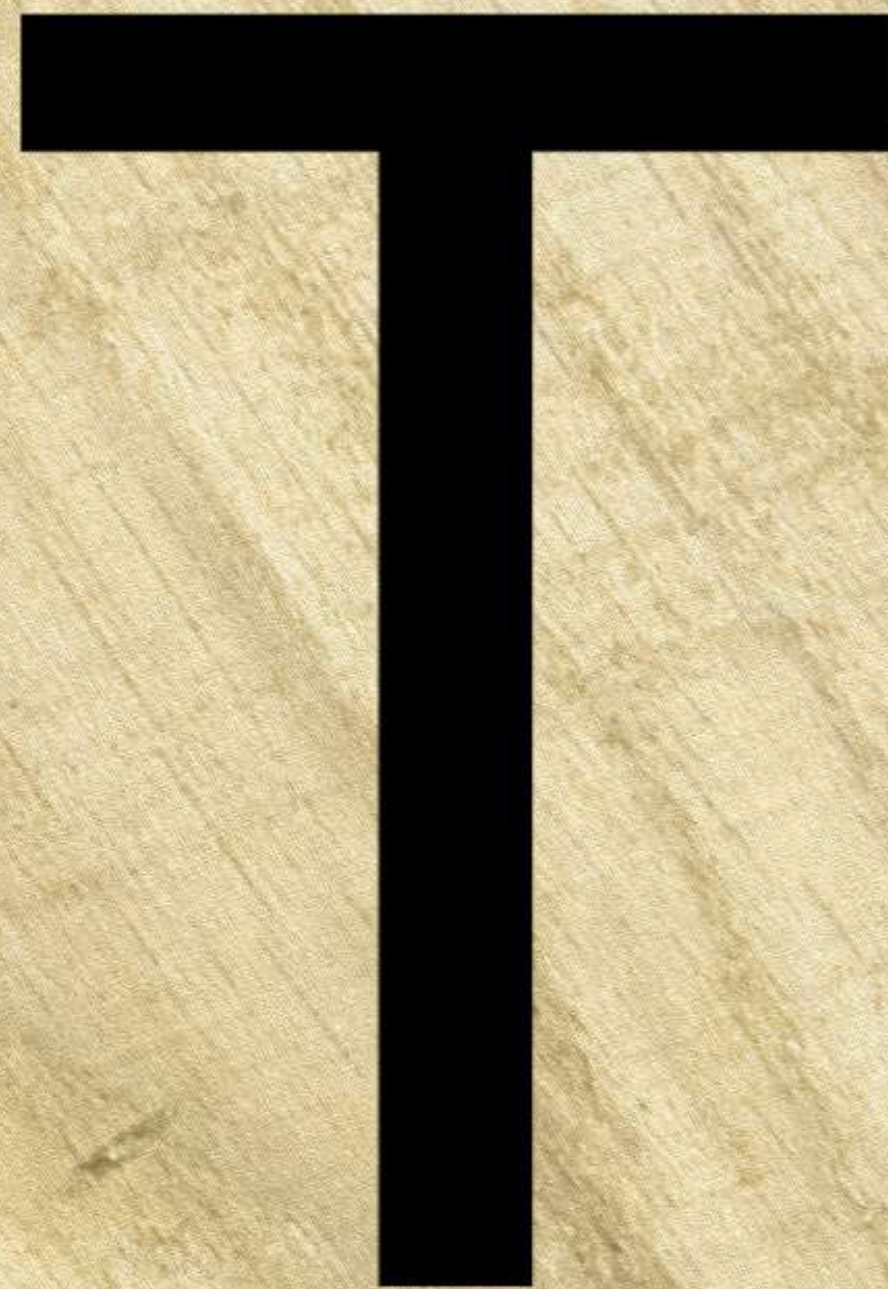
**5 Tuck Jumps**





1

**5 Sit Ups**



1

**5 Sit Ups**





**10 Toe Touches**



**10 Toe Touches**



**V4**

**10 Seal Jacks**

**V4**

**10 Seal Jacks**





**5 Squats**



**5 Squats**





**10 Mountain Climbers**



**10 Mountain Climbers**





**10 Second Wall Sit**



**10 Second Wall Sit**





**15 Secod Jog In Place**



**15 Secod Jog In Place**



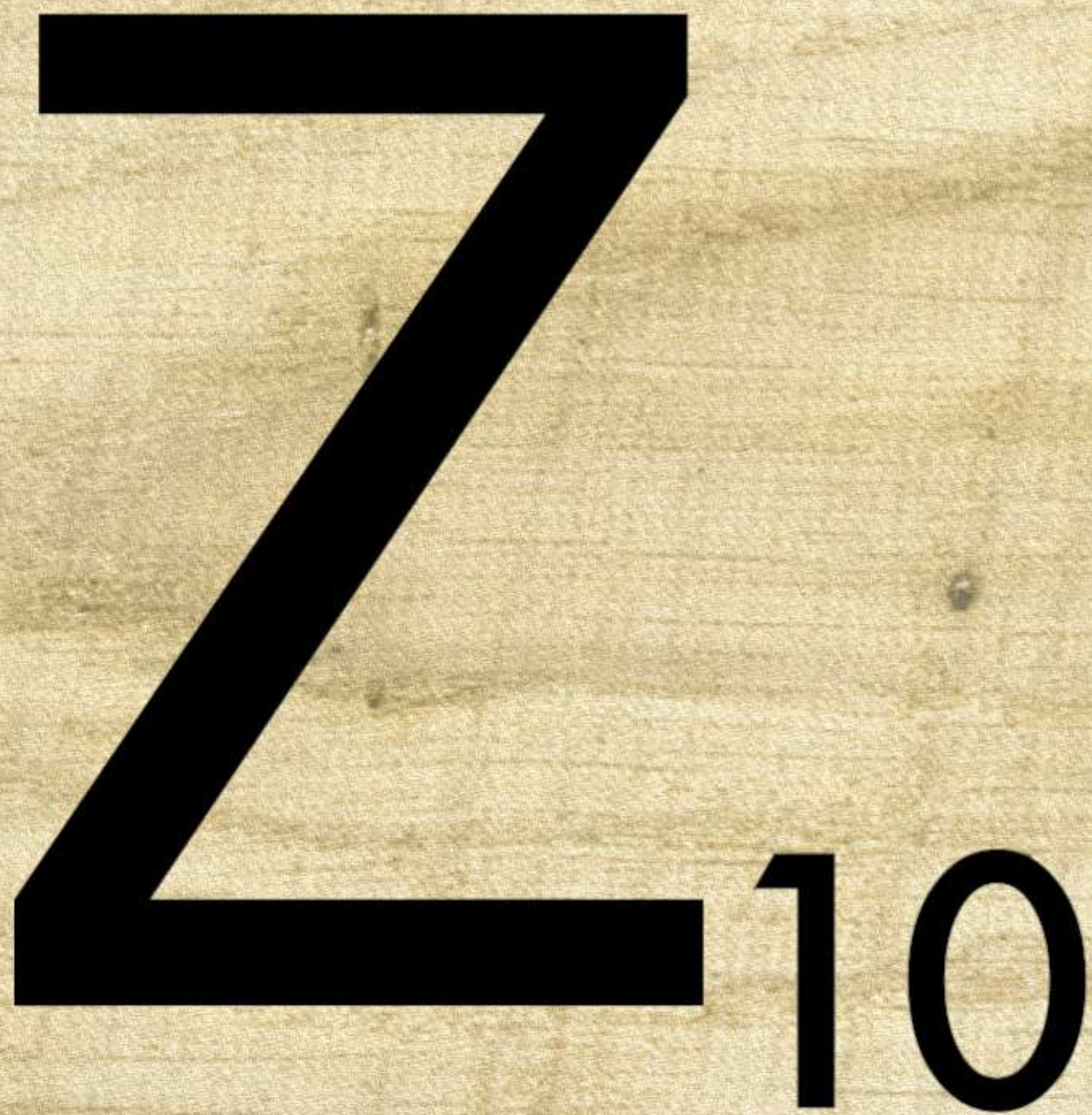


**15 Secod Jog In Place**

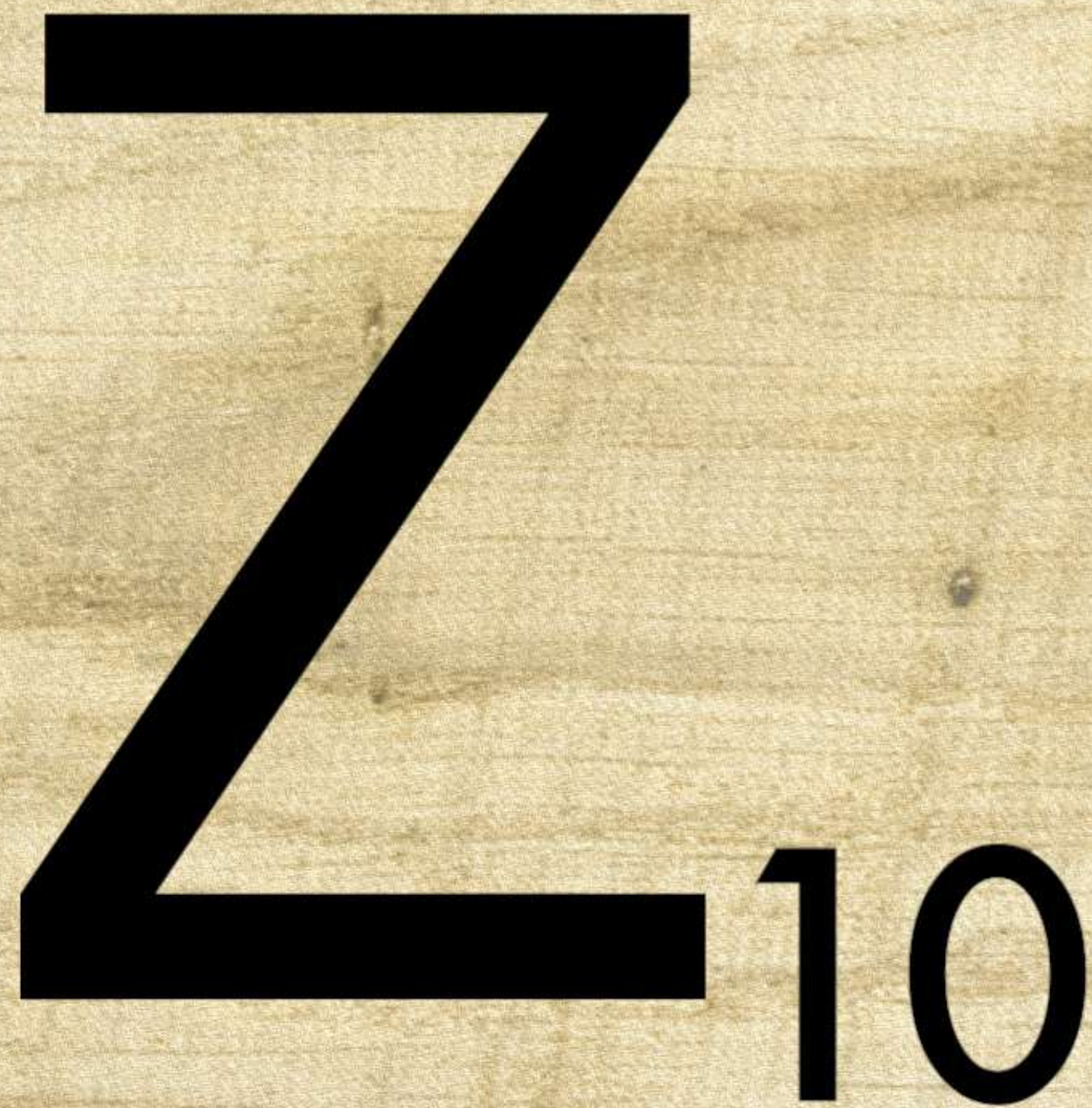


**15 Secod Jog In Place**





**10 Second Plank**



**10 Second Plank**