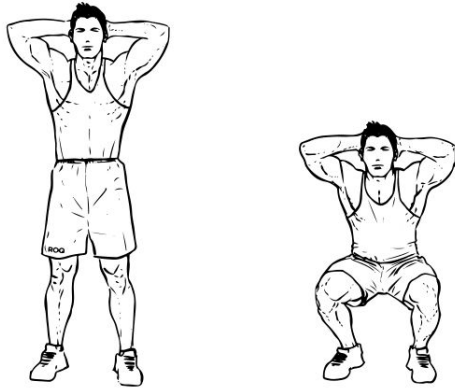
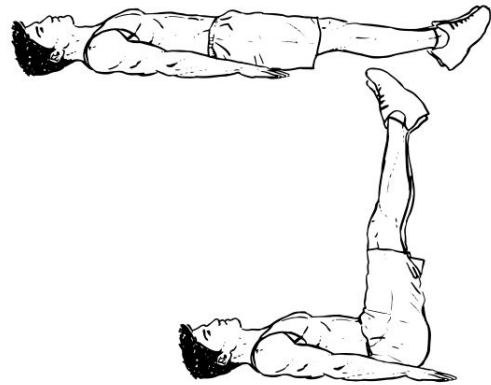


Bodyweight Squat



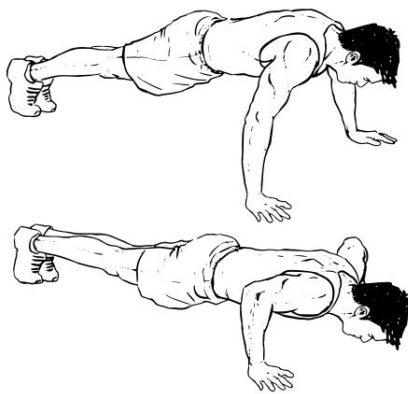
20 reps

Lying Leg Raise / Lift



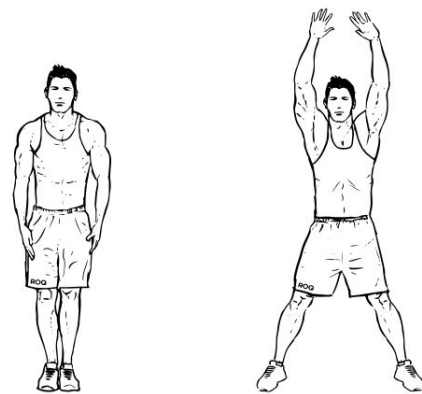
20 reps

Wide Push-up



20 reps

Jumping Jacks / Star Jumps



50 reps