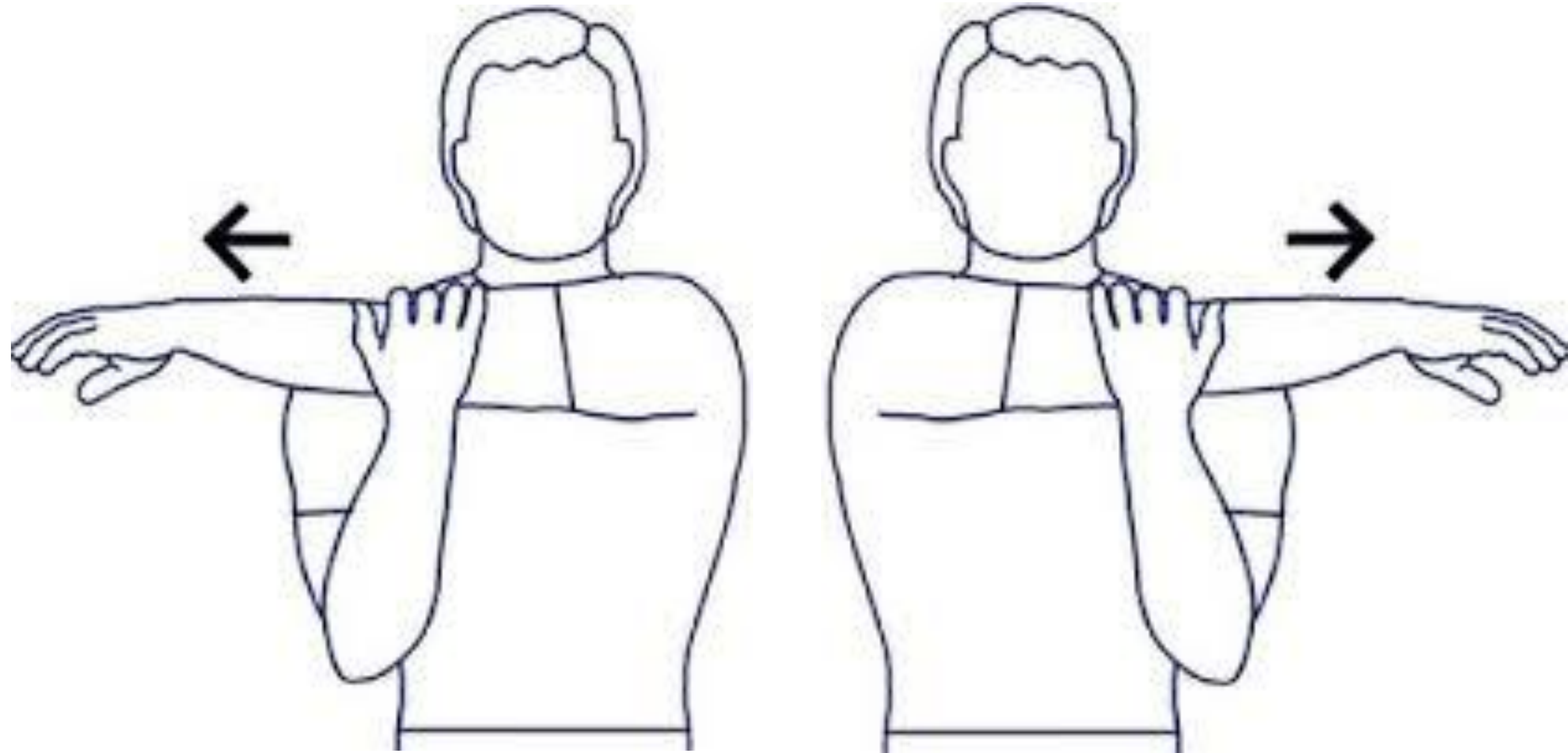




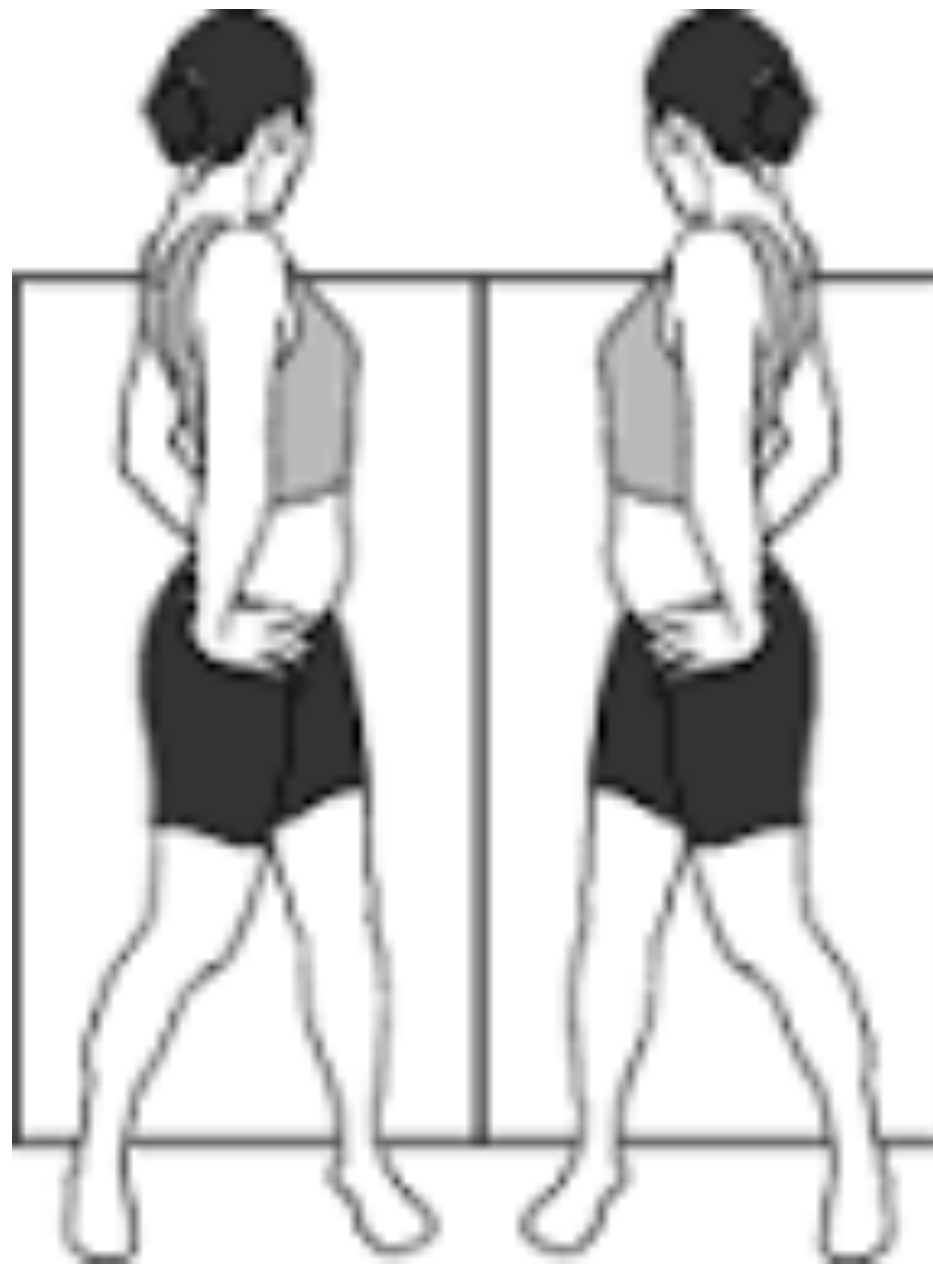
Arm Stretch

10 seconds



Elbow Stretch

10 seconds

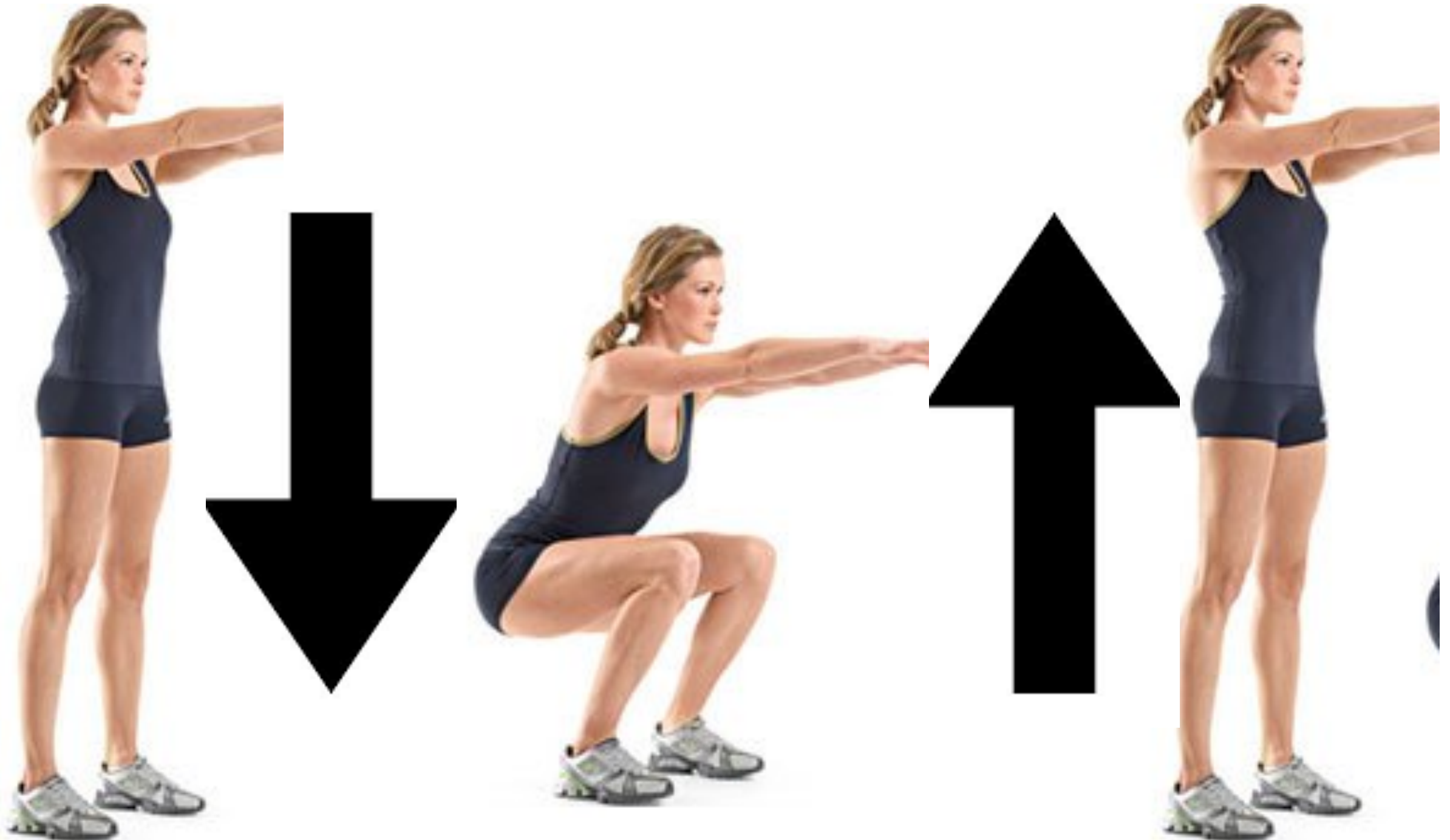


Trunk Twist 10x



Windmills 10x

Squats 10x



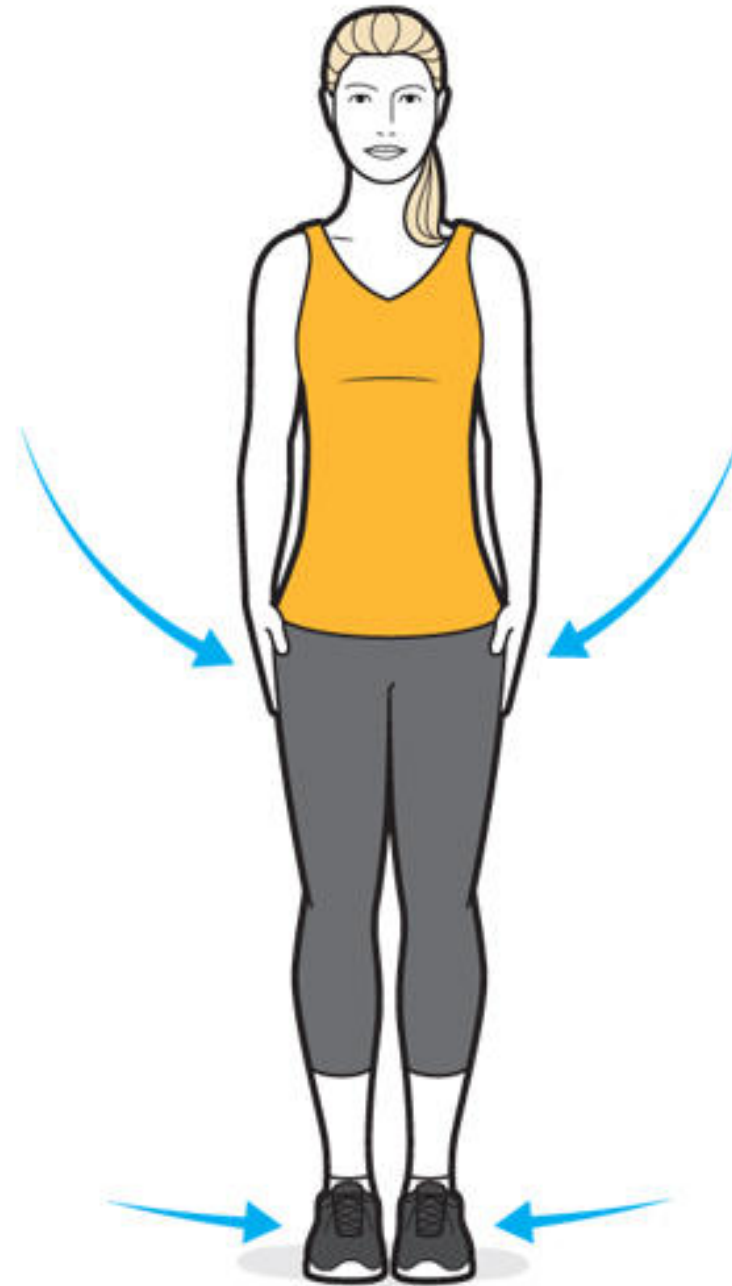
Balance
10
seconds





Jump

5x



Jumping Jacks 10x

Sit-Ups 10x

U



Planks 30 seconds

