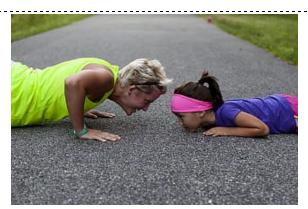


Jumping Jacks



Run in Place for _____ Seconds



Push-Ups



Squats



Bear Crawls



Toe Touch Stretch for _____ Seconds