

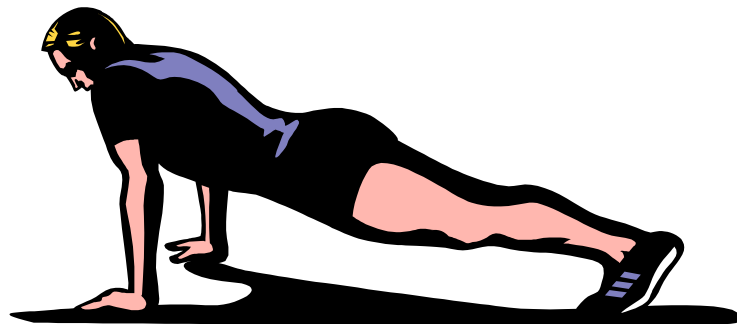
# 1. Jog



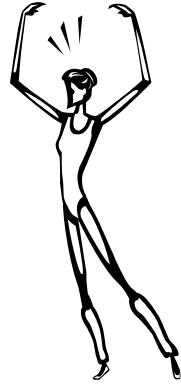
# 2. Skip



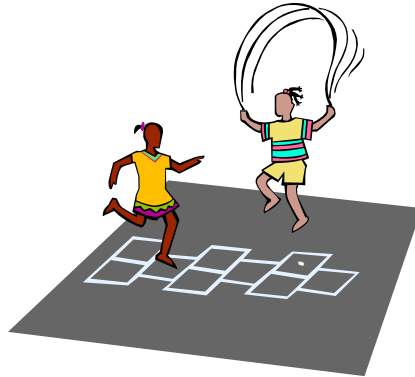
# 3. Push-Ups 10X



# 1. Slide



# 2. Power Skip



# 3. Curl-Ups 10X



# **1. Walk Backwards**



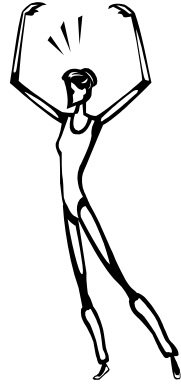
# **2. Gallop**



# **3. Mountain Climbers 10X**



# **1. Slide**



# **2. Carioca**



# **3. Prisoner Squats 10X**

