

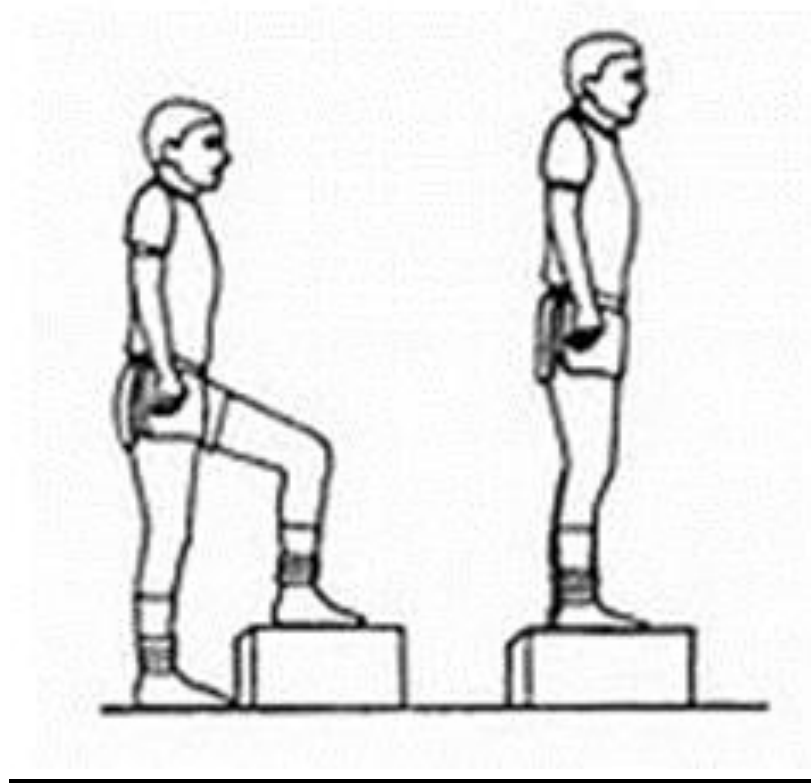
# PUSH UPS



# RUN IN PLACE



# STEP UPS



# PLANK



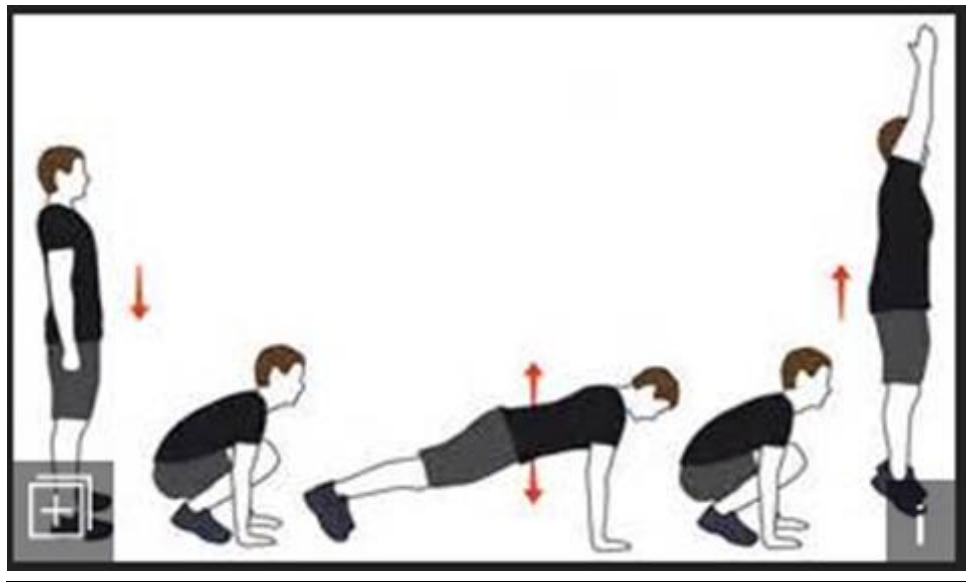
# SQUAT



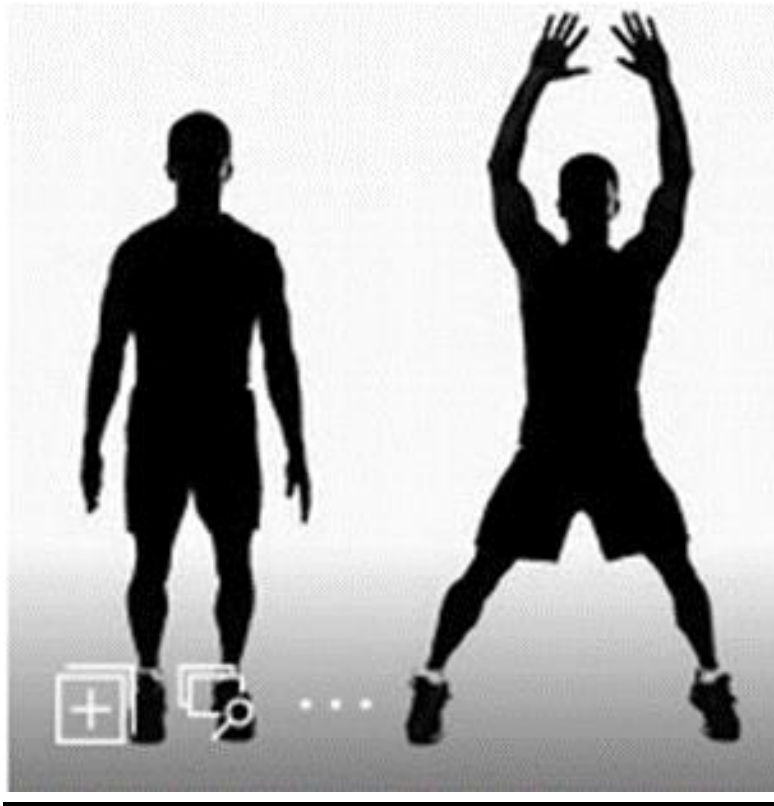
# V SIT



# BURPEE



# JUMPING JACKS





# SUPERMAN BALANCE



# CRUNCH

## Alternate elbow knee



# SIDE PLANK



**1 2 3 4 5 6 7 8 9 10**

