

LUNGES



Alternate Toe Touch

STEP 1



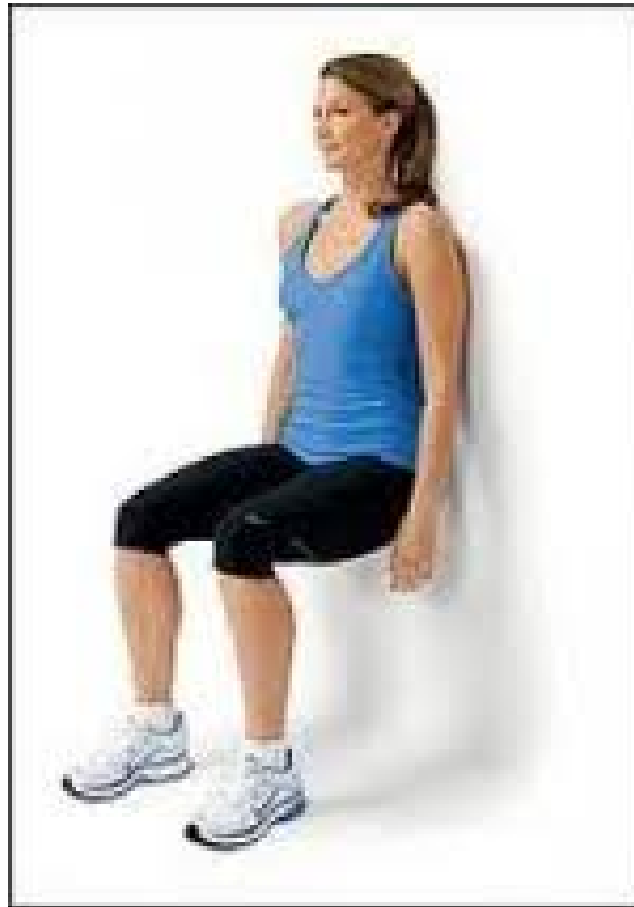
STEP 2



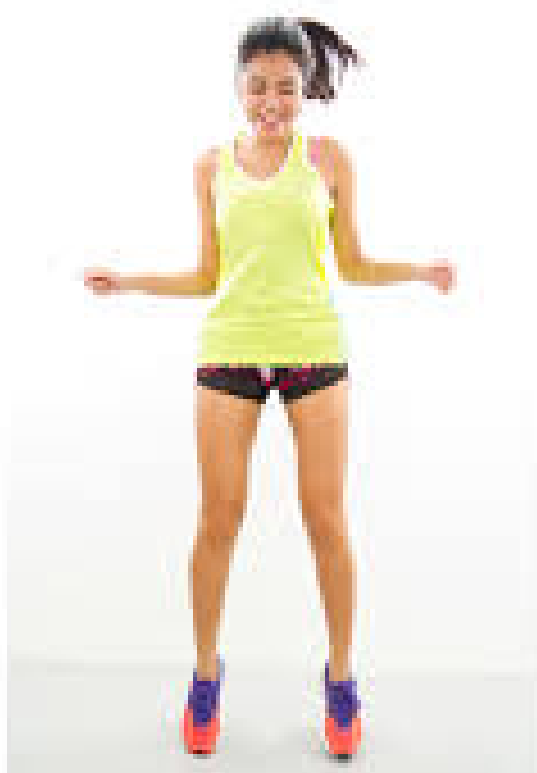
Burpees



Wall Sit



Invisible Jump Rope



PLANK



SQUAT JUMP



Yoga V- Sit



**Cinderella
Push
Ups**

Russian Twist



Hot Footed Lizard



TRANSFERS

STEP 1



STEP 2



STEP 3

