



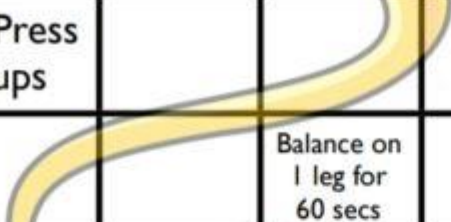
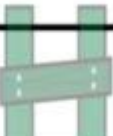


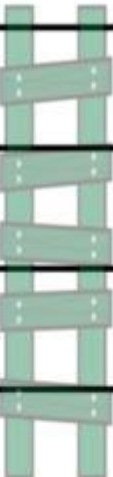


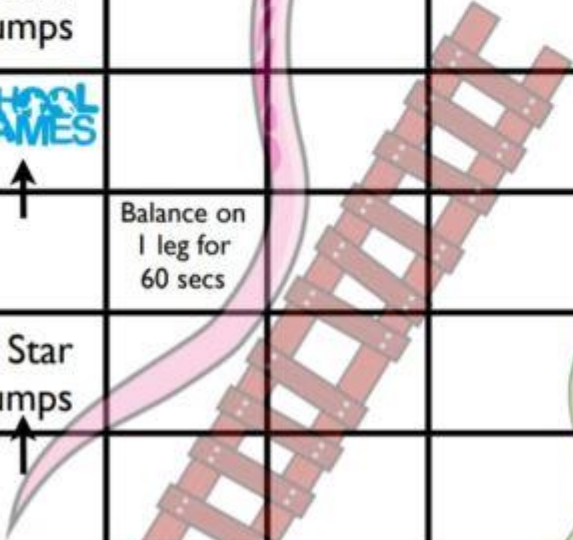
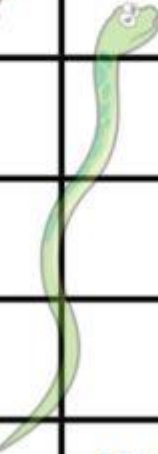
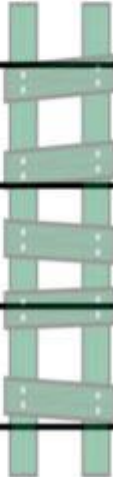



	Balance on 1 leg for 60 secs			Balance on 1 leg for 60 secs		Balance on 1 leg for 60 secs	↑
	5 Press ups						↑
↑			Balance on 1 leg for 60 secs	5 Star Jumps			↑
↑						5 Press ups	↑
5 Star Jumps			5 Press ups				↑
							↑
↑	Balance on 1 leg for 60 secs					Balance on 1 leg for 60 secs	↑
5 Star Jumps							↑
↑						5 Star Jumps	↑
Start →	5 Press ups						↑