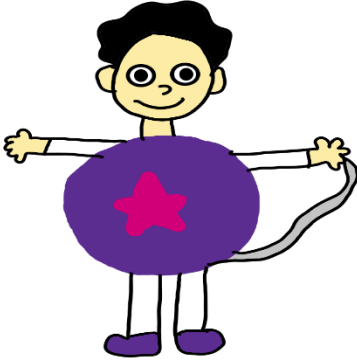





|   |   |   |
|---|---|---|
|  |  | <p><b>10</b><br/>ten<br/>jumping<br/>jacks</p>  |
| <p><b>5</b><br/>five<br/>pushups</p>  | <p><b>30 seconds</b><br/>run<br/>in<br/>place</p>                                 | <p><b>10</b><br/>ten<br/>jumping<br/>jacks</p>  |
| <p><b>15</b><br/>fifteen<br/>squats</p>   | <p><b>15</b><br/>fifteen<br/>jumping<br/>jacks</p>                                | <p><b>30 seconds</b><br/>crab<br/>walk</p>      |
| <p><b>10</b><br/>ten<br/>pushups</p>  | <p><b>10</b><br/>ten<br/>squats</p>   | <p><b>30 seconds</b><br/>march in<br/>place</p> |

