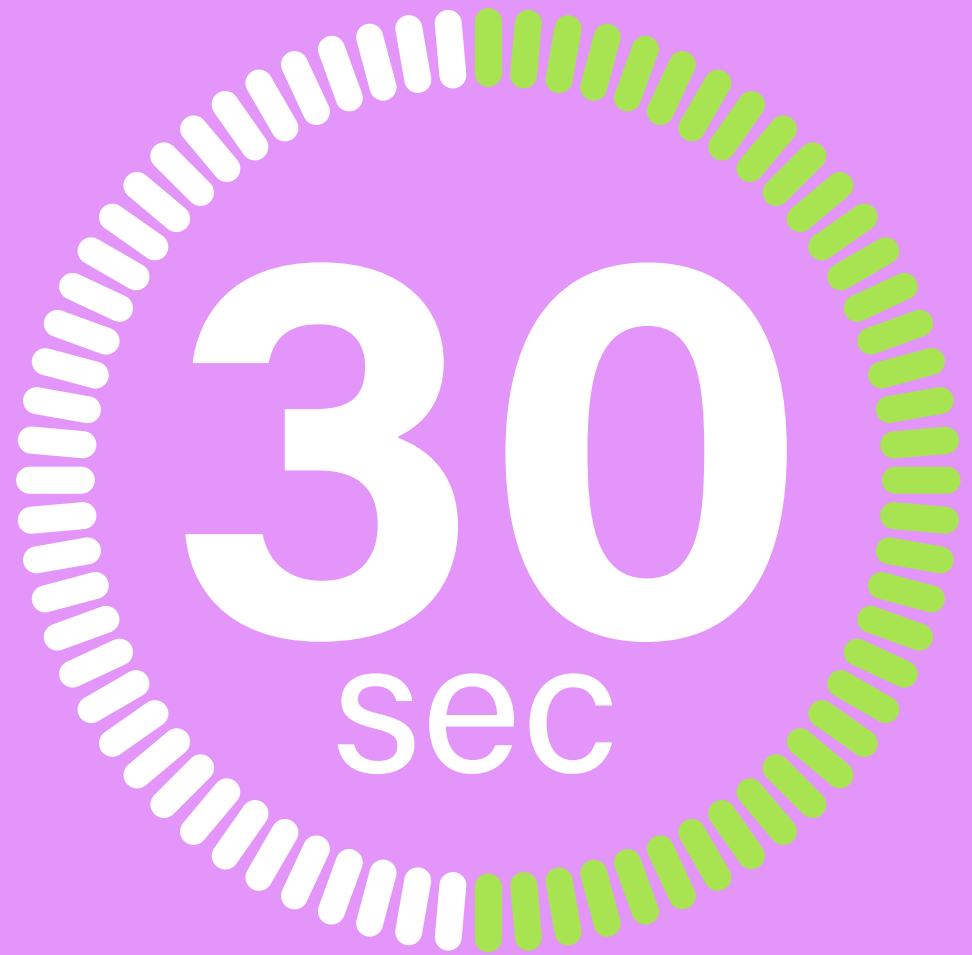




RUN ON THE SPOT



STAR JUMPS



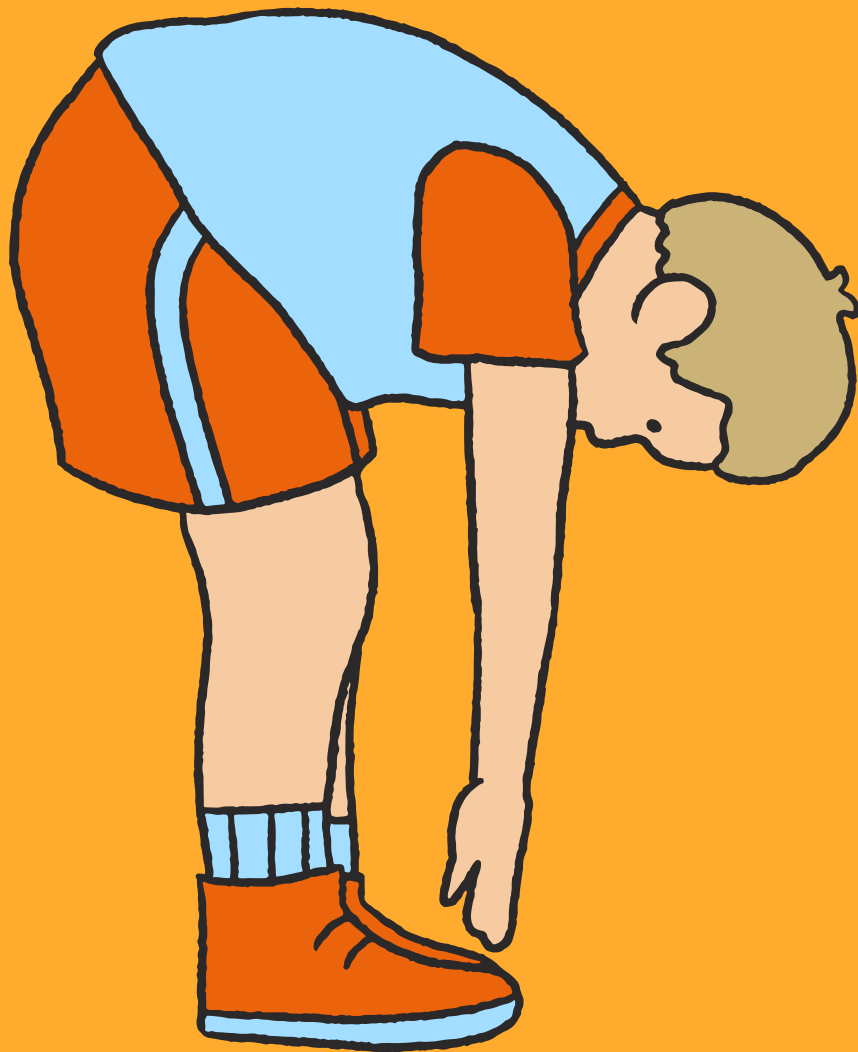
DANCE



KNEEL THEN JUMP



BEAR CRAWLS



30
sec

BEND AND STRETCH



YOGA



WALK