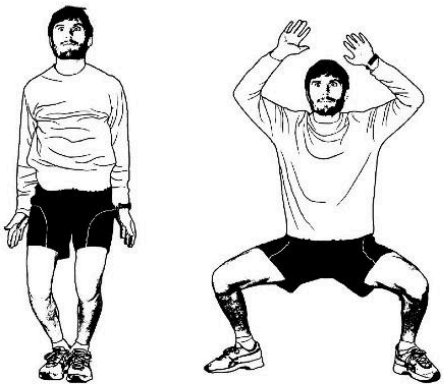


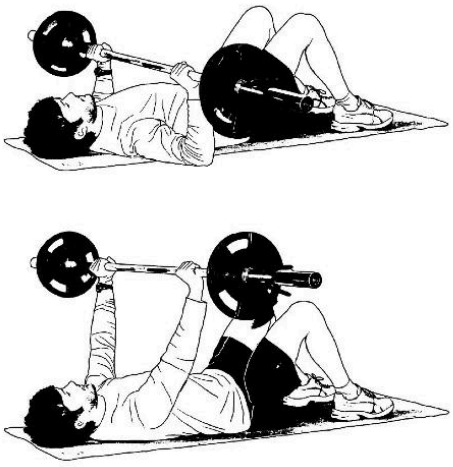
Sumo Squat Jumping Jacks

Warm- up I: 5 minutes of sumo squat jumping jacks.



Frog Hop

Warm- up II: 4 laps x 40 to 50' of frog hopping.



Barbell Chest Press - Floor

Circuit I: 8 to 10 reps of chest press on the floor. Rotate 3 sets through the following 4 "circuit" exercises.



Overhead Tricep Extension

Circuit II: Use a dumbbell or kettlebell to do 12 to 15 overhead tricep extensions, per set.