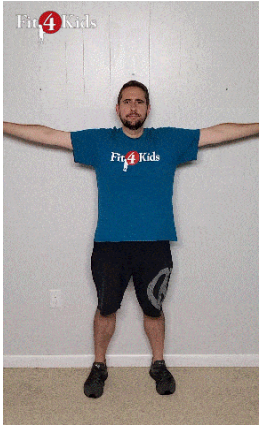
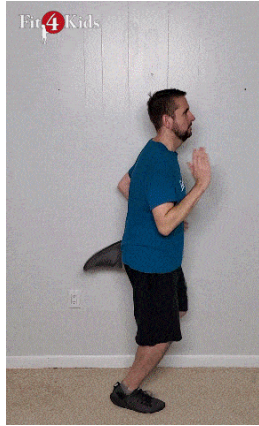


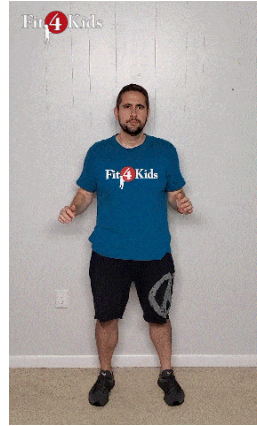
Standing Exercises



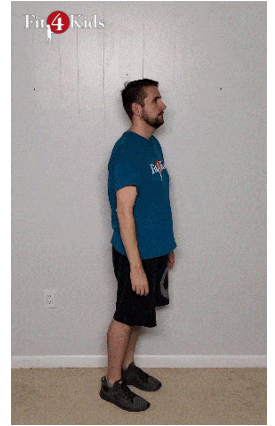
Arm Circles



Butt Kicks



Cross Crawls



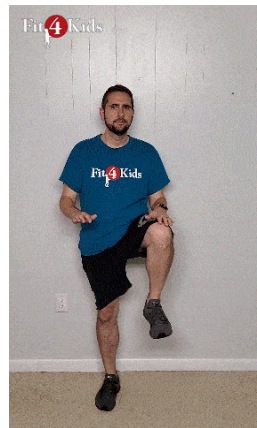
Calf Raises



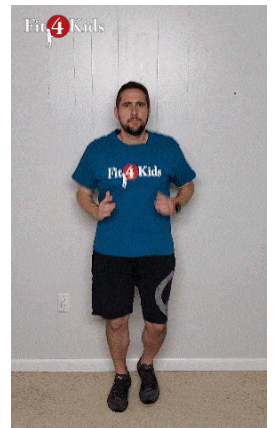
Defensive Shuffle



Fast Feet



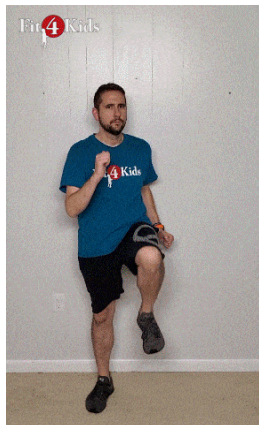
High Knees



Jog in Place



Lunges



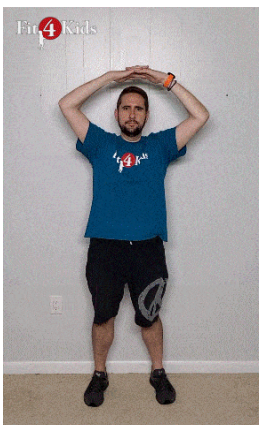
March



Narrow Squats



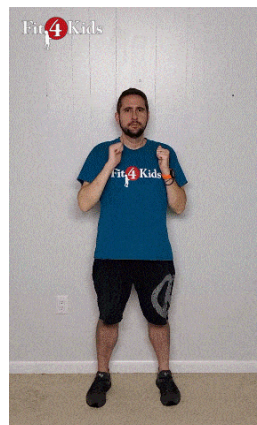
Shuffle Taps



Side Bends



Side Lunges



Sky Reaches



Soccer Taps



Squats



Sumo Squats



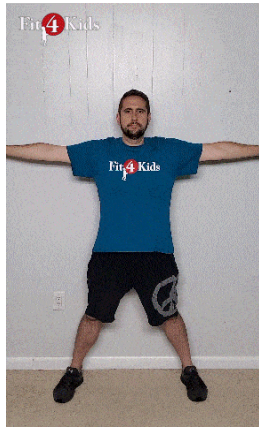
Toe Touches



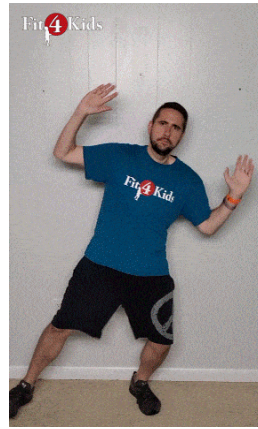
Wall Sit



Washing Machine



Windmills



Wacky Jacks