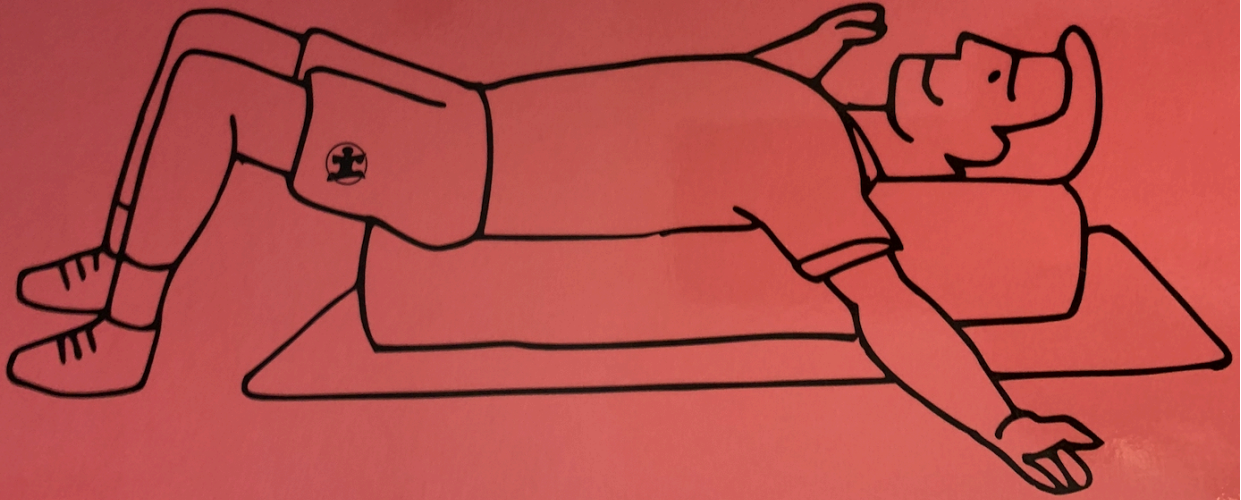


LOG STRETCH



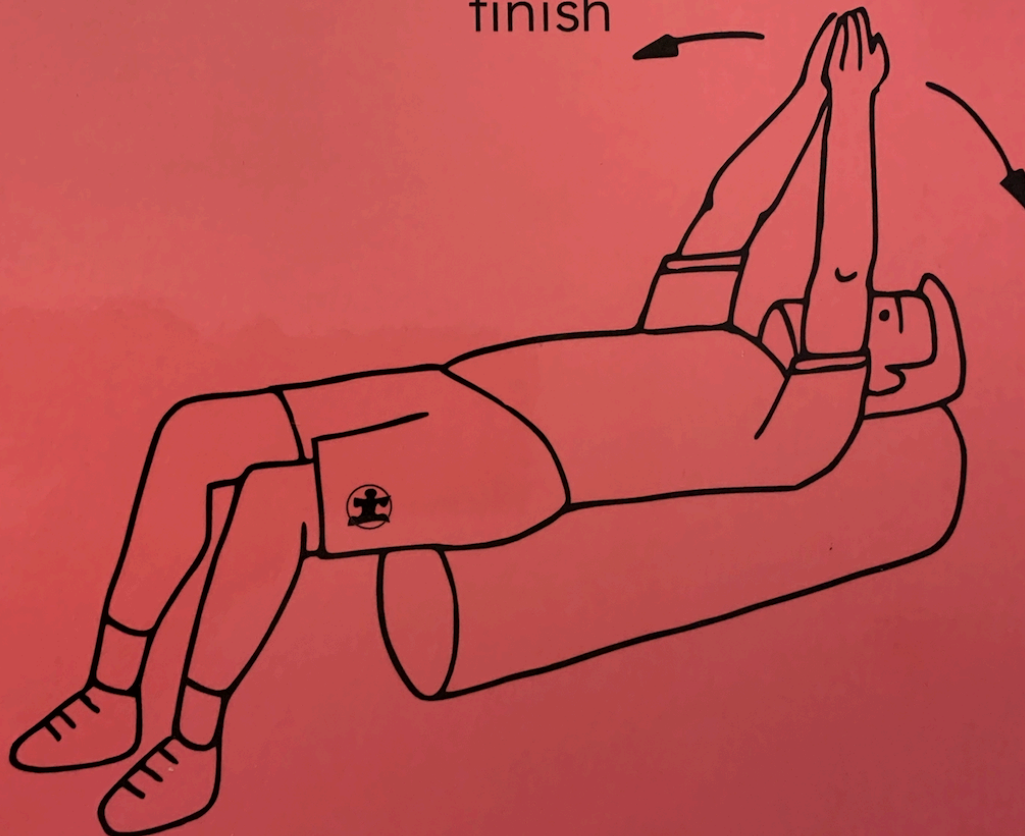
ANGELS IN THE SNOW start



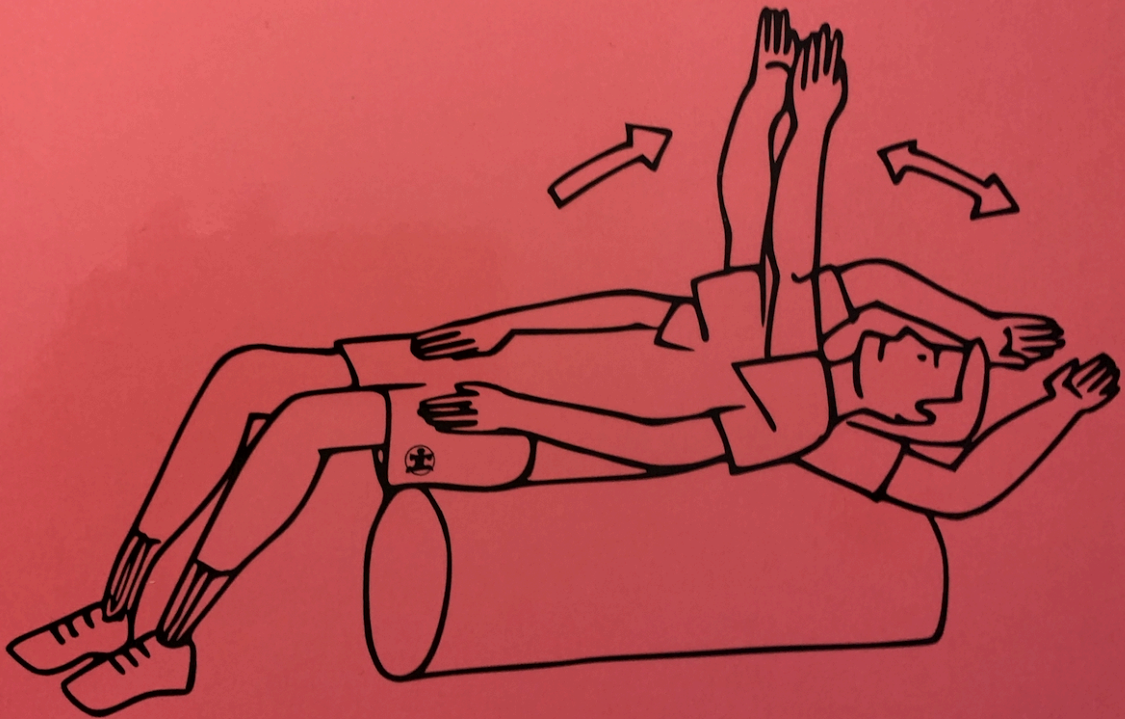
LOG CLAPS
start



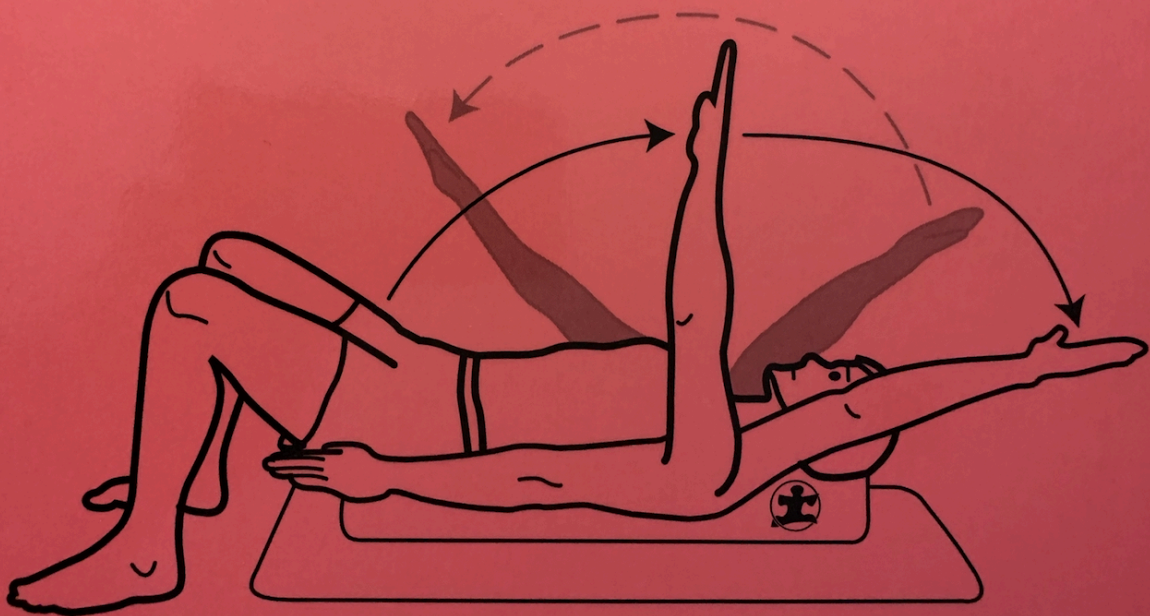
LOG CLAPS
finish



LOG CHOPS



ALTERNATING LOG CHOPS



MINI-BAND

side-to-side



MINI-BAND monster walk



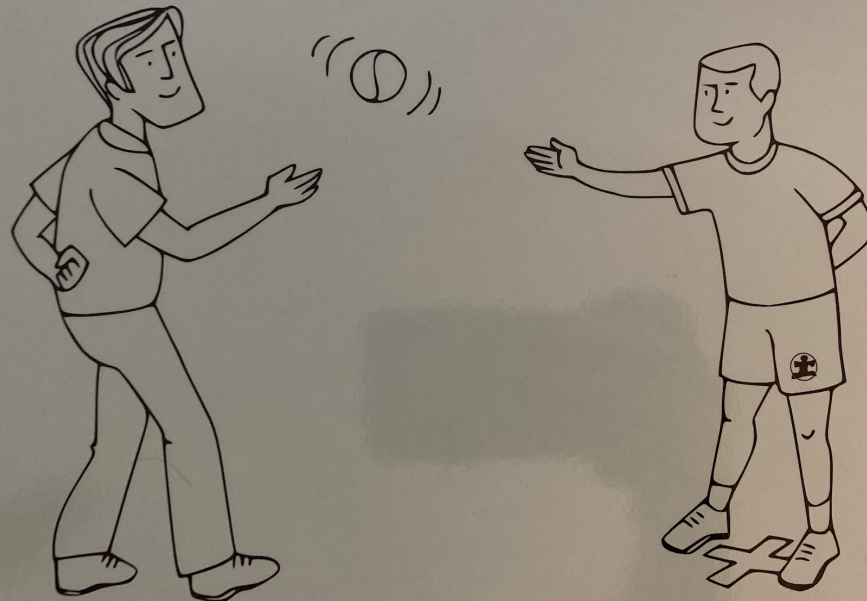
CROSSOVER MARCH



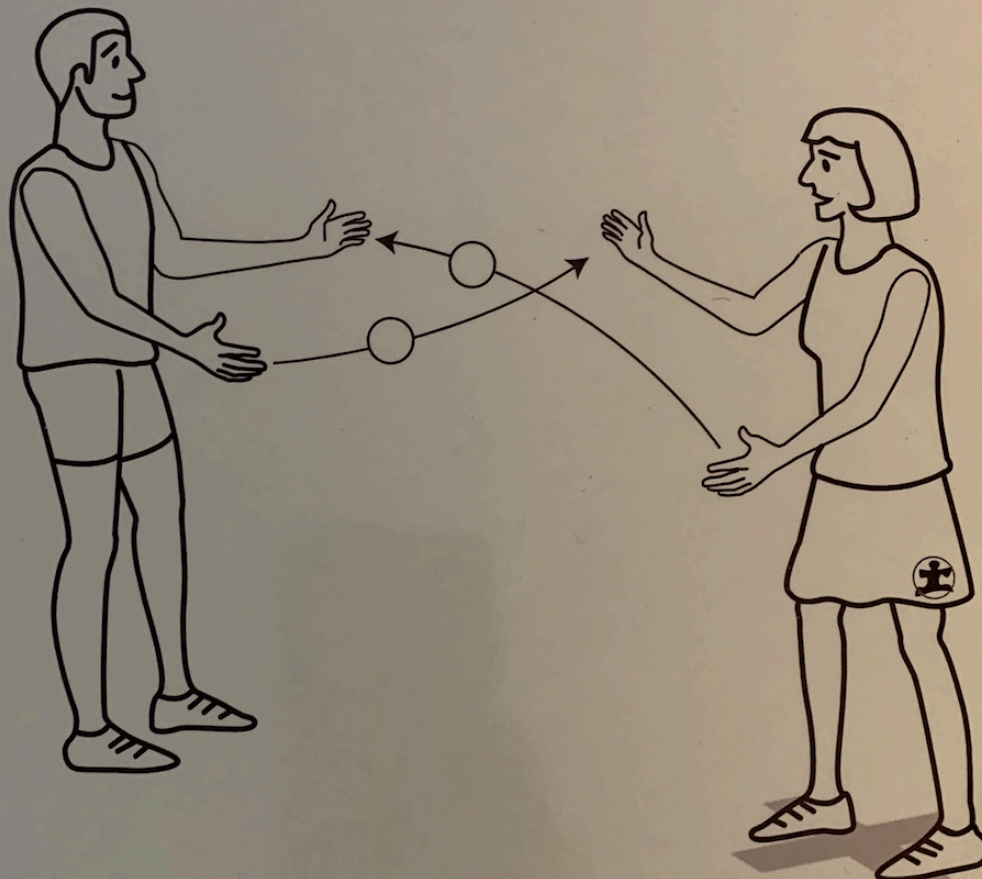
CROSSOVER ELBOW MARCH



CATCH WITH ONE HAND



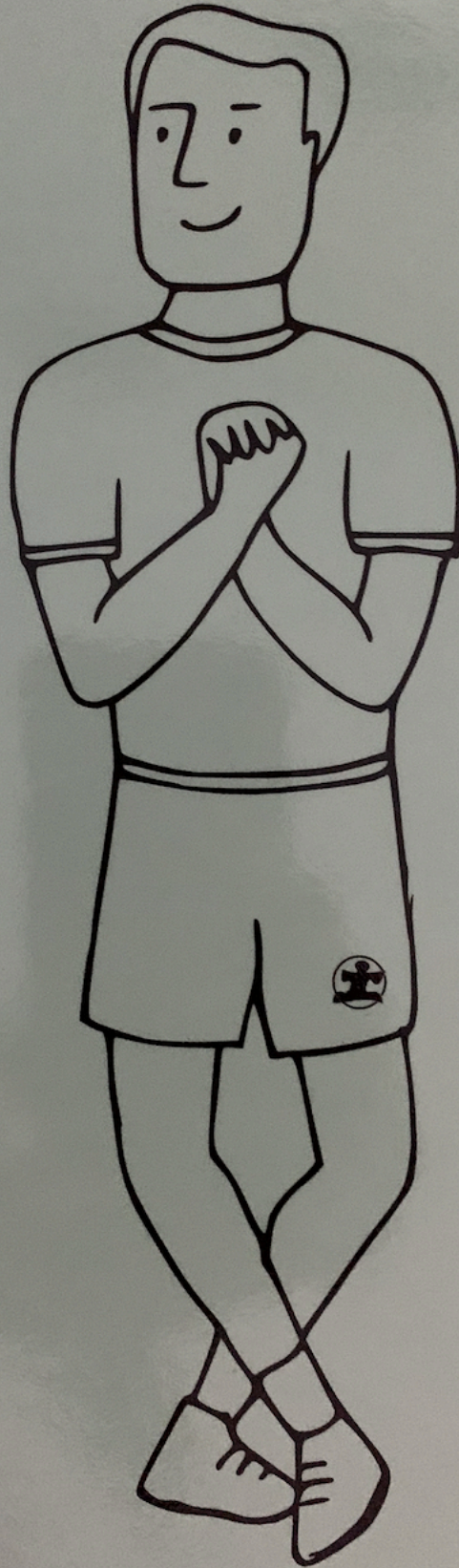
CATCH TWO BALLS



PRETZEL IN CHAIR

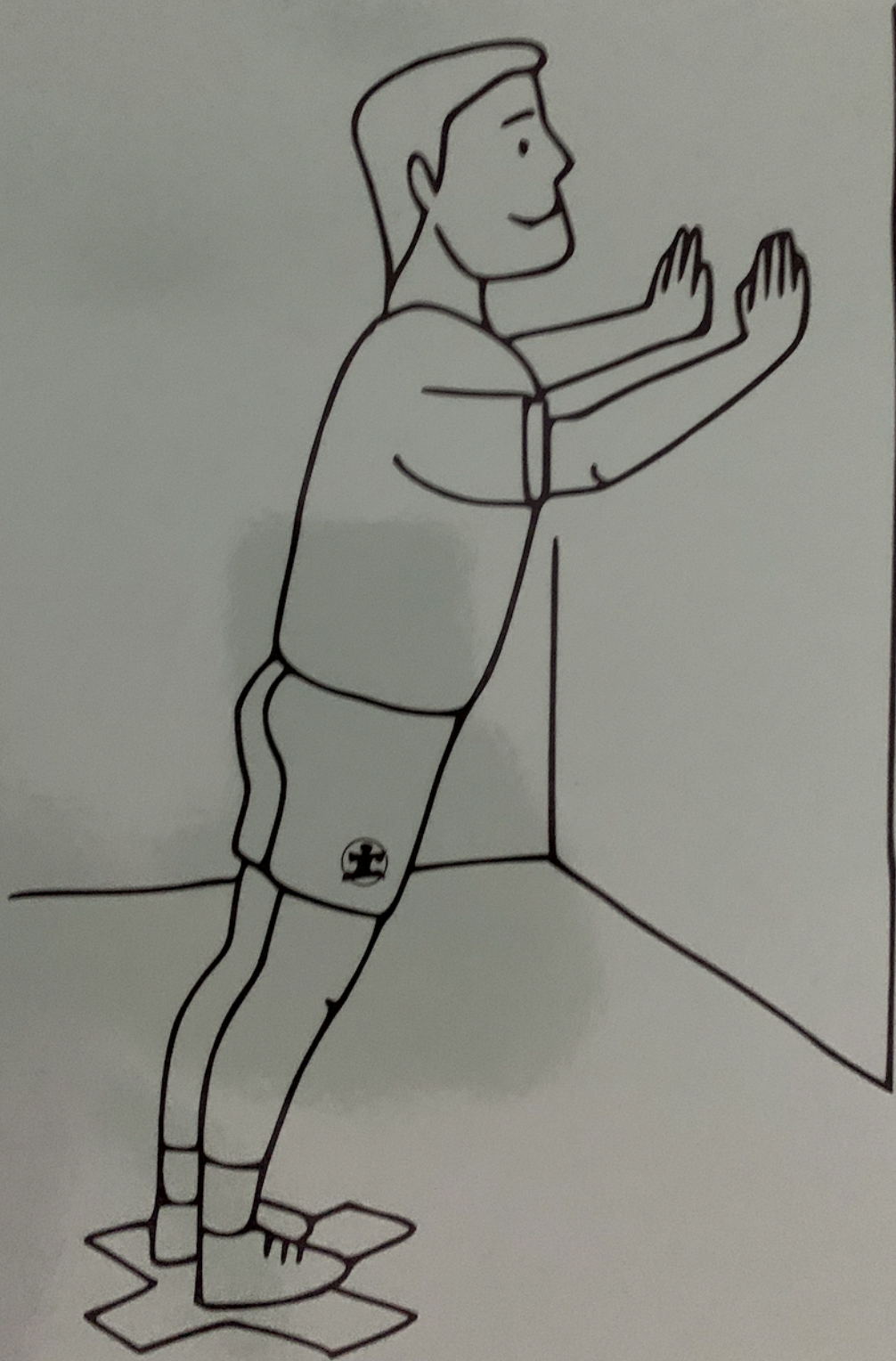


PRETZEL



WALL CLAP PUSH-UPS

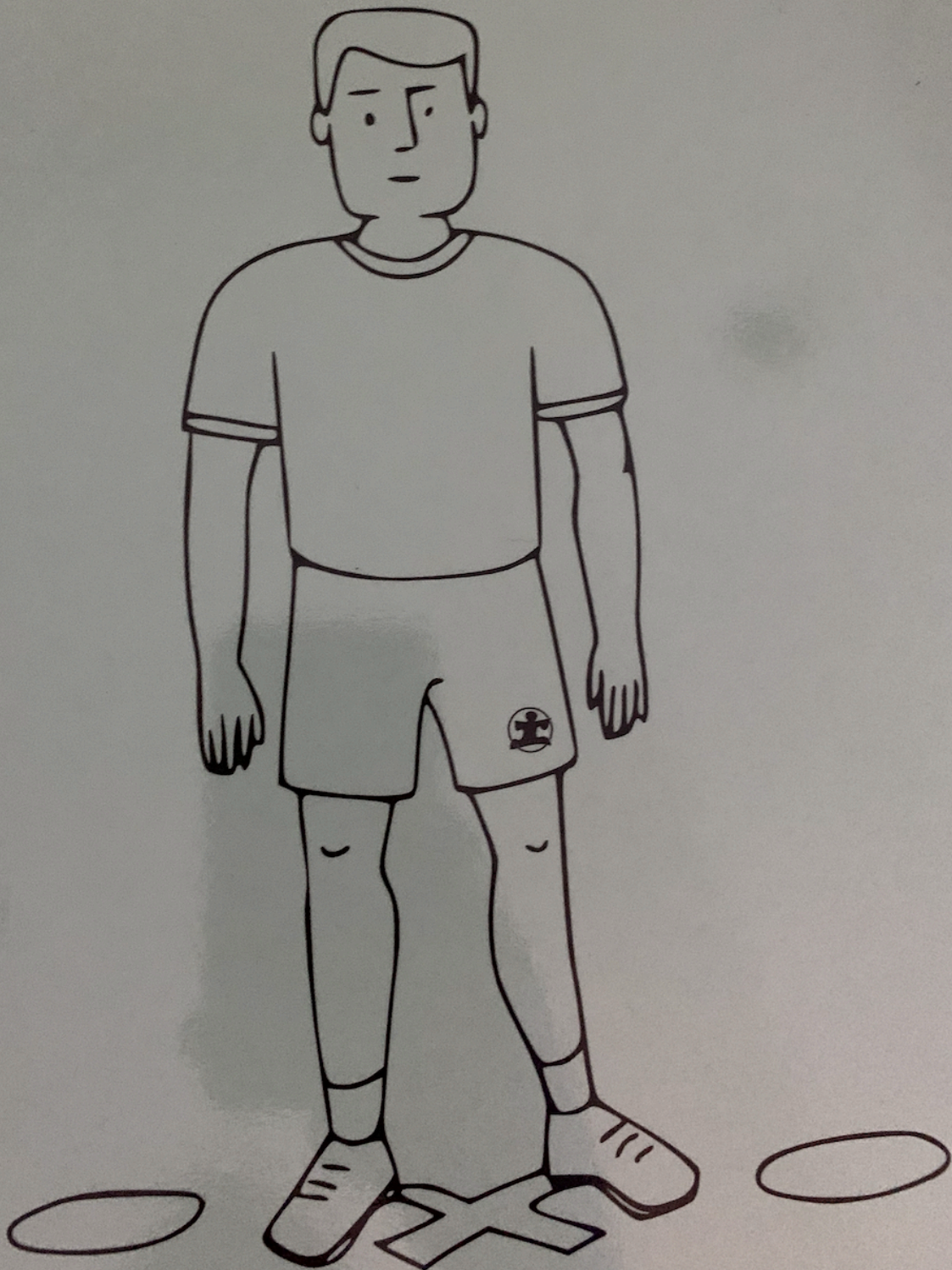
start



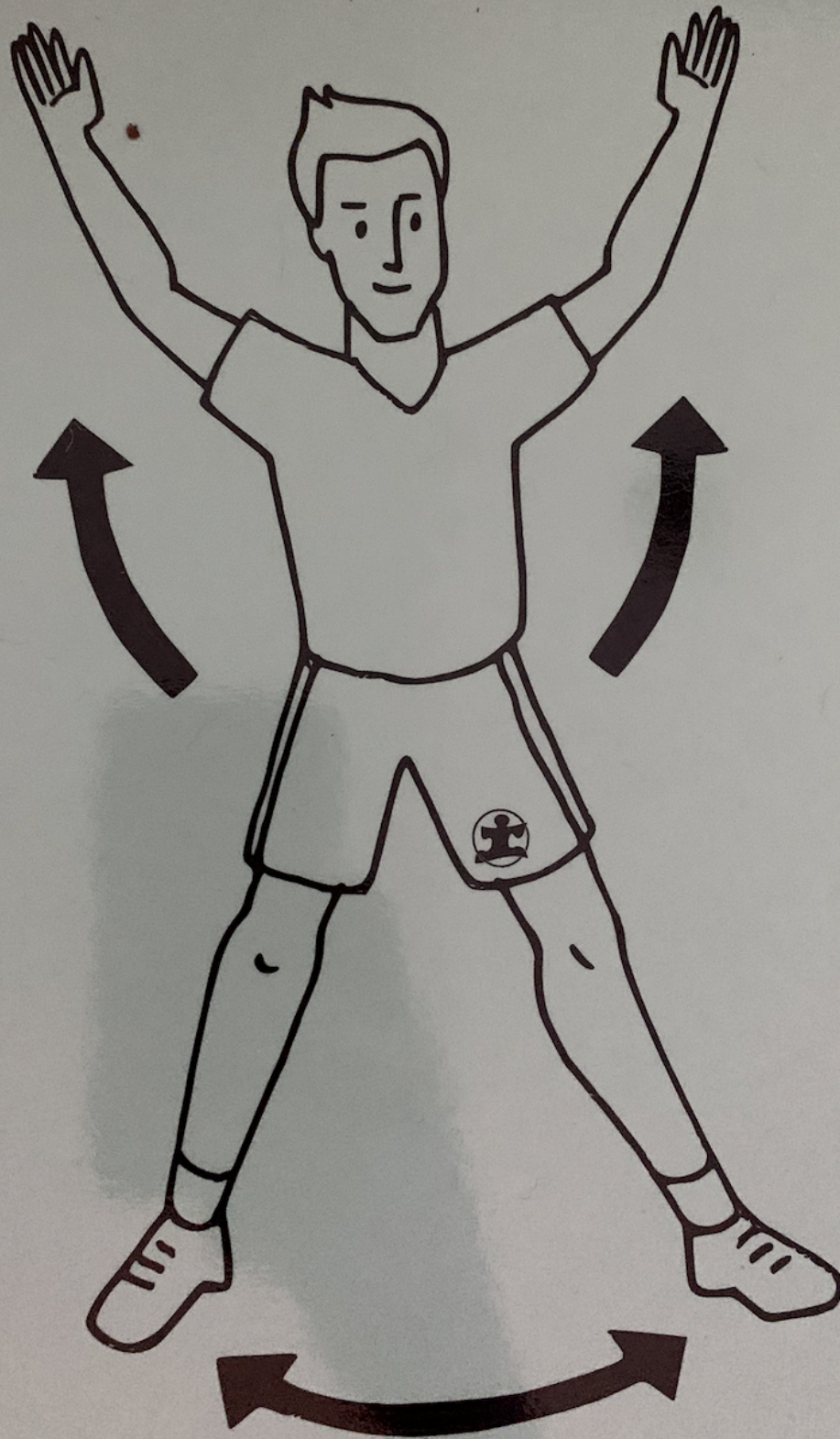


JUMPING JACK FEET

start



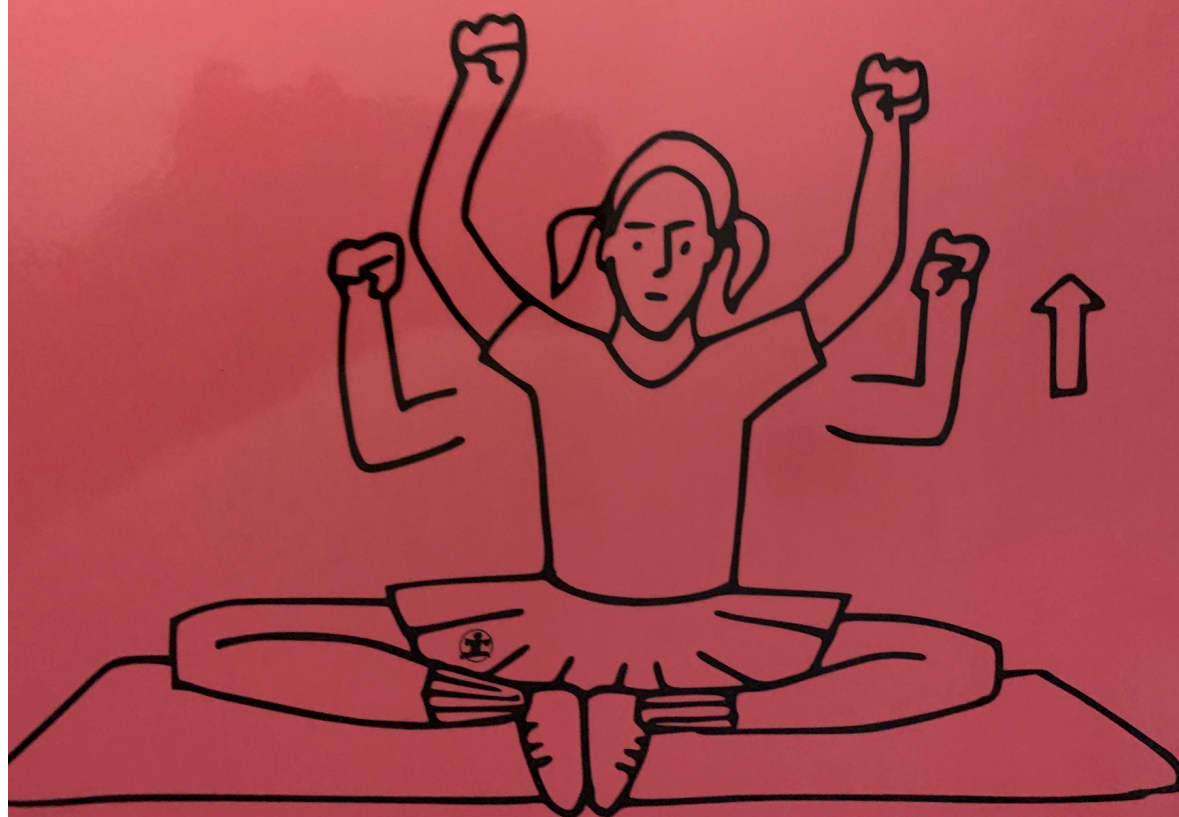
JUMPING JACK



LOW BACK ROTATION



ARM RAISES on wall



PARTNER HAND CLAPS

