



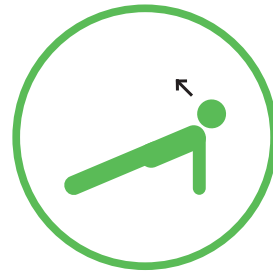
10 Second V-Sit



10 Star Jumps



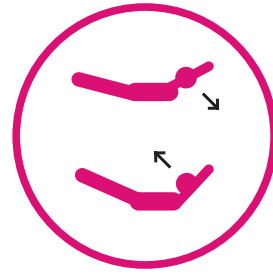
10 Second Front Plank



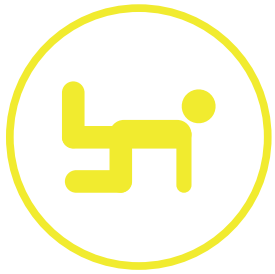
10 Second Reverse Plank



10 Sumo Squats



10 Superman-Bananas



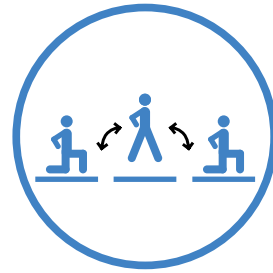
10 Donkey Kicks



10 Walking Lunges



10 Mountain Climbers



10 Split Jumps