

1.



20 High Knees

2.



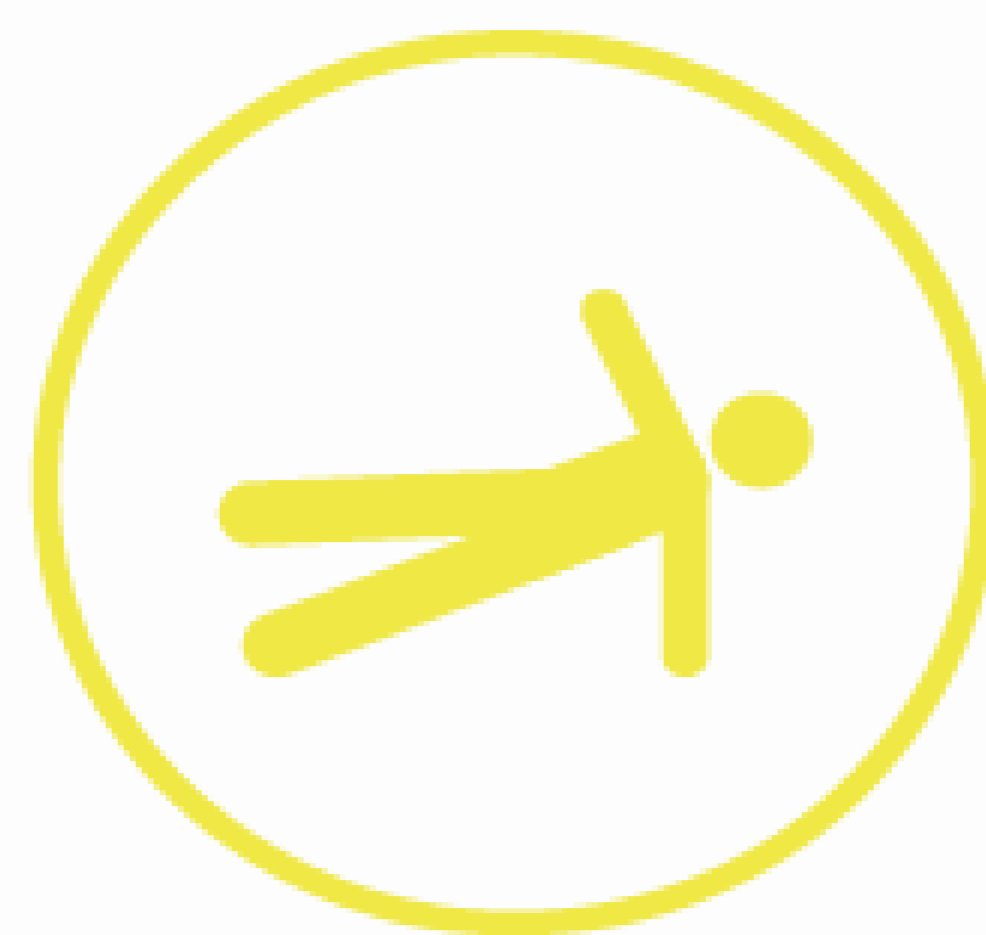
3 Star Jumps

3.



10 Squats

4.



10 Second Side
Plank (each side)

5.



10 Arm Circles

6.



10 Russian Twists

1.



10 Second Side-Body Stretch

2.



10 Second Quad Stretch

3.



10 Second Side Lunge Stretch

4.



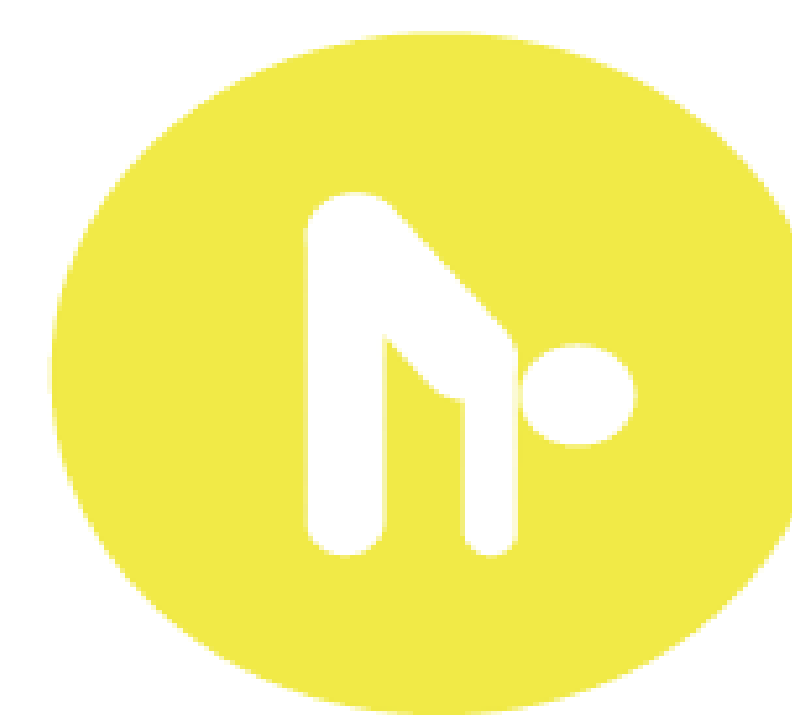
10 Second Sit & Stretch

5.



10 Second Airplane Balance

6.



10 Second Standing Forward Fold

1.



ARCHERY

4.



BASKETBALL

2.



BASEBALL - SOFTBALL

5.



GOLF

3.



KARATE

6.



VOLLEYBALL

play