

7

Glue



Run on the spot

1

2

1

Glue



Jumping Jacks

2

Glue



Squats



Side stretches

Glue

6

Glue

4

4



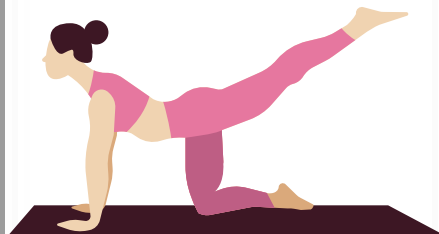
Lunges

Glue

3

3

5



Leg raises

6

7

Glue

15
seconds

Glue

10
seconds

Glue

20
seconds

Glue

30
seconds

Glue

Glue

40
seconds

Glue

25
seconds

