

JUMPING

JACKS



SQUATS

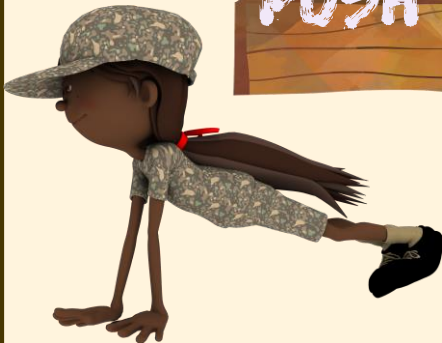


BUTTERFLY
STRETCH



TUCK
JUMPS

PUSH-UPS



JUMP
ROPE



Boot Camp #1

30 seconds each

