

END

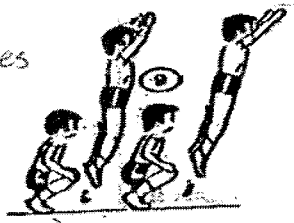


sculling
sit-ups

START



jumpies



push up

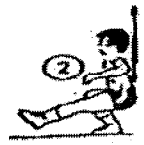
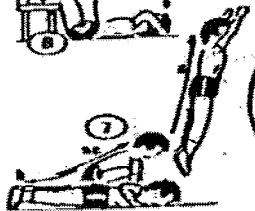


crunches



1-leg squat

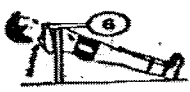
jump
squats



the other leg



pull ups



leg rotation



box jump

45" on / 15" off