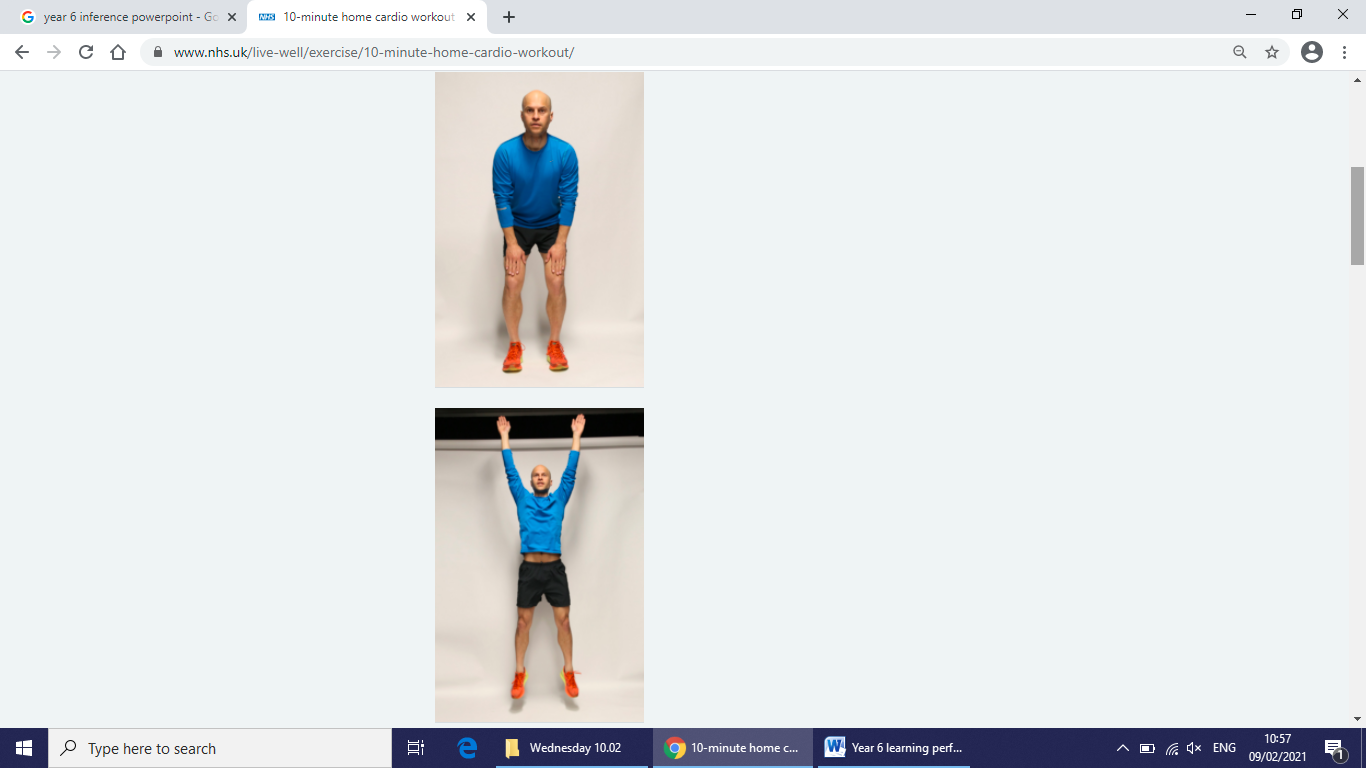
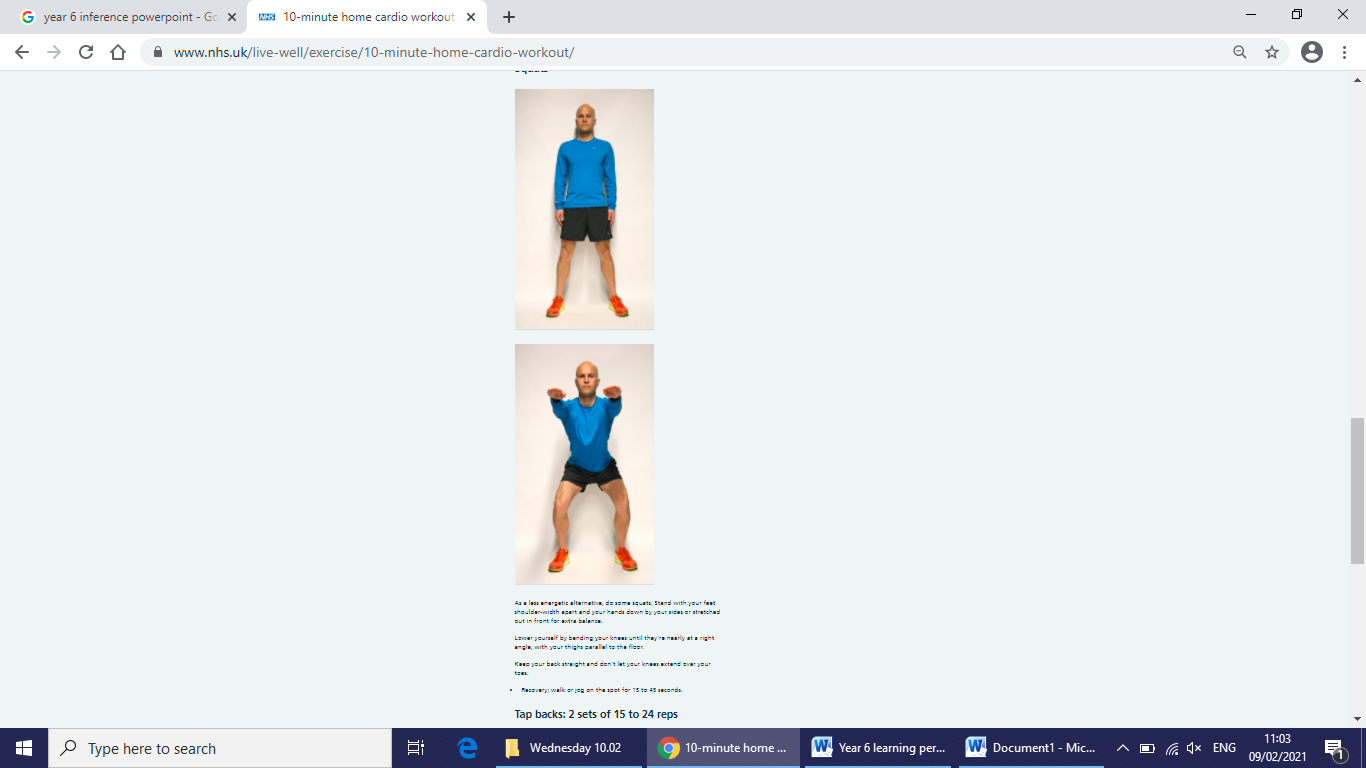
Exercises

Rocket jumps – 2 sets of 15 Squats – 2 sets of 15

Star jumps – 2 sets of 15 Burpees – 2 sets of 15

