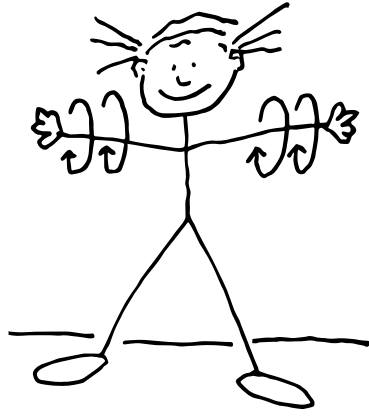
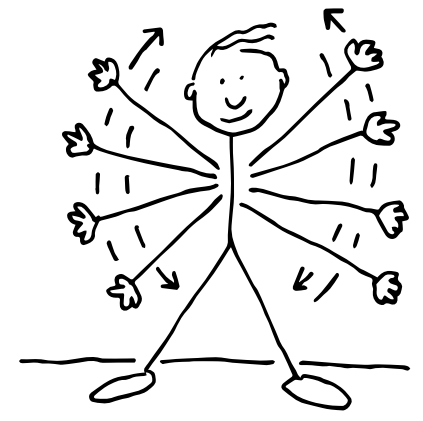


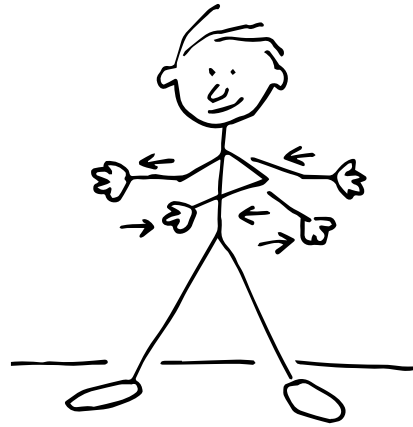
#1
ARM
CIRCLES



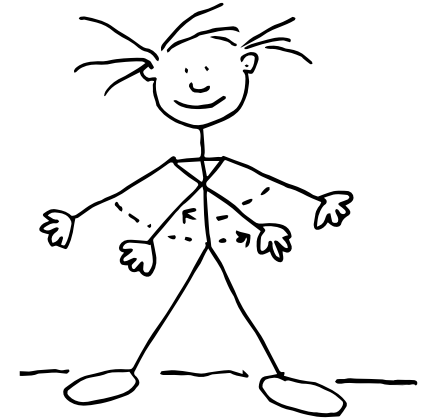
#2
LOW TO
HIGH ARM
SWINGS



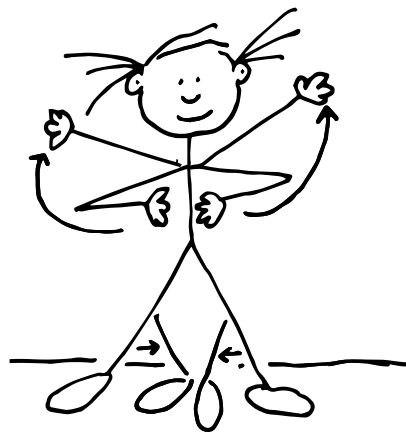
#3
QUICK
ARMS



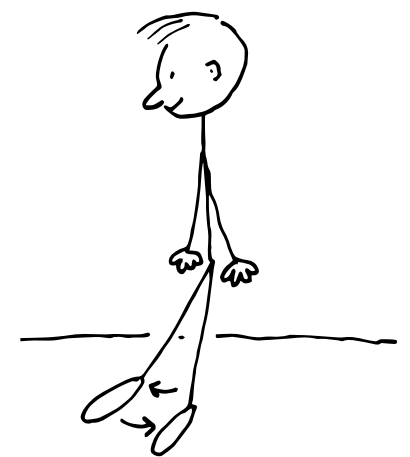
#4
SCISSOR
ARMS



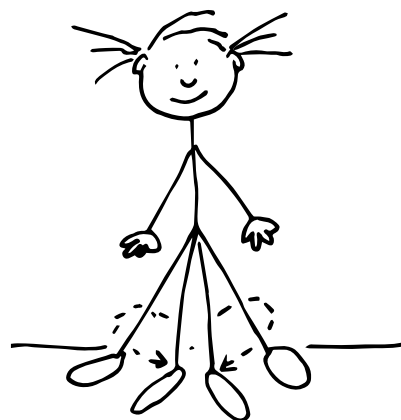
#5
STAR
SQUATS



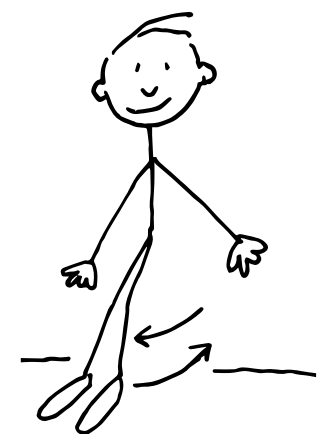
#6
ANKLE
FLIPS



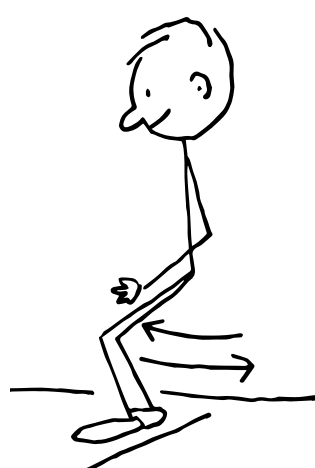
#7
PENGUIN
FLIPS



#8
SIDE TO
SIDE HOPS



#9
FRONT
TO BACK
HOPS



#10
FAST
FEET

