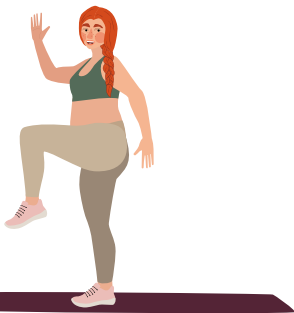


Balance Lunge

平衡弓步



High Knees

高抬腿



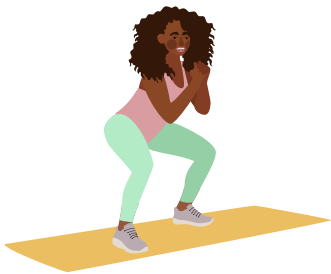
Star

星形跳



Squat

深蹲



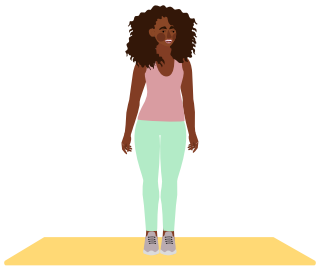
Mountain Climbers

登山者式



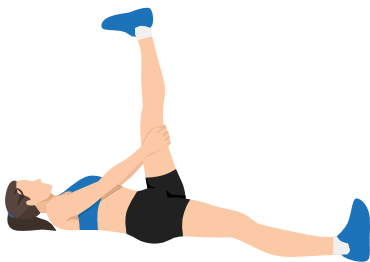
Jumping Jack

开合跳



Hamstring Stretch

腓绳肌伸展



Backward Lunge

后弓步

