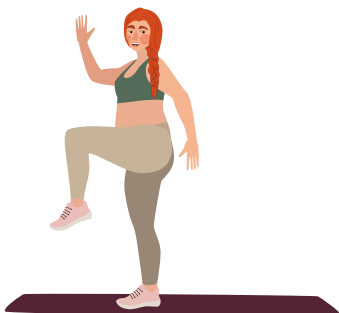
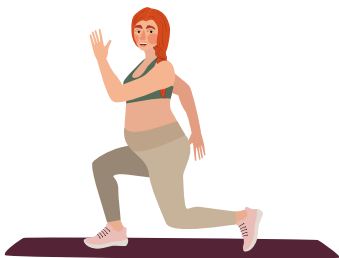


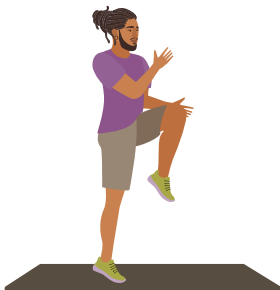
Balance Lunge

TAWM DAG ZOG YAV
HAUV QAB NTAWM LUB
CEV KOM XWM YEEM



High Knees

TSA HAUV CAUG
KOM SIAB



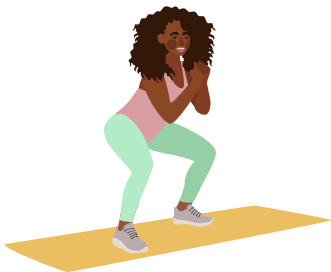
Star

DHIA LI HNUB QUB



Squat

KEV ZAUM SAWV



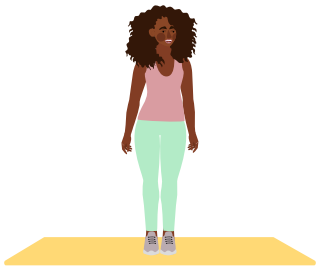
Mountain Climbers

THAJ NCE ROOB



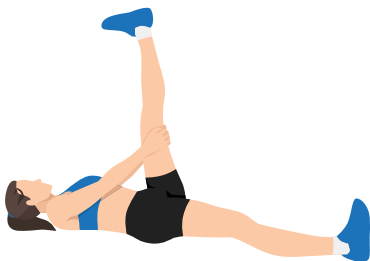
Jumping Jack

KEV DHIA JACK



Hamstring Stretch

KEY NCAB SAB CEG HOM
HAMSTRING



Backward Lunge

THAJ ZAUM CEG ROV QAB

