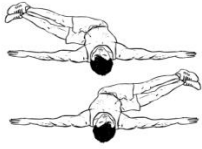




**Inchworm**



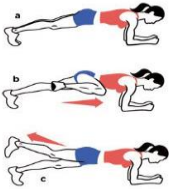
**Windshield Wiper Legs**



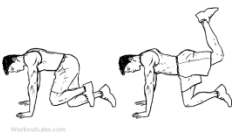
**Plie Squats**



**Russian Twist**



**Spiderman Plank**



**Donkey Kicks**



**Glute Bridge**



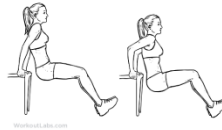
**Mountain climbers**



**Fire hydrant**



**Wall sit**



**Tricep dip**



**Burpee**



**Butt kicks**



**Crab walk**