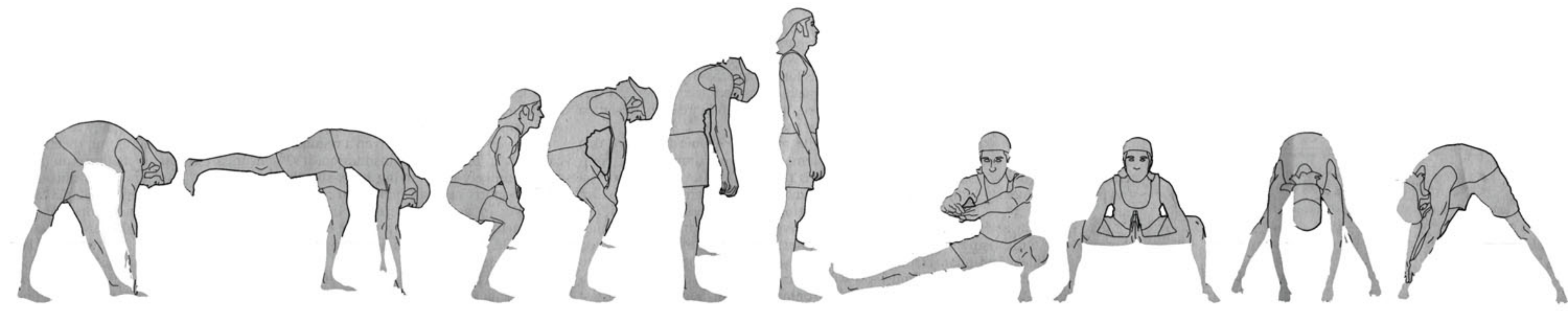


JOGGING ON THE SPOT    KNEE-UPS    SIDE JUMPS    UPWARD STRETCH    RESTING POSE    START POSE    SIDE LUNGE    FORWARD LUNGE    FORWARD LUNGE - SIDE STRETCH



HAMSTRING STRETCH    LEG LIFT    SQUAT STRETCH    CURL UP    SHOULDER STRETCH    UPRIGHT STANCE    DEEP SIDE STRETCH    SQUAT STRETCH    FORWARD BEND    SIDE CALF STRETCH