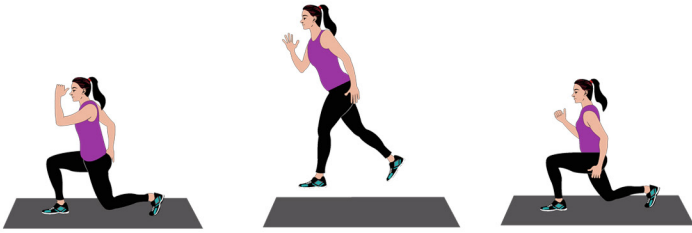




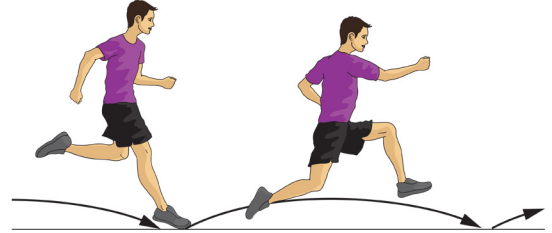
HOMework WORKOUT 2

1 Minute Each Exercise | No Rest Between Exercises

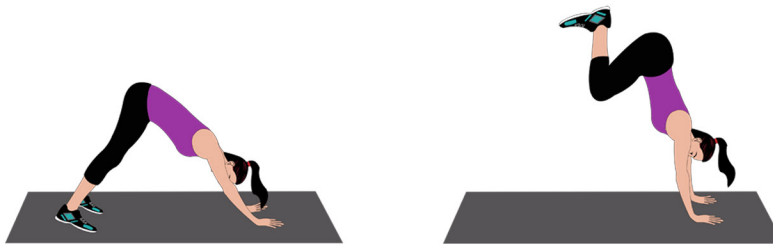
SPLIT JUMPS



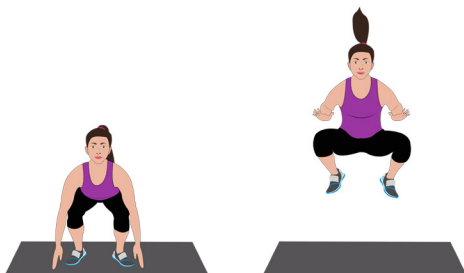
BOUNDING FOR DISTANCE



DOWN DOG DONKEY KICKS



PLYO TUCK JUMPS



POP JACKS

