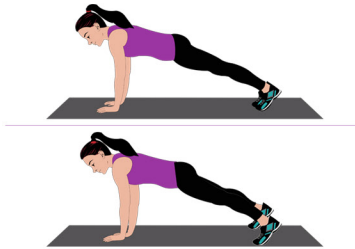




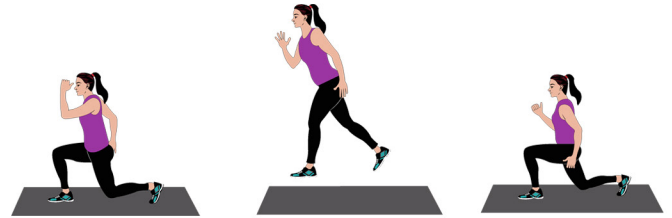
HOMework WORKOUT 6

1 Minute Each Exercise | No Rest Between Exercises

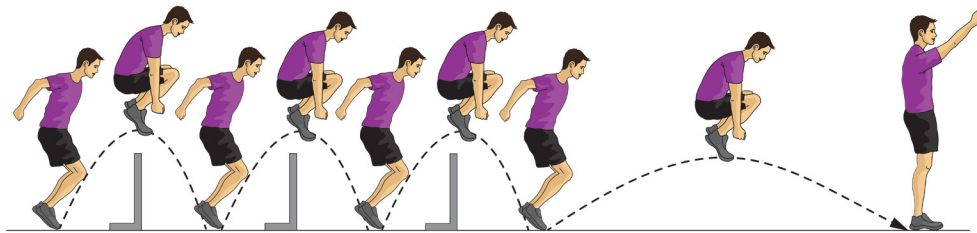
PLANK JACK



SPLIT JUMPS



QUICK JUMPS TO LONG JUMP



BOUNDING FOR DISTANCE



180 SPIDERMAN JUMPS

