



10 Lunges each leg



10 Calf raises

**PLAY
YOUR
WAY**



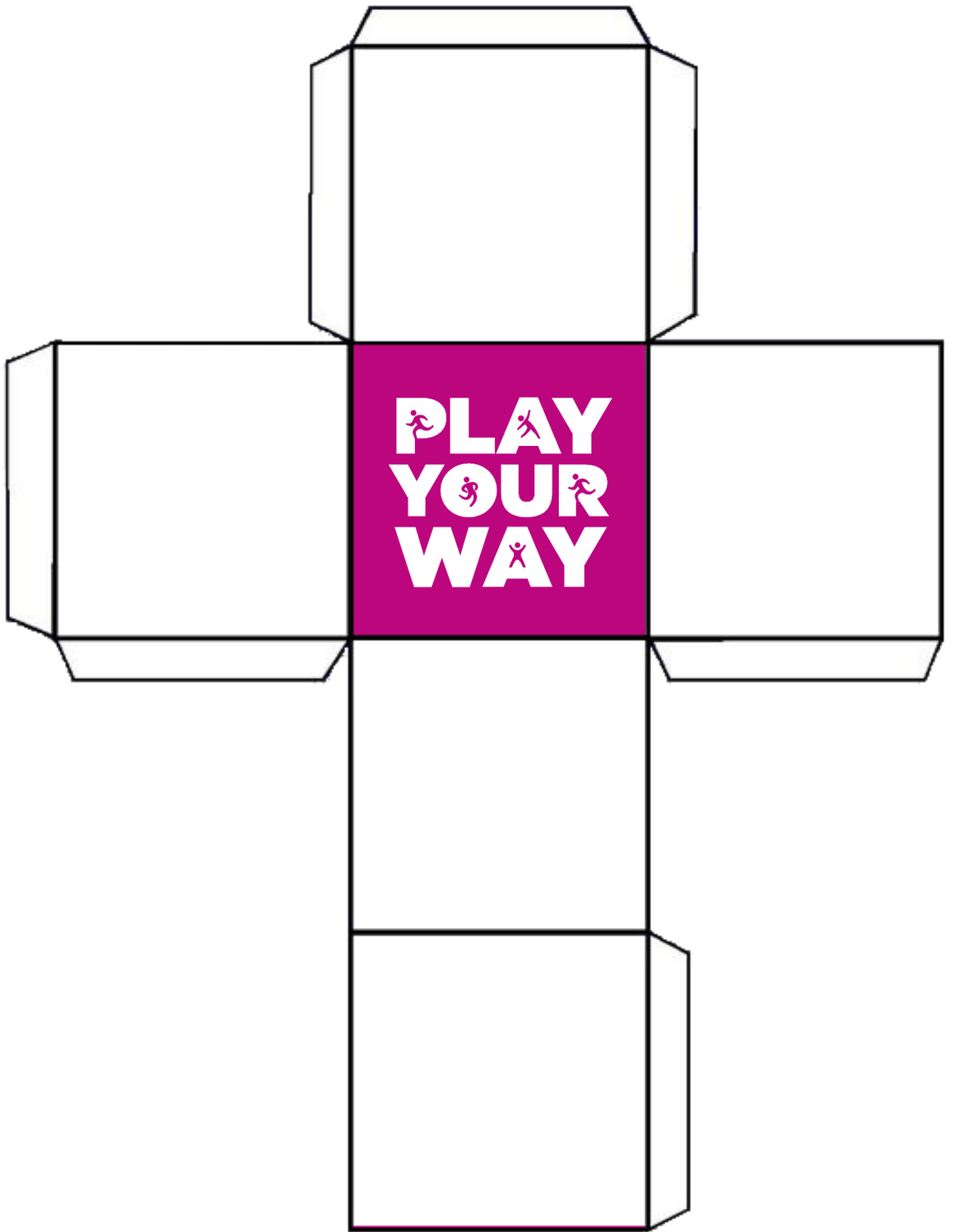
10 Arm raises



10 Squats



10 Jumping jacks



**PLAY
YOUR
WAY**

**PLAY
YOUR
WAY**



10 Calf raises



10 Arm raises