



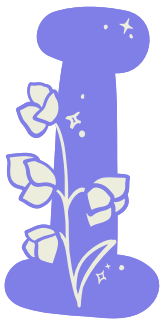
10 Star jumps



10 Toe touches



10 Arm swings



Run on the spot for 1 minute



10 Jumping jacks



10 Giant lunges

