



1. Jumping jacks
30 seconds

10 secs



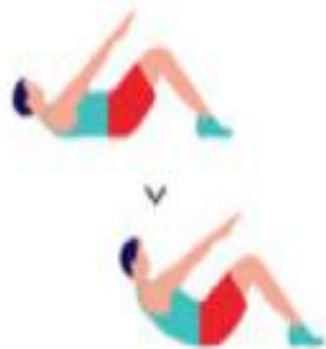
2. Wall sit
30 seconds

10 secs



3. Push-up
30 seconds

10 secs



4. Abdominal crunch
30 seconds



5. Step-up onto chair
30 seconds

10 secs



6. Squat
30 seconds

10 secs



7. Triceps dip on chair
30 seconds

10 secs



8. Plank
30 seconds



9. High knees running in place

10 secs



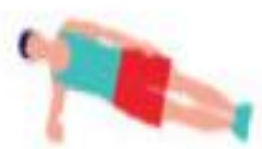
10. Lunge

10 secs



11. Push-up and rotation

10 secs



12. Side plank rotation