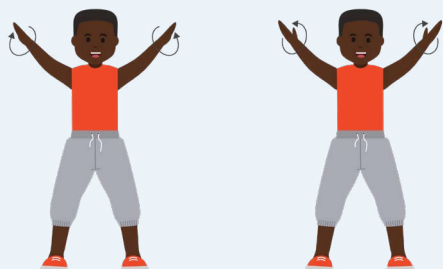
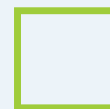


# Fitness for Life – Set I: Version B



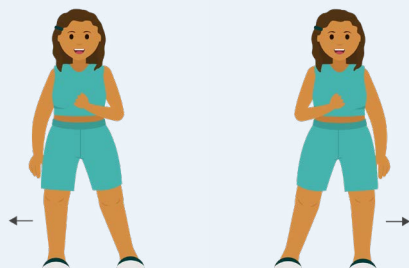
## Spread-foot windmills

(20x each direction)



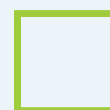
## Toe taps

(10x each leg; 20x total)



## Skate walk

(10x each direction; 20x total)



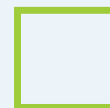
## Mountain climbers

(10x each leg; 20x total)



## Squats

(10x)





# Spread-foot windmills

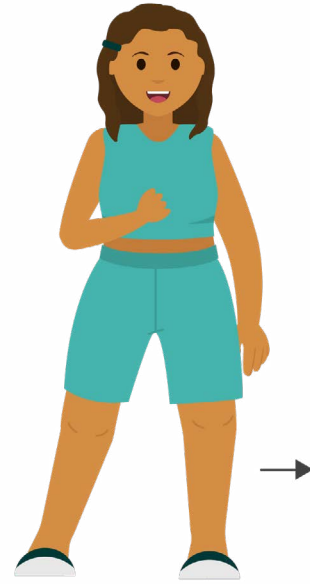


# Toe taps





# Skate walk



# Mountain climbers





# Squats

