

Fitness for Life – Set I: Version A



Spread-foot windmills

(10x each direction)



Toe taps

(5x each leg; 10x total)



Skate walk

(5x each direction; 10x total)



Mountain climbers

(5x each leg; 10x total)



Squats

(5x)





Spread-foot windmills



Toe taps





Skate walk



Mountain climbers





Squats

