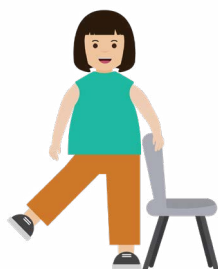
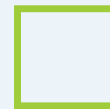


# Fitness for Life – Set 2: Version B



## Stork-hand leg opposites

(10x each leg; 20x total)



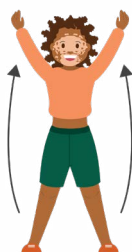
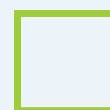
## Lateral leg lifts

(10x each leg; 20x total)



## Soldier walk

(10x each leg; 20x total)



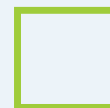
## Jumping jacks

(20x)



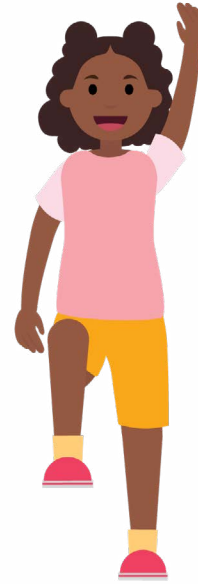
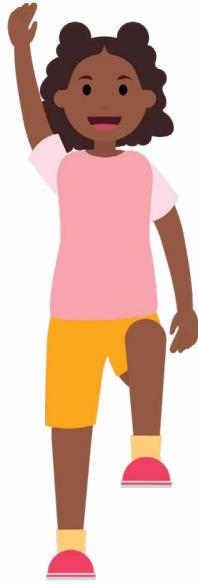
## Spread-foot squats

(10x)





# Stork-hand leg opposites



# Lateral leg lifts

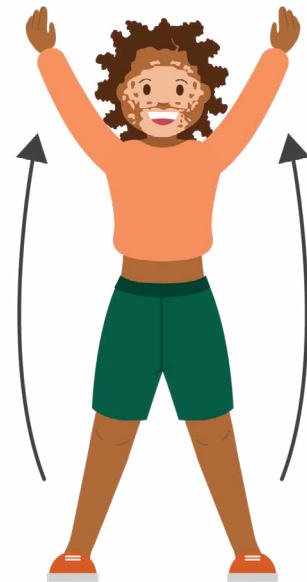
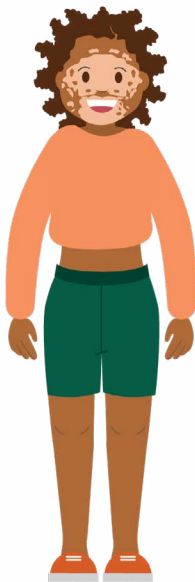




# Soldier walk



# Jumping jacks





# Spread-foot squats

