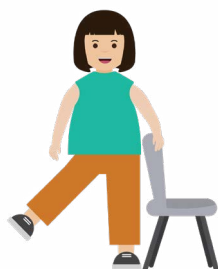
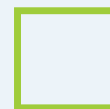


Fitness for Life – Set 2: Version A



Stork-hand leg opposites

(5x each leg; 10x total)



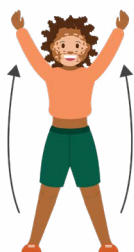
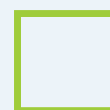
Lateral leg lifts

(5x each leg; 10x total)



Soldier walk

(5x each leg; 10x total)



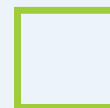
Jumping jacks

(10x)



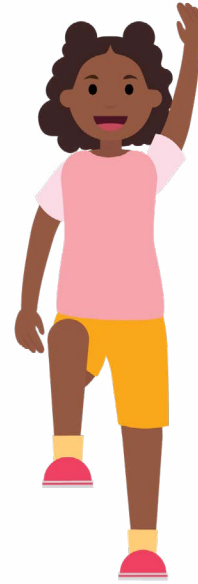
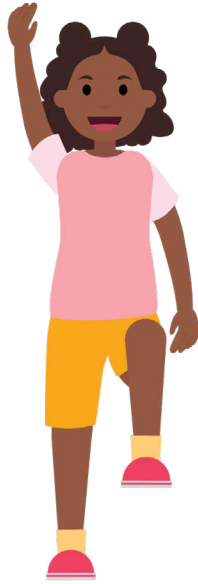
Spread-foot squats

(5x)





Stork-hand leg opposites



Lateral leg lifts

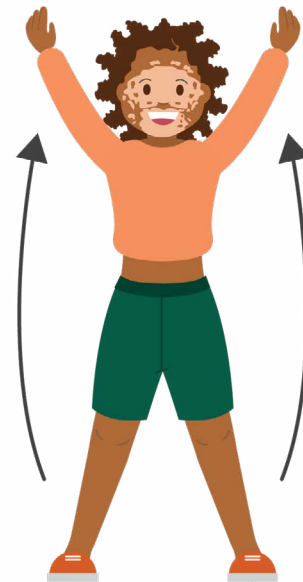
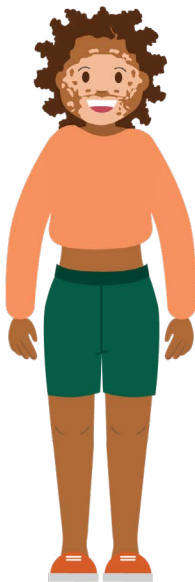




Soldier walk



Jumping jacks





Spread-foot squats

