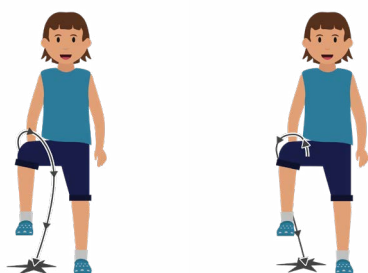
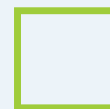


Fitness for Life – Set 3: Version B



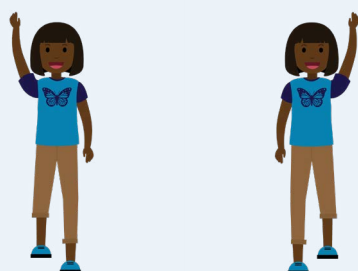
Spread-foot clappers

(20x)



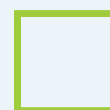
Hurdlers

(10x each leg; 20x total)



Scissor jumps

(10x each leg; 20x total)



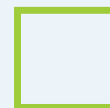
Air squat hold

(30 seconds)



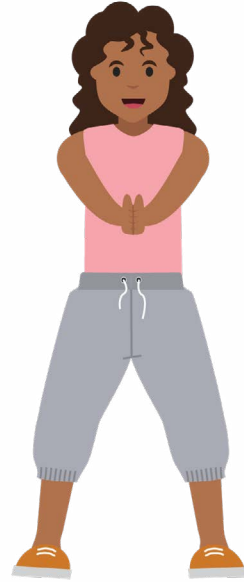
Lunges

(10x each side)

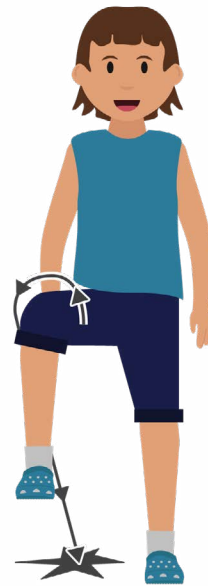
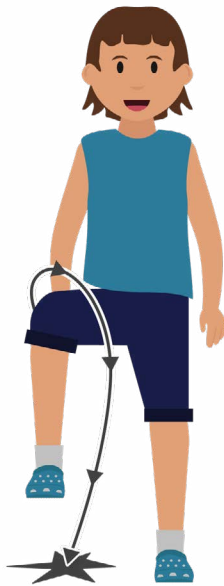




Spread-foot clappers

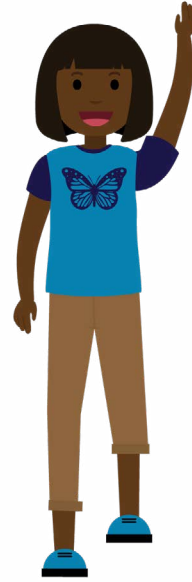
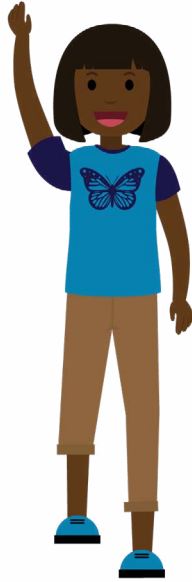


Hurdlers





Scissor jumps



Air squat hold





Lunges

