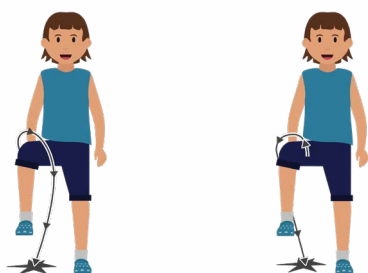
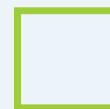


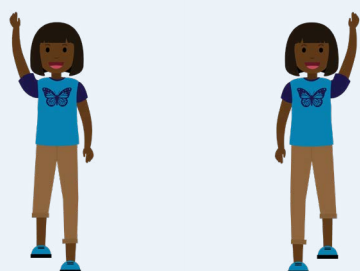
Fitness for Life – Set 3: Version A



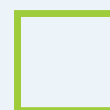
Spread-foot clappers
(10x)



Hurdlers
(5x each leg; 10x total)



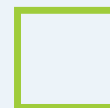
Scissor jumps
(5x each leg; 10x total)



Air squat hold
(15 seconds)

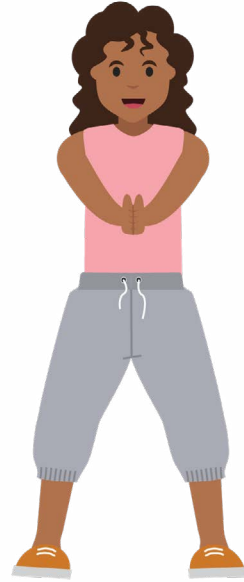


Lunges
(5x each side)

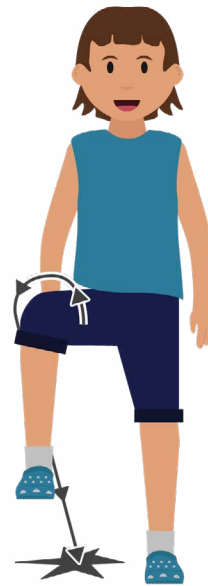
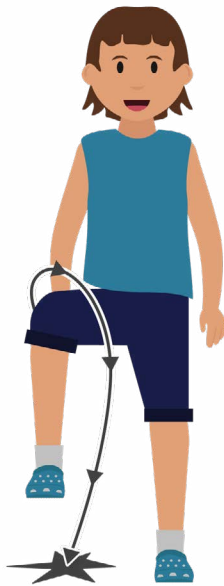




Spread-foot clappers

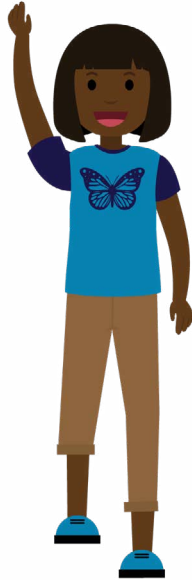


Hurdlers





Scissor jumps



Air squat hold





Lunges

