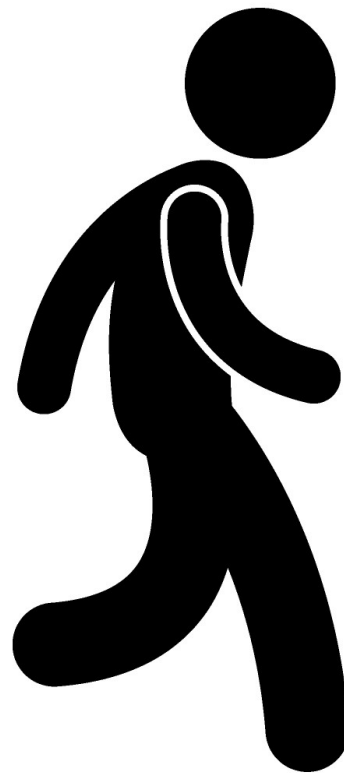


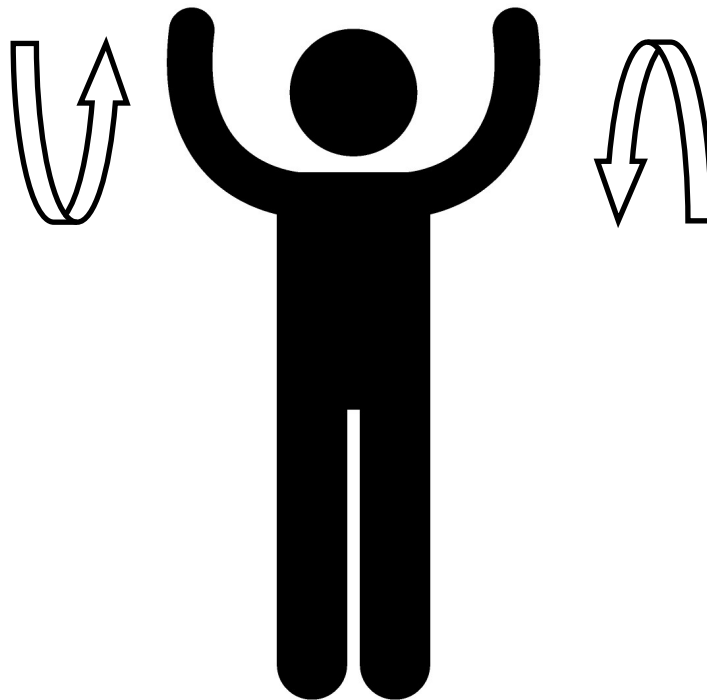
Star Jumps



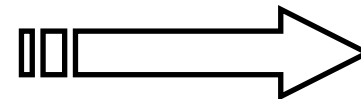
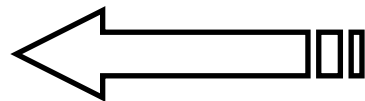
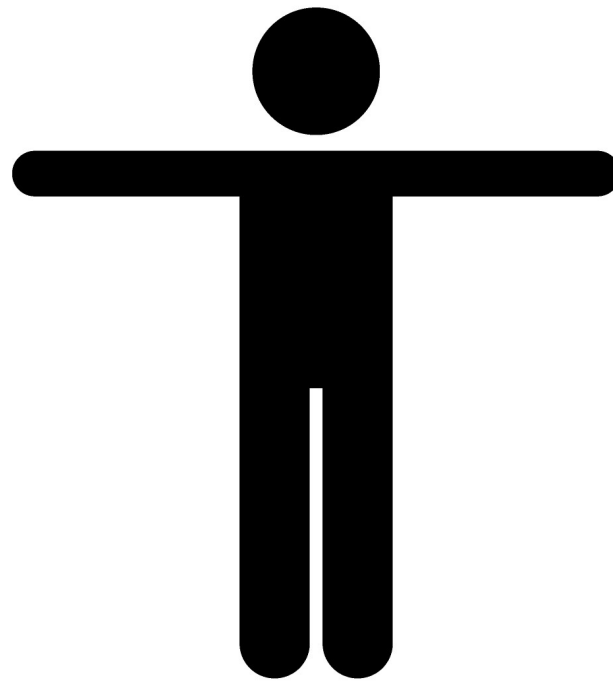
Run on the spot



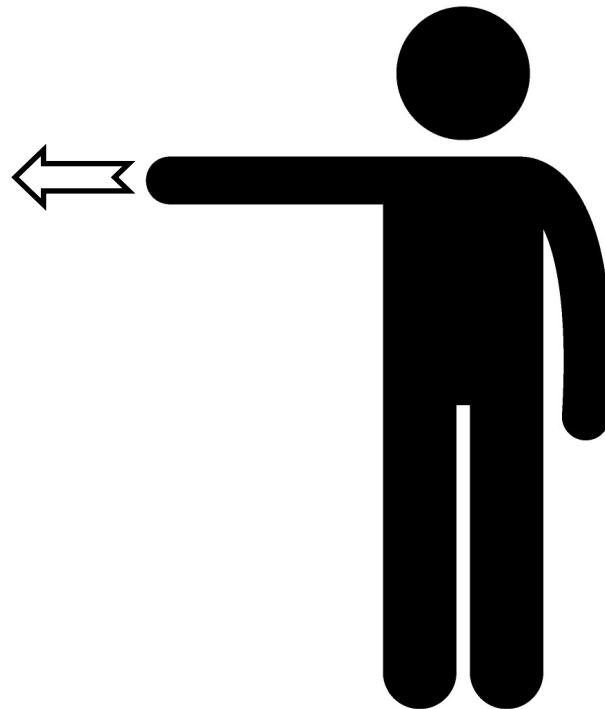
Arm circles



Gallop to side



4 punches in air
4 punches forwards (repeat)



Sit down and stand up (no hands if possible)

