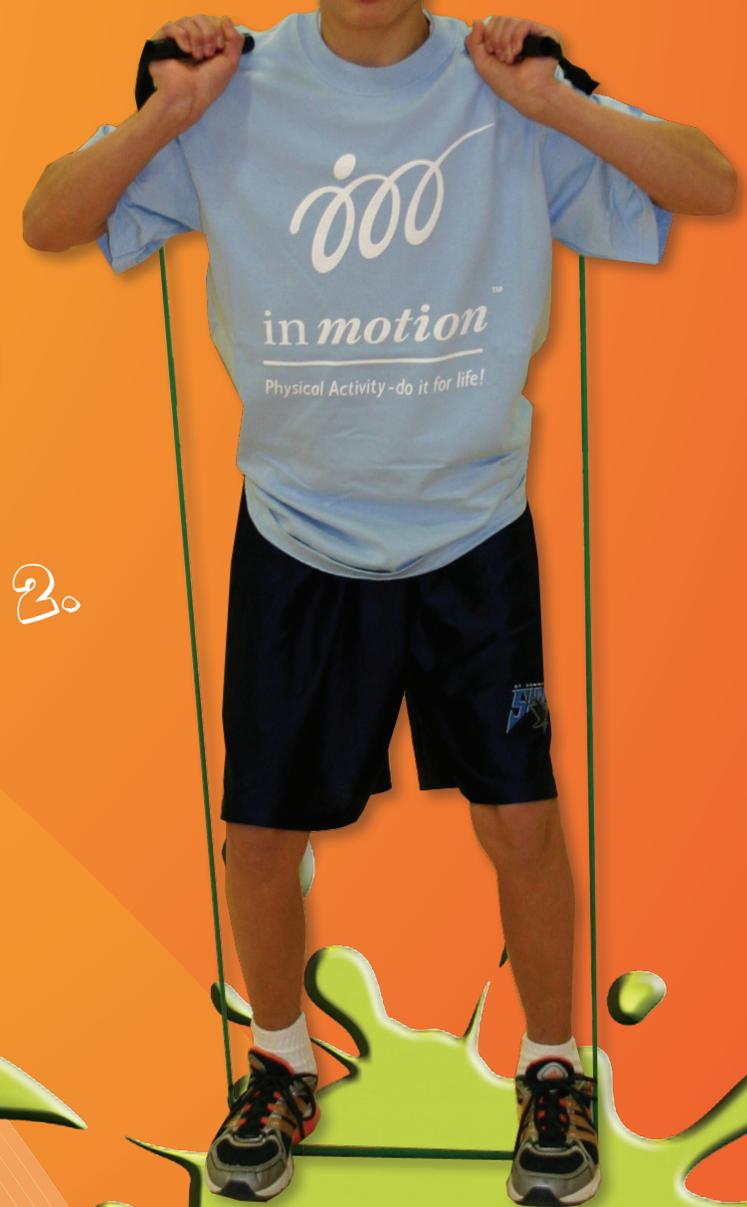


SQUAT



JUMP SQUAT



HAMSTRING CURL



MEDICINE BALL LEG LIFT



LUNGE



LUNGE



CALF RAISE



SKIP TWO FEET



1.



2.



ONE LEG SQUAT

1.



2.



SKIP JOG

1.



2.



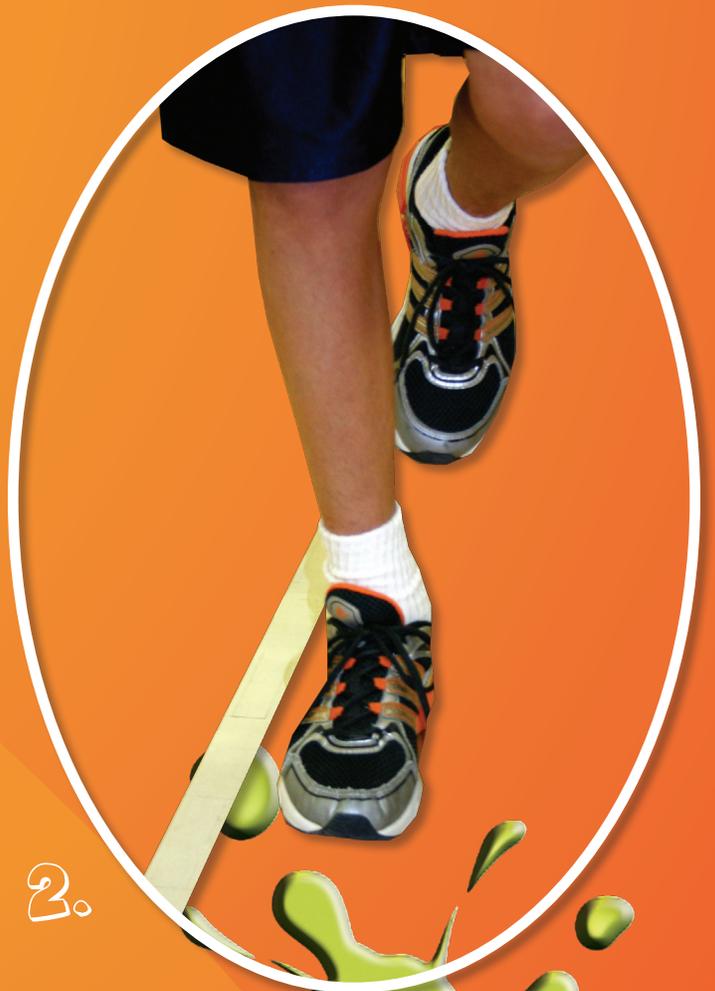
LINE JUMP

(LEFT FOOT)



LINE JUMP

(RIGHT FOOT)



STEP UP

1.



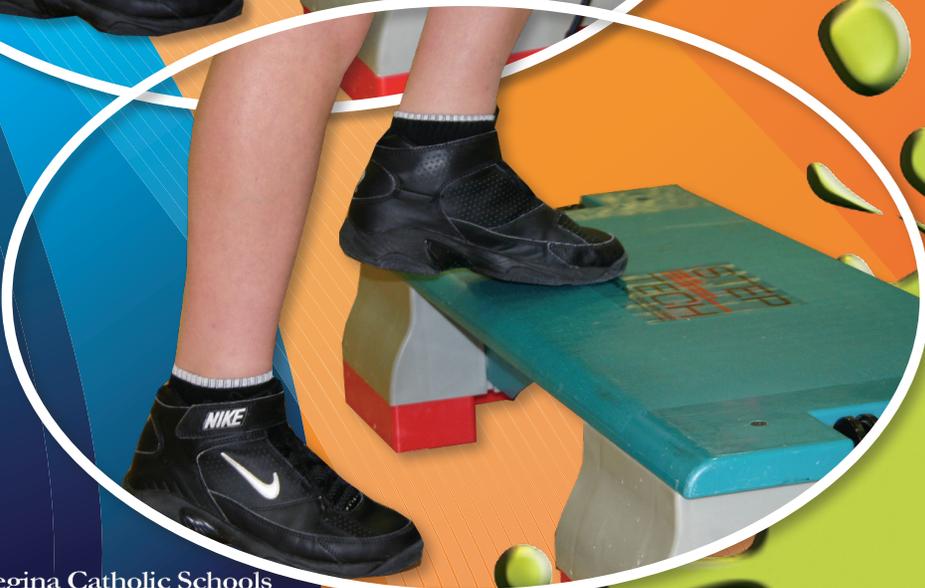
2.



3.



4.



MOUNTAIN CLIMBER



JOG HEELS UP



JOG KNEES UP



1.

2



SKIP (RIGHT FOOT)



1.



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SKIP (LEFT FOOT)



1.



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HURDLE TWO FEET



1.



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HURDLE SHUFFLE



2.



HURDLE X-SHUFFLE

1.



2.



3.



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INNER THIGH SQUEEZE



1.



UP/DOWN

1.



2.



4.



3.



SQUAT THRUST

1.



2.



4.



3.



WALL SQUAT

