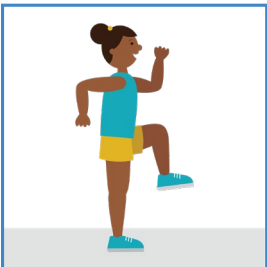
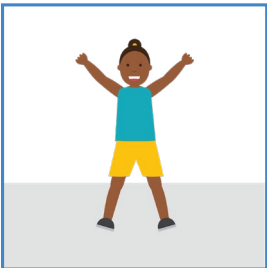


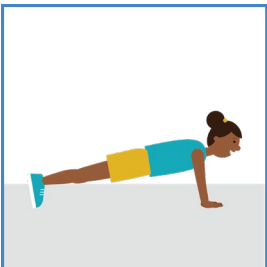
1. Run in place: 30 seconds



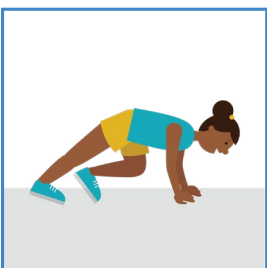
2. High knees: 30 seconds



3. Jumping jacks: 15 seconds



4. Burpee: 5-10



5. Mountain climbers: 10-15

Large Motor

Cardio Routine

