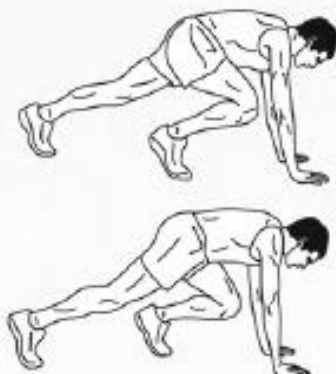


An additional exercise circuit. These exercises are OPTIONAL !

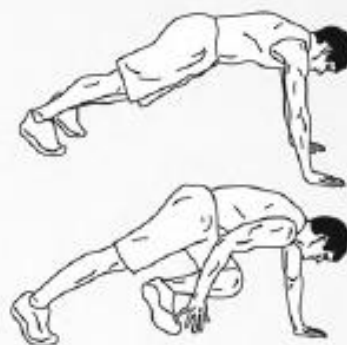
Leg-Strengthening Exercises



60 high knees



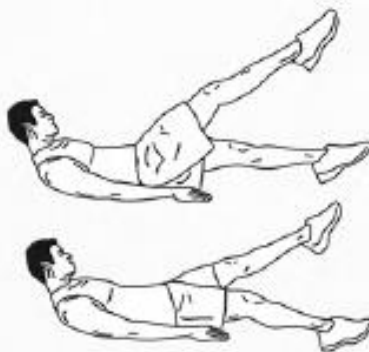
10 climbers



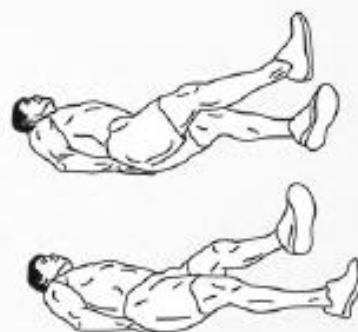
10 climber taps



60 high knees



10 flutter kicks



10 scissors



60 high knees



10 leg raises



10 raised leg circles