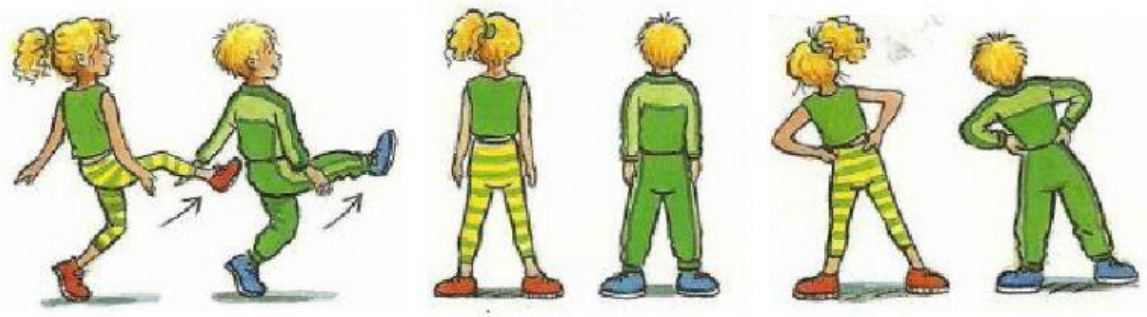








Arms up! Arms down! Jump to the right! Jump to the left!

Kick to the right! Kick to the left! Hands on hips!

Bend to the right! Bend to the left! And ... rest!