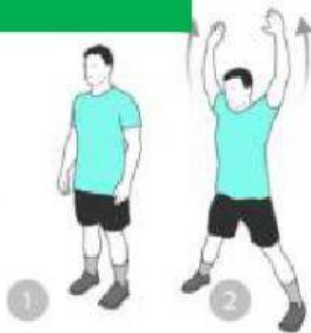
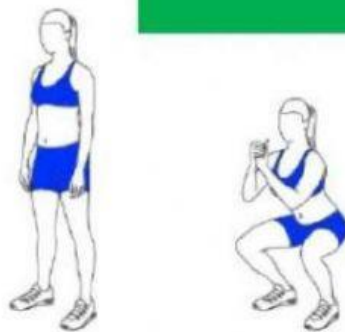
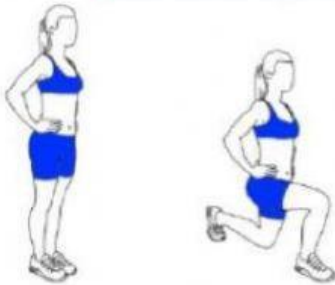
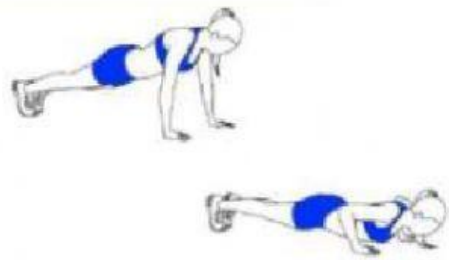
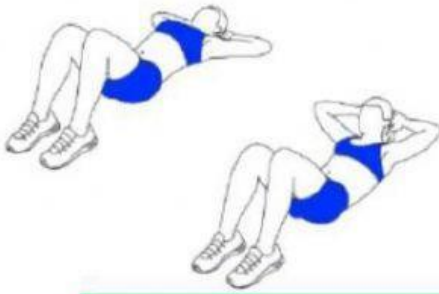


Keep fit!



WALL SIT

SQUATS

JUMPING JACKS

CRUNCHES

PUSH - UPS

LUNGES