

W1: Kick Back



W2: Heel Touch



W3: Flutter Kick Squats



W4: Skipping



W1: R. Lunge Press



W2: Lunge Knee Up



W3: Box Jumps



W4: SL Dead Lift



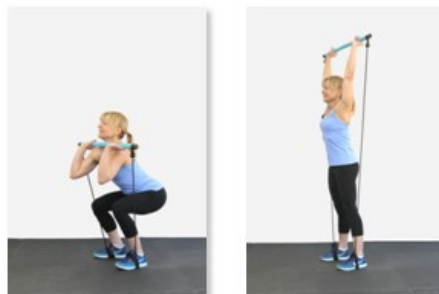
W1: Leg Loops



W2: Rope Climb



W3: Bar Squat Press



W4: Side Plank

