

W1: Sumo Fast Feet



W2: Donkey Kicks



W3: Squat Thrusters



W4: 1/4 Turn Jumps



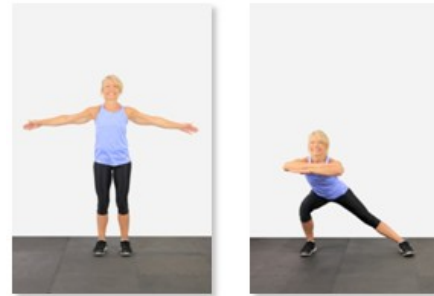
W1: Squat Press



W2: Squat Scoop Up



W3: Arm Cross Lunge



W4: Surrender Lunge



W1: Plank to Pike



W2: Chair Bridge



W3: Oblique Crunch



W4: Dead Bug

