

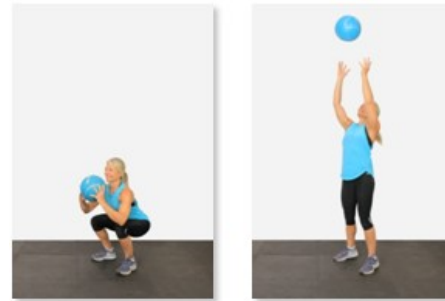
W1: Lunge Punch



W2: Skipping or Jacks



W3: Squat Ball Toss



W4: Mat Leap Run



W1: Shoulder Mobile



W2: Lunge Knee Touch



W3: KB Pass Through



W4: Arm Raise + Hammer Curls



W1: Hip Mobility



W2: Bear Walk or bird/dog



W3: Push Ups



W4: Squat Pulse

