

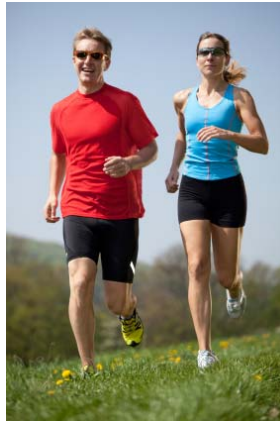
1 10 jumping jacks.



2 5 push ups.



3 Run in place for 1 minute.



4 10 more jumping jacks.



5 10 sit ups.

