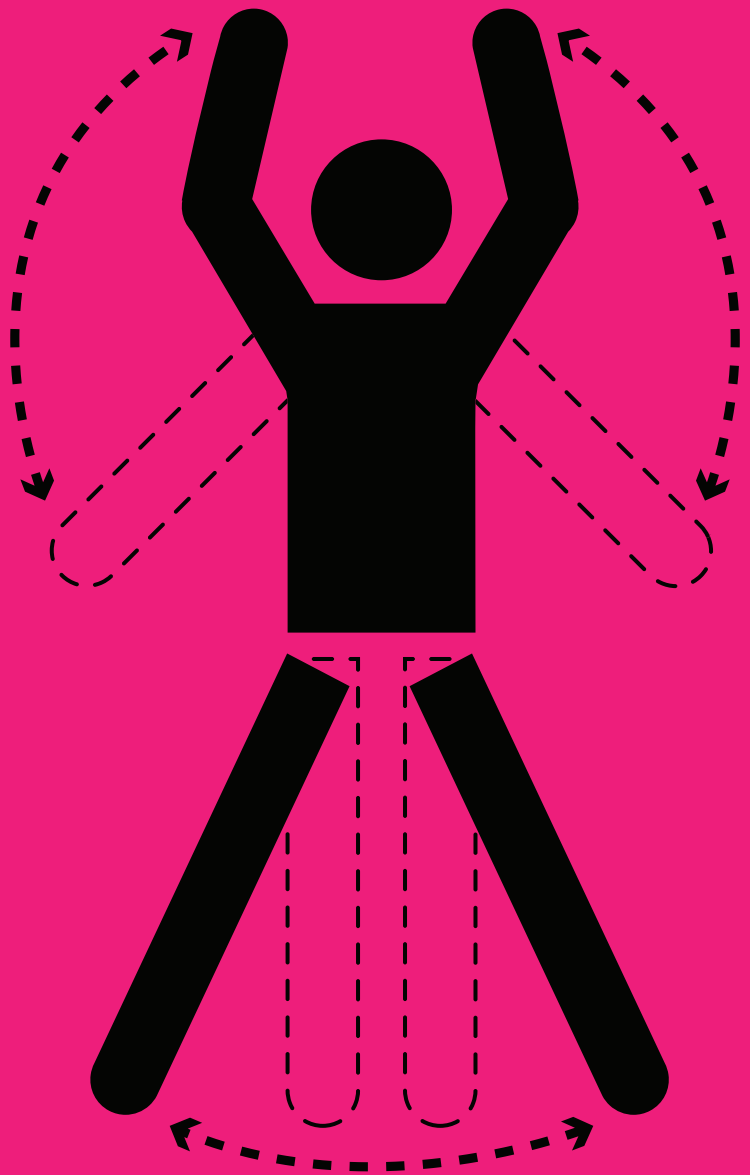


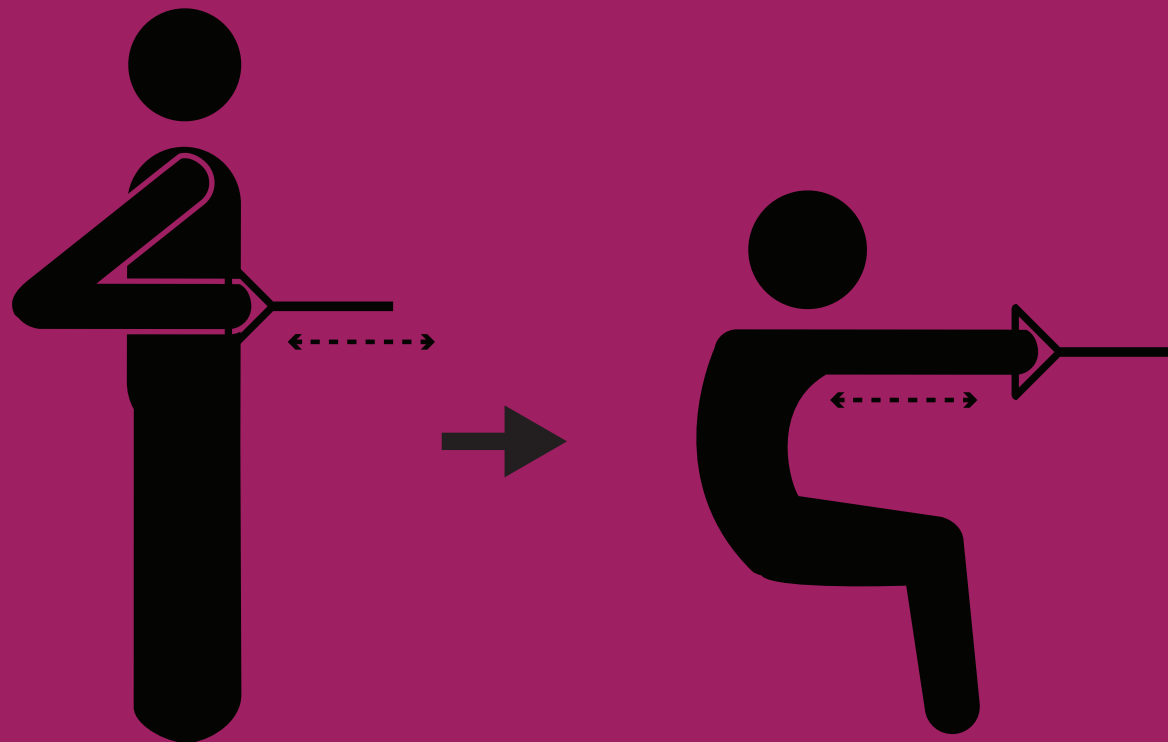
# JUMPING JACKS



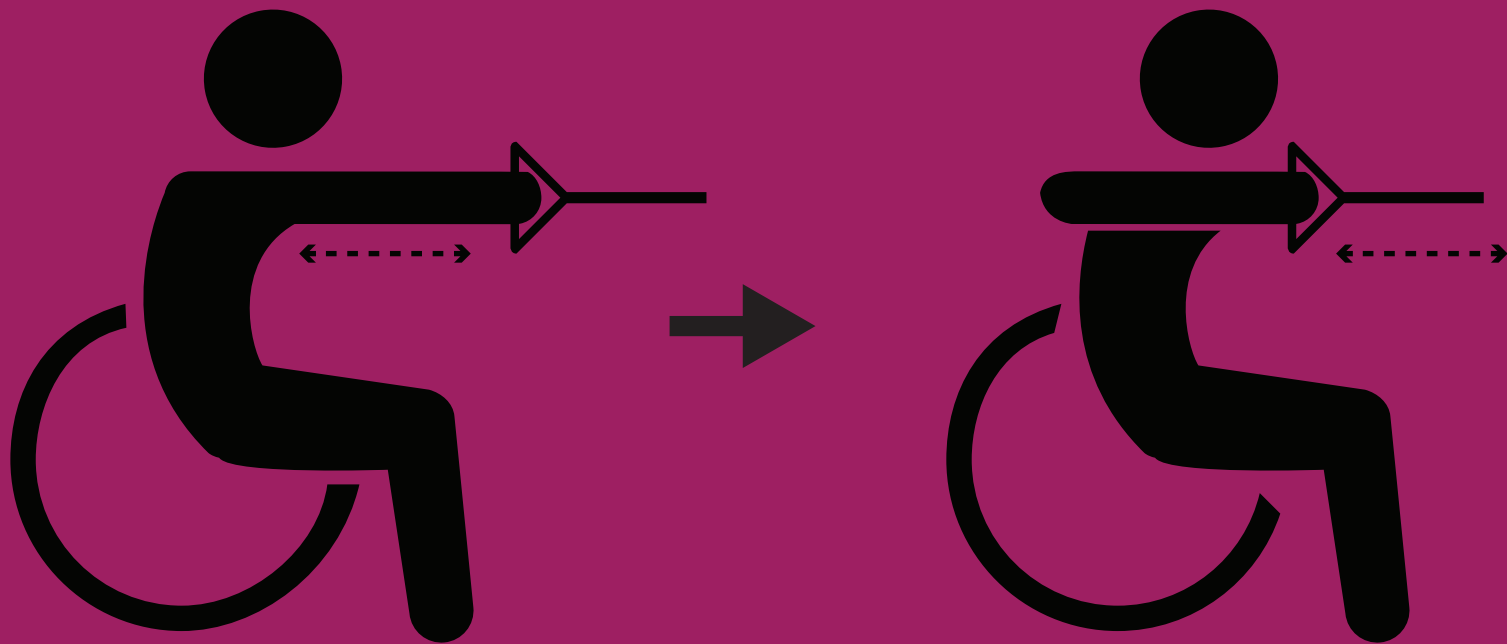
# ARM JACKS



# ROWING



# ROWING



# CROSS COUNTRY SKI



**CROSS  
COUNTRY  
SKI**



# MOVING PLANK



# MOVING PLANK





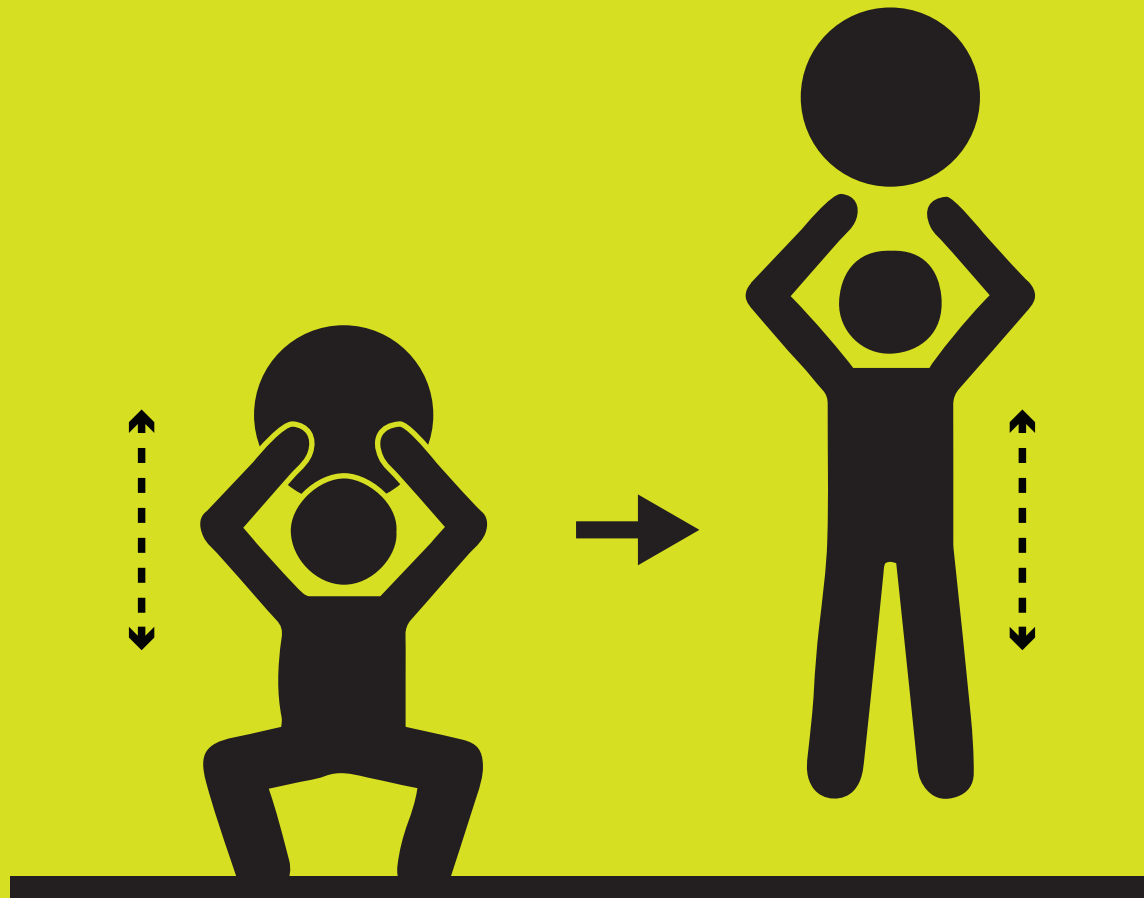
# MOUNTAIN CLIMBERS



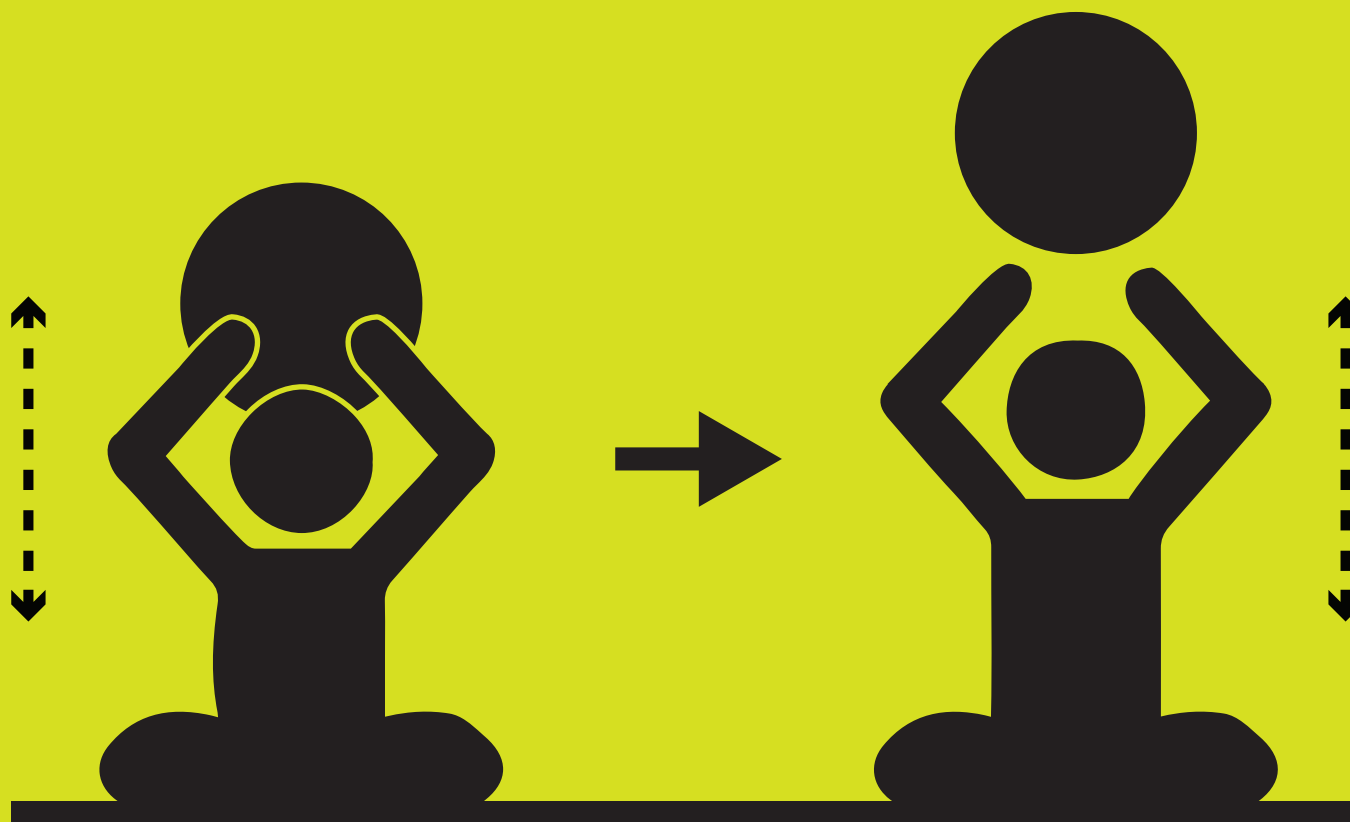
# MOUNTAIN CLIMBERS



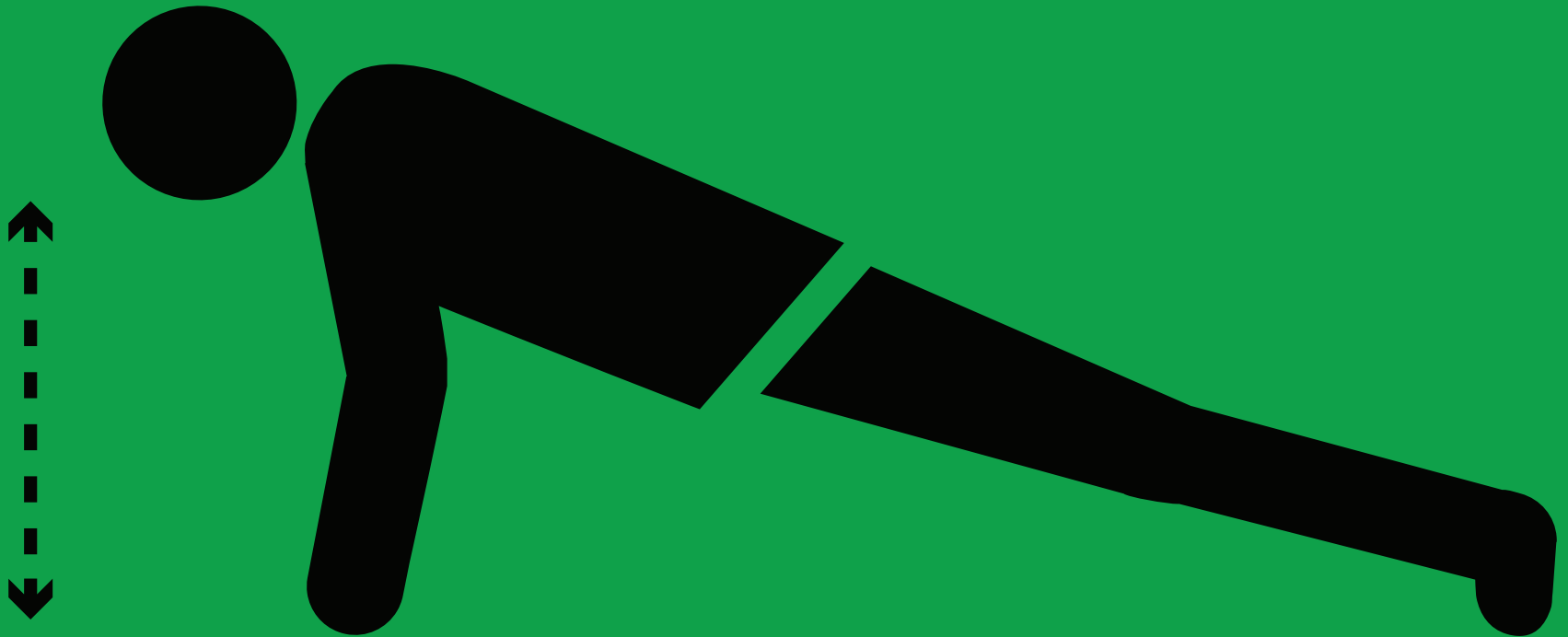
# WALL BALLS



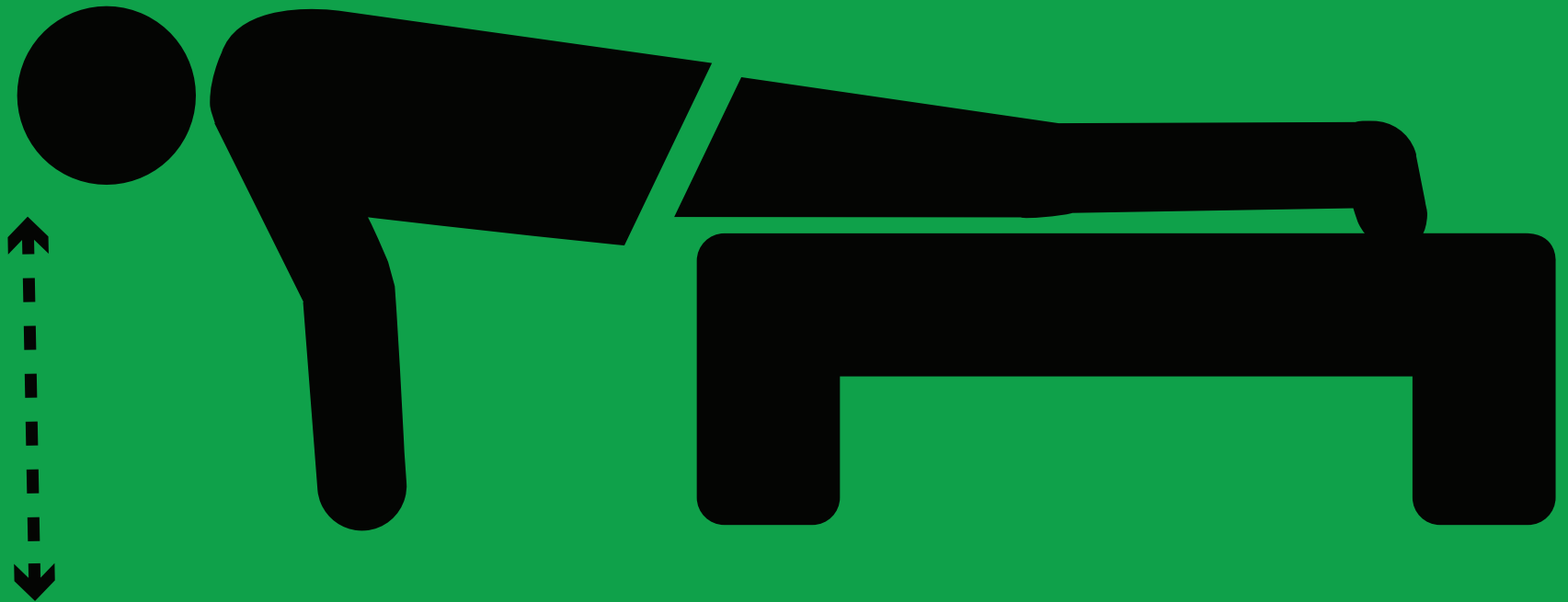
# WALL BALLS



# PUSH UPS



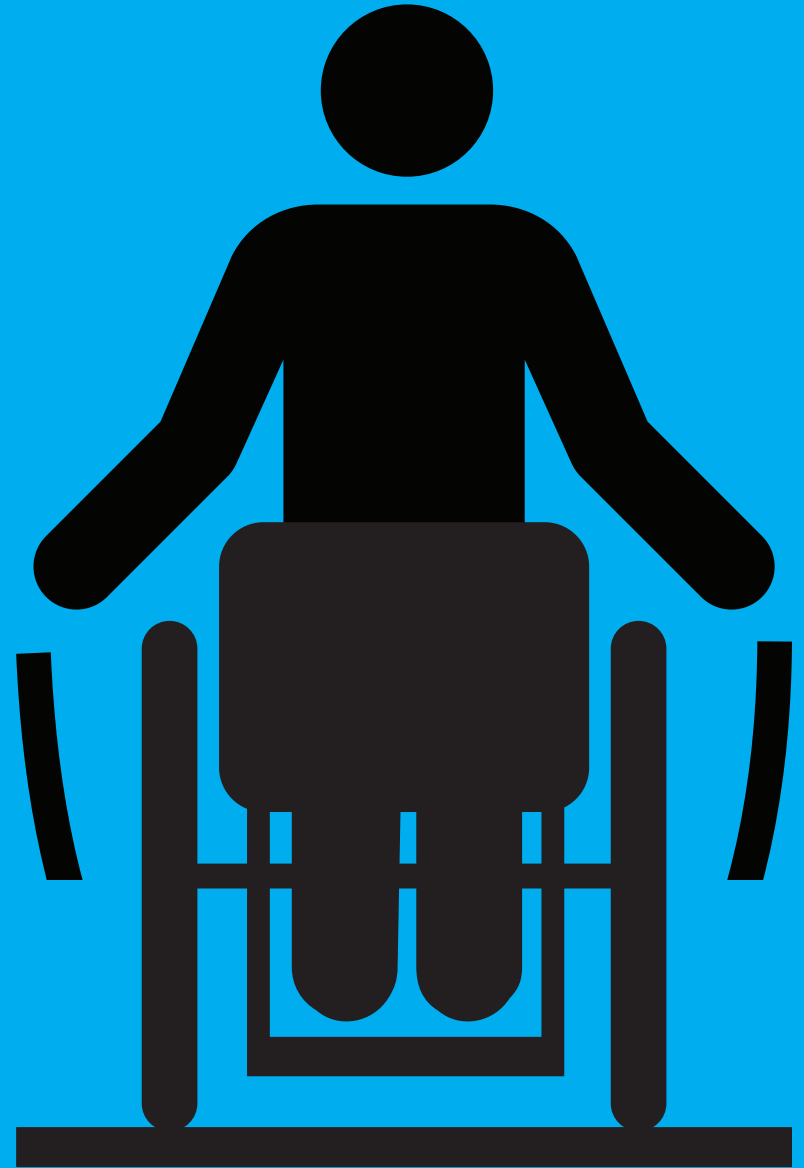
# PUSH UPS



# JUMP ROPE

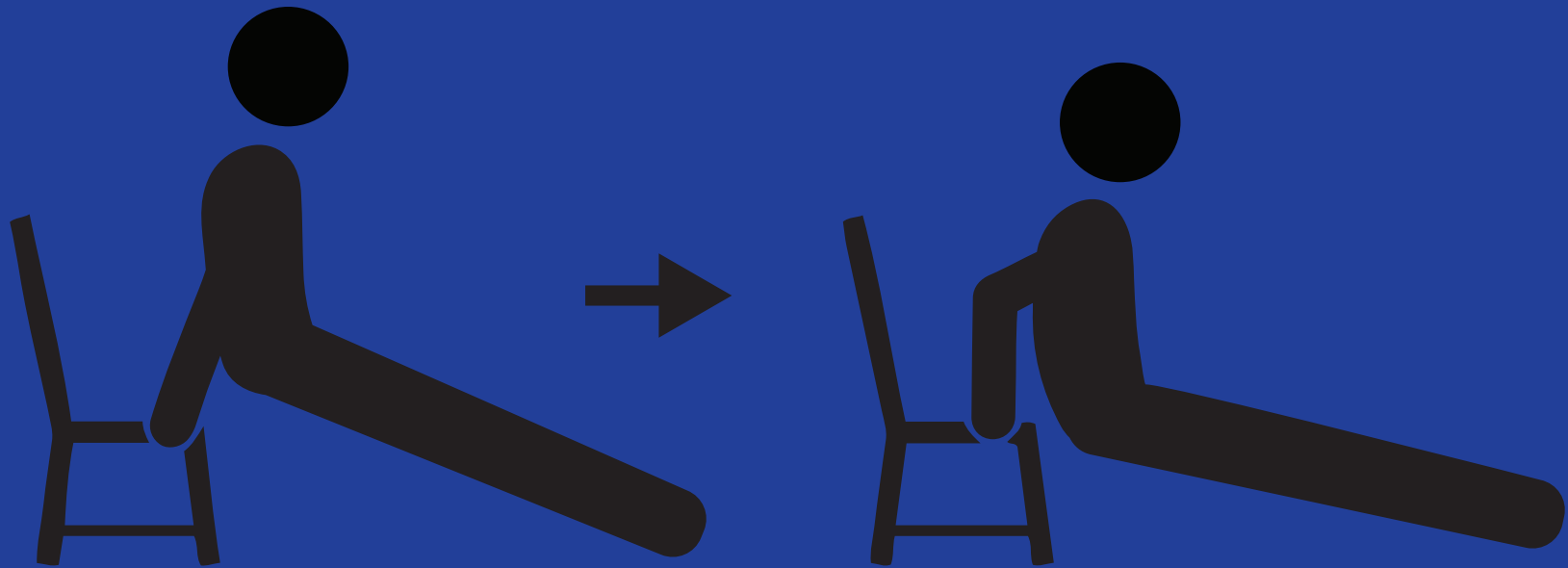


# JUMP ROPE

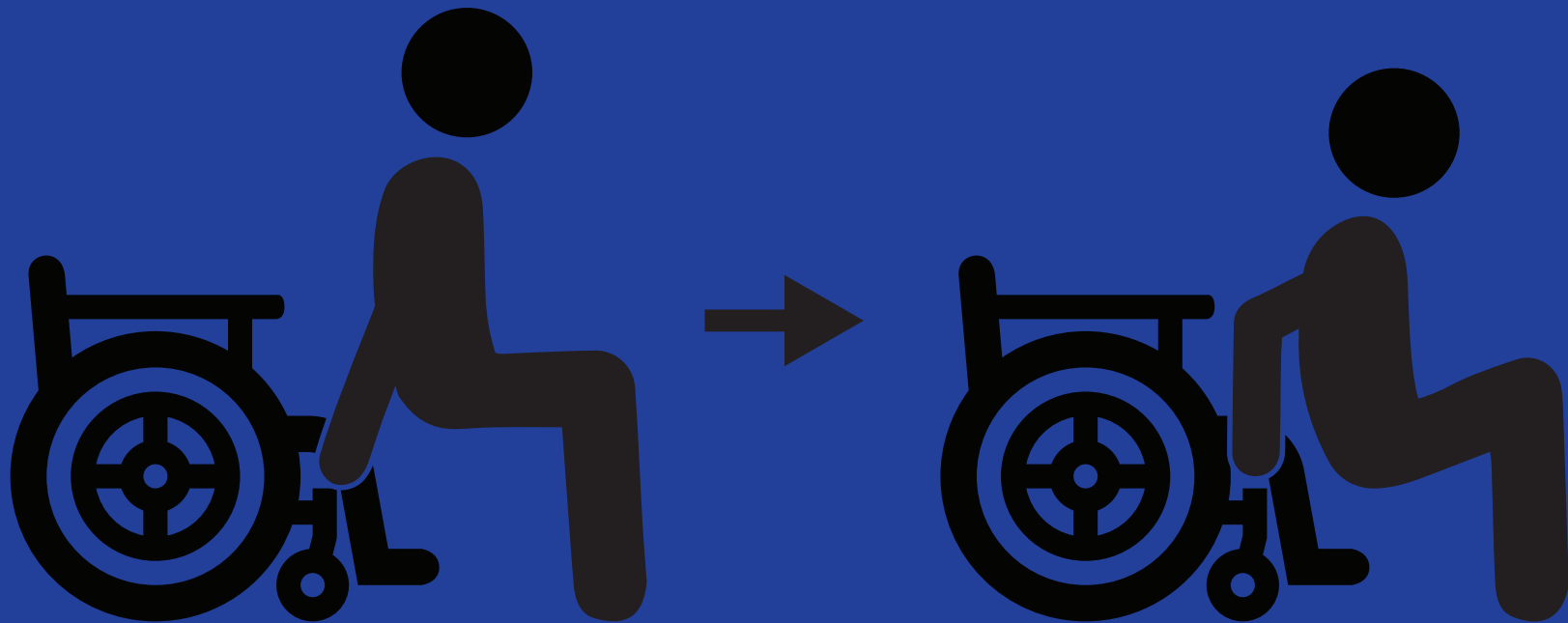




# DIPS



# DIPS



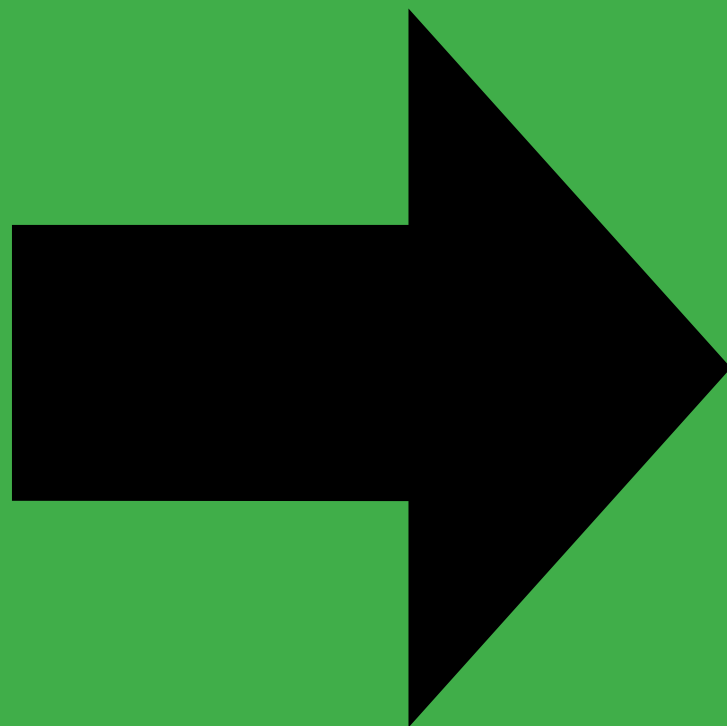
# BICEP CURLS



# BICEP CURLS



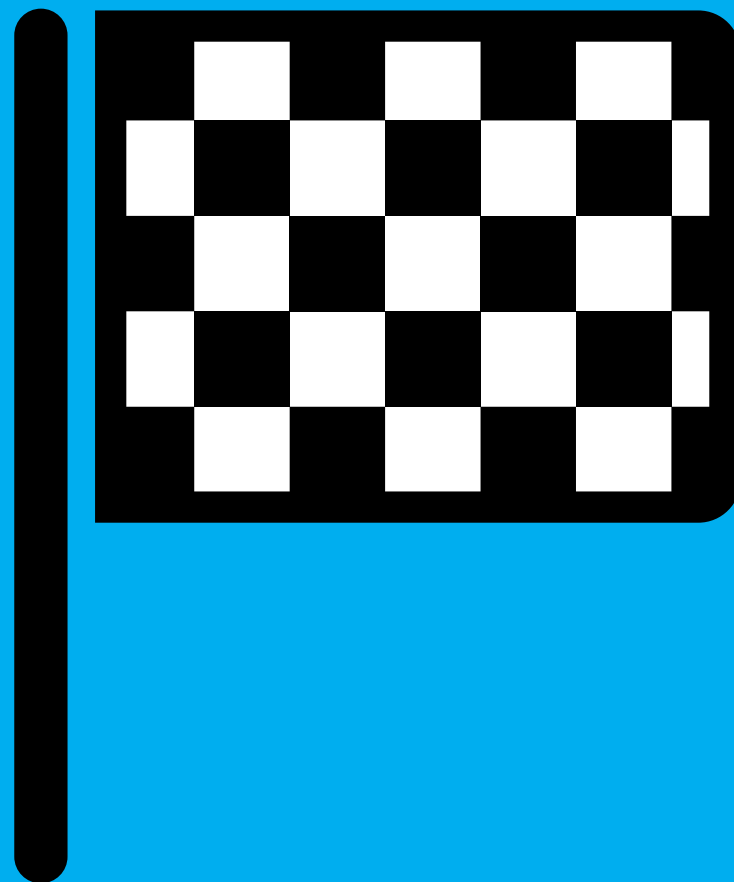
**GO**



**STOP**



**START  
HERE**



**REST  
AREA**





**NUMBER**

**1**

**NUMBER**

**2**

**NUMBER**

**3**

**NUMBER**

**4**

**NUMBER**

**5**

**NUMBER**

**6**

**NUMBER**

**7**

**NUMBER**





**NUMBER**



**NUMBER**



**PLUS**



# MINUS

—

**MULTIPLY**



**DIVIDE**



# EQUALS

