



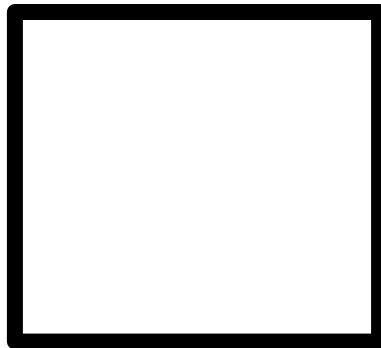
PE Stations



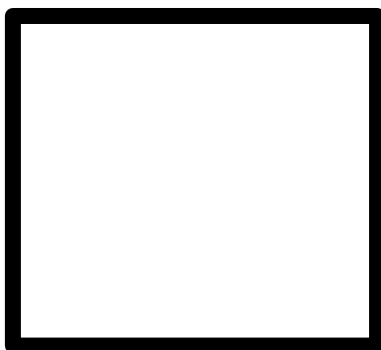
Jumping Jacks



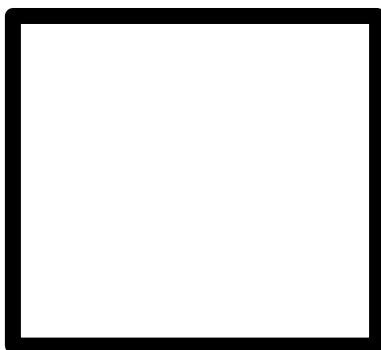
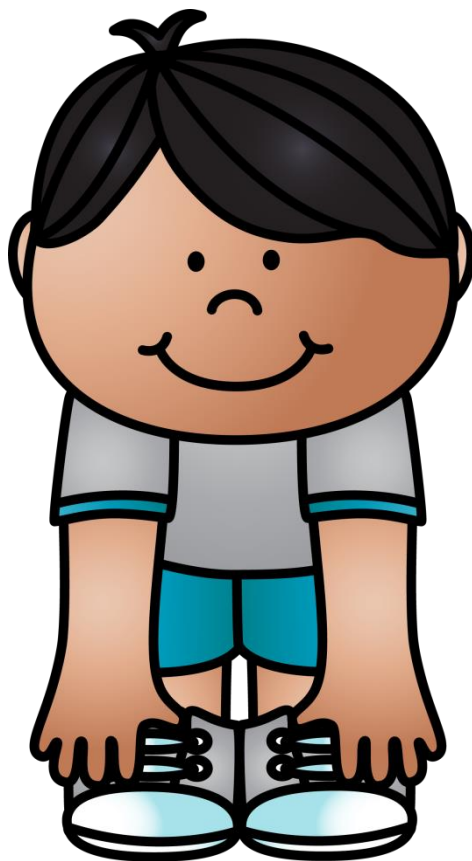
Run on Spot



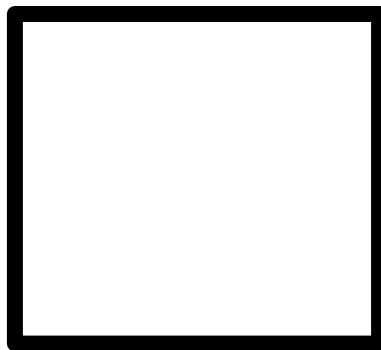
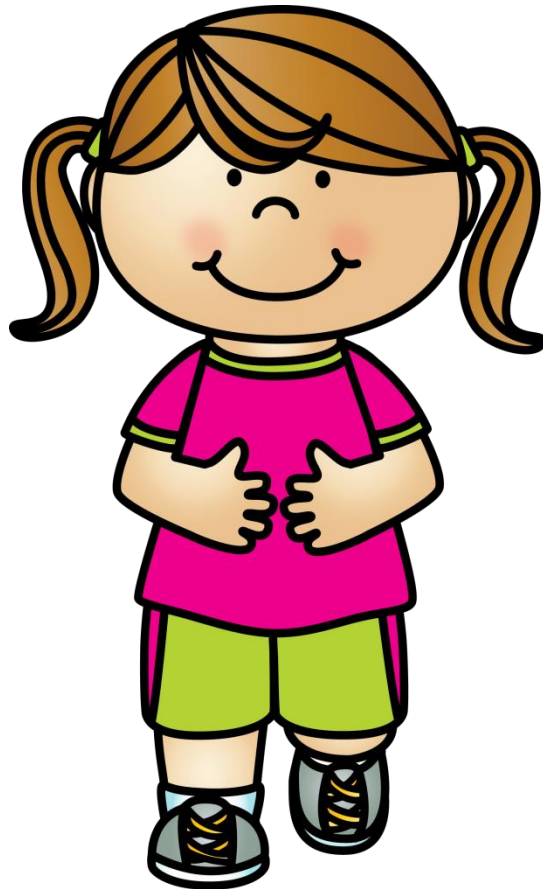
Sit Ups



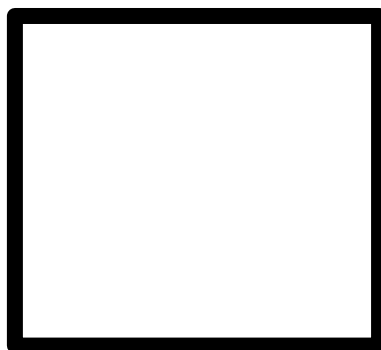
Touch Toes



Hopping



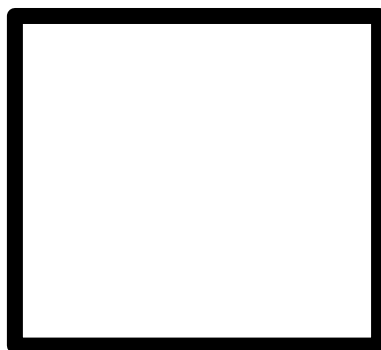
Push Ups



Arm Circles



March on Spot

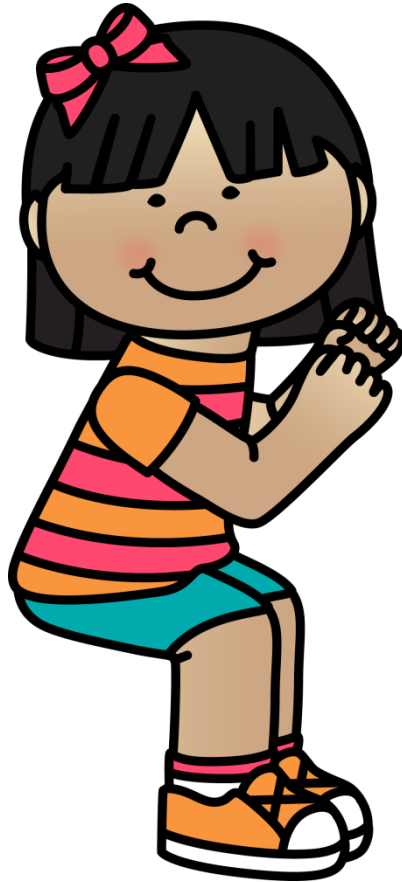


Side Lunges

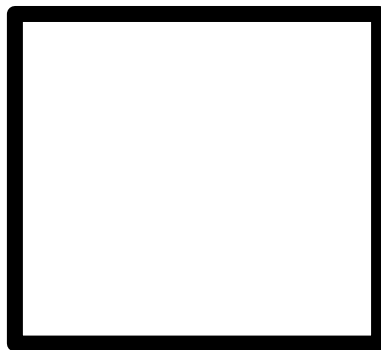
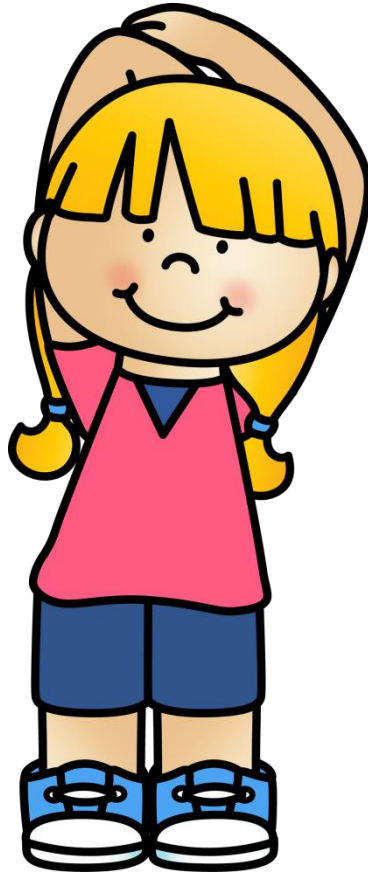


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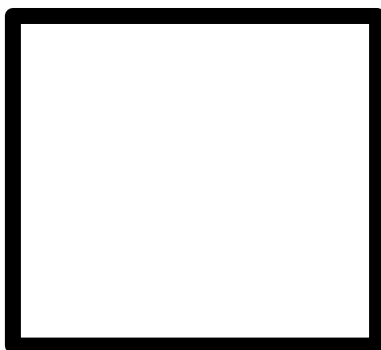
Squats



Tricep Stretch



Trunk Twist



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