

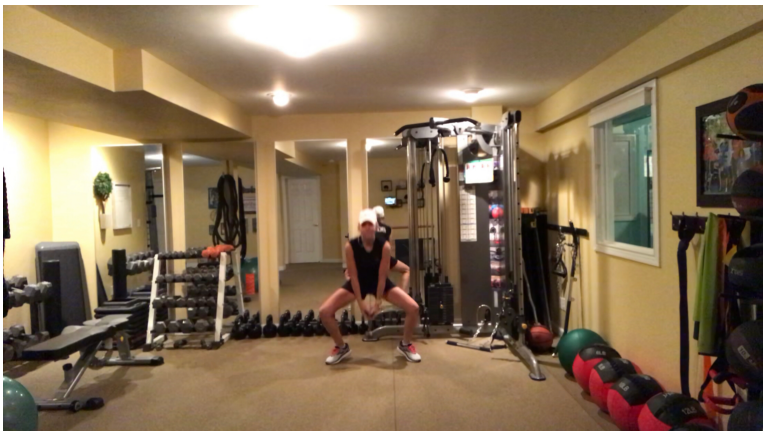
One Up, One Down



Curtsy squat w/
overhead hold



Full sit up



Tip toe plié squat