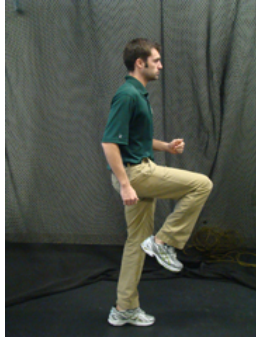
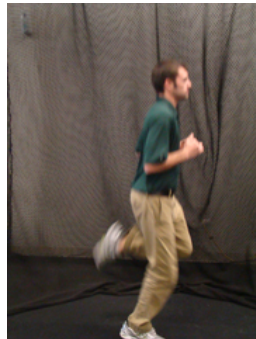




Dynamic Flexibility



High Knees



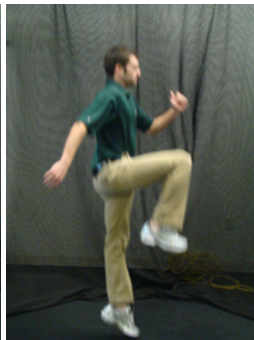
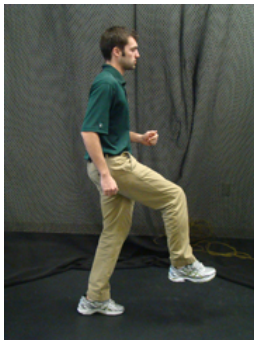
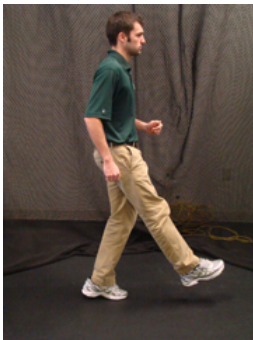
Butt Kickers



A-Skips



Stiff Leg Bounds



Alternate Leg, Fast Leg



Cariocas



Reach-up Lunges



Lunges with a Twist



Walking Hamstrings



Standing Reach-up



Walking Quads



Power Skips