


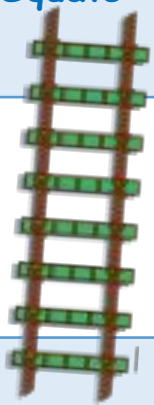


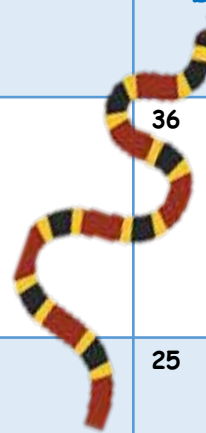



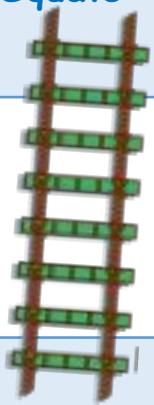


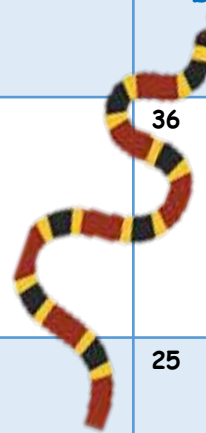




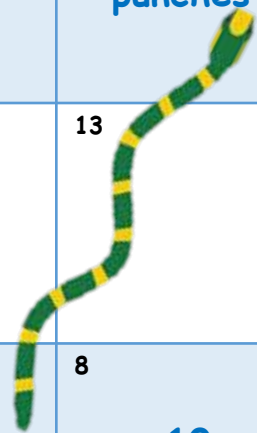


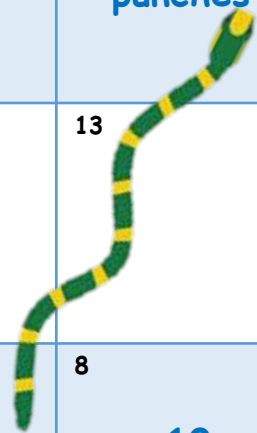


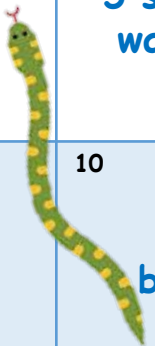



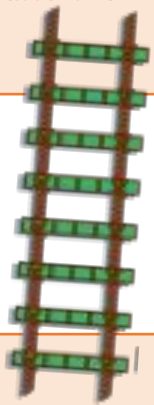





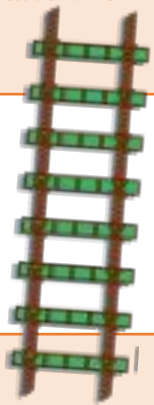
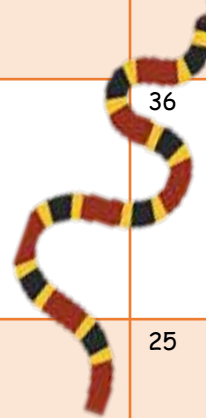



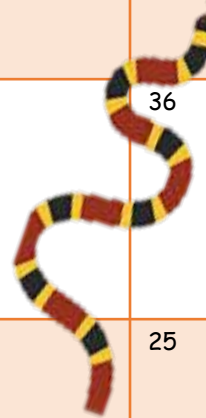

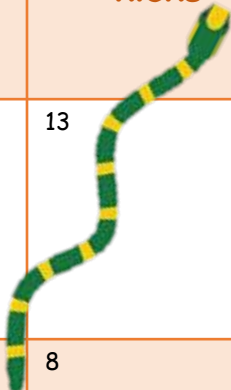


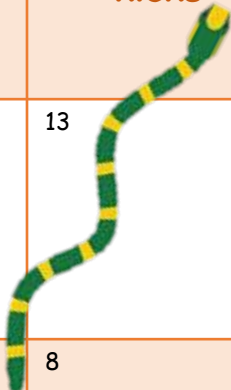

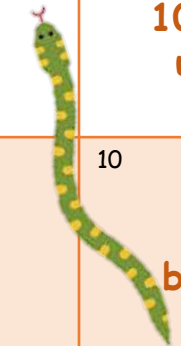


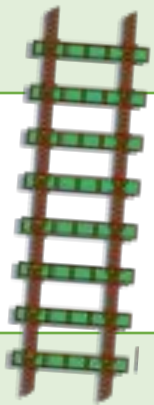


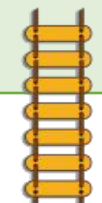

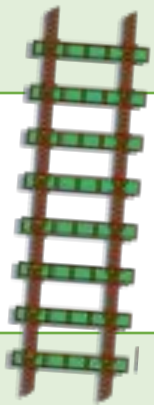


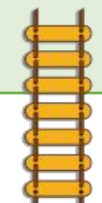












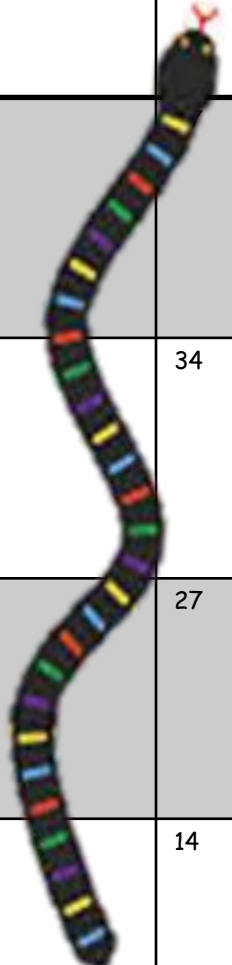
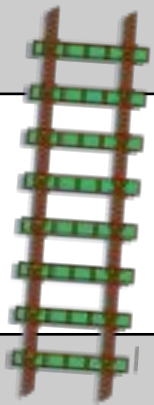

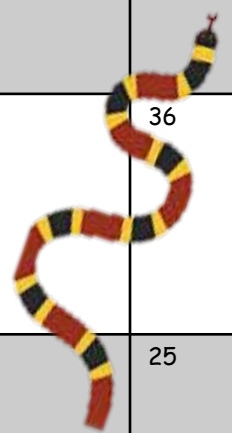



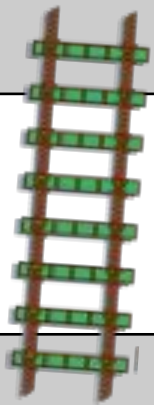

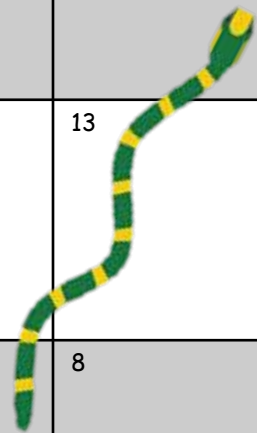



60  Finish	59 6 leg kicks	58	57 5 sit ups 	56 20 seconds marching	55 2 burpees	54 10 second plank 	53	52 5 star jumps	51
41 5 Squats 	42 10 punches	43 	44 	45 2 burpees 	46	47 5 second wall sit 	48 5 star jumps 	49 20 seconds marching	50 10 punches 
40 	39 6 leg kicks 	38 20 seconds marching 	37	36 	35 5 sit ups	34 5 Squats	33 2 burpees 	32 3 squat jumps	31 
21 5 sit ups	22 	23 5 star jumps	24	25 5 Squats 	26	27 2 burpees	28 10 punches 	29 5 second wall sit	30 10 second plank
20 6 leg kicks	19 	18 20 seconds marching	17 3 squat jumps	16 	15	14 10 punches	13 	12 5 star jumps	11 5 second wall sit
1  Start	2 5 star jumps	3 6 leg kicks	4 5 Squats	5 5 second wall sit 	6 5 sit ups	7	8 10 second plank	9 5 star jumps	10 2 burpees 

60  Finish	59 10 second wall sit	58 4 burpees	57 	56 25 punches	55 10 sit ups	54 	53 6 squat jumps	52 20 second plank	51
41 25 punches 	42 6 squat jumps	43 	44 	45 4 burpees	46 25 punches	48 10 sit ups 	49 10 second wall sit	50 30 seconds marching 	40 20 second plank 
40 	39 20 second plank	38 6 squat jumps	37 	36 10 sit ups	35 10 star jumps	34 10 second wall sit	33 	32 4 burpees	31 
21 10 sit ups	22 	23 10 star jumps	24 	25 10 Squats 	26 10 sit ups	27 15 leg kicks 	28 20 second plank	29 20 second plank	30 
20 15 leg kicks	19 20 second plank	18 30 seconds marching	17 6 squat jumps	16 	15 25 punches	14 20 second plank	13 	12 10 sit ups	11 10 sit ups
1  Start	2 6 squat jumps	3 10 Squats	4 10 second wall sit	5 10 sit ups	6 20 second plank	7 4 burpees 	8 20 second plank	9 4 burpees	10 4 burpees

60 	59	58 Plank until your next go	57 	56 6 burpees	55 20 second wall sit	54 Star jumps until your next go	53 40 seconds marching	52 25 leg kicks	51
41 15 sit ups 	42 Wall sit until your next go	43 	44 25 leg kicks	45 10 squat jumps	46 	34 30 second plank	48 Star jumps until your next go 	49 15 Squats	50 6 burpees 
40 	39 10 squat jumps 	38 20 second wall sit 	37	36 10 squat jumps	35 15 sit ups	34 Plank until your next go	33 	32 35 punches	31 
21 10 squat jumps	22 	23 15 Squats	24	25 15 sit ups 	26	27 Plank until your next go	28 	29 6 burpees	30 25 leg kicks
20 25 leg kicks	19 	18 Star jumps until your next go	17 10 squat jumps	16 	15	14 35 punches	13 	12 10 squat jumps	11 20 second wall sit 
1 	2 10 squat jumps	3	4 15 Squats	5 Wall sit until your next go	6 15 sit ups	7	8 30 second plank	9	10 6 burpees 

60 	59	58	57 	56	55	54 	53	52	51
41 	42	43 	44	45 	46	48 	49	50 	31
40	39 	38	37	36	35	34	33	32	31
21 	22	23	24	25 	26	27	28 	29	30
20	19	18	17	16	15	14	13	12	11
1 	2	3	4	5	6	7	8	9	10 