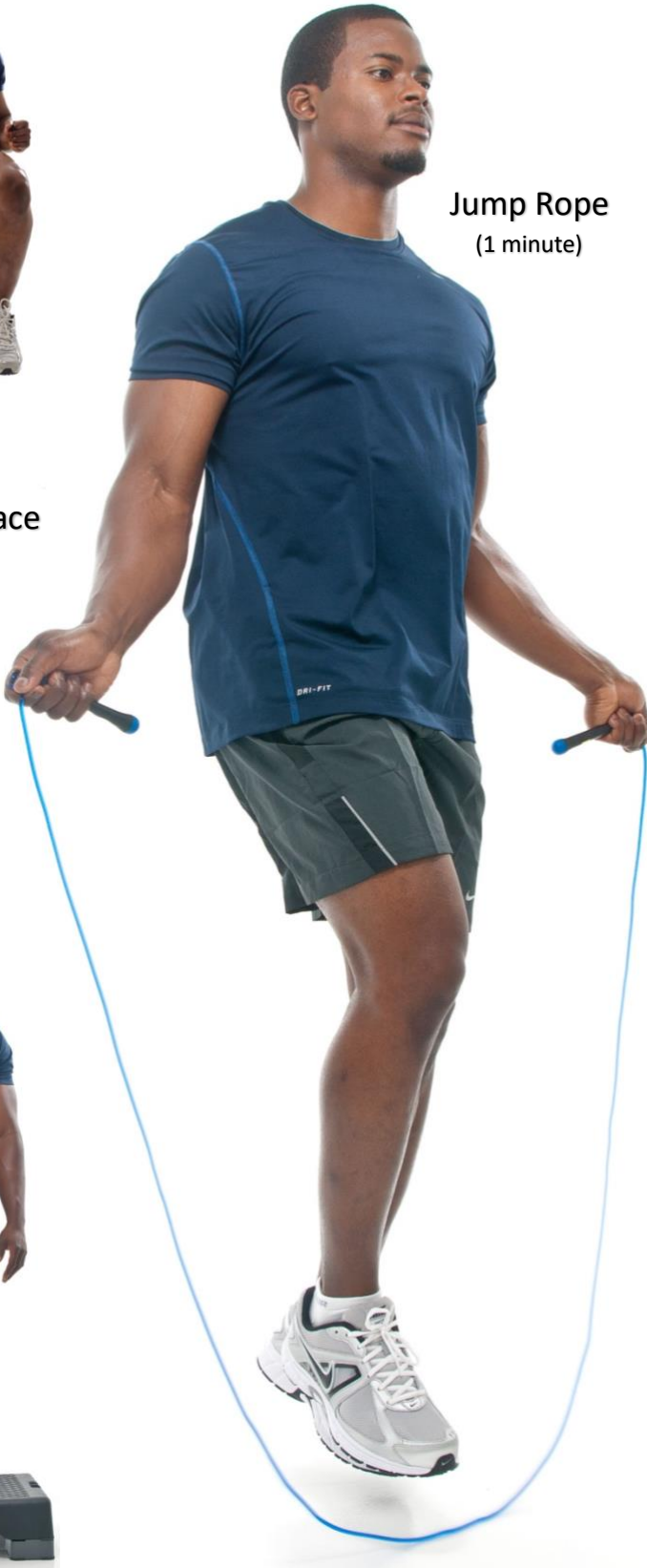


Quick Cardio Workout



March In Place
(1 minute)



Jump Rope
(1 minute)



Jumping Jacks
(1 minute)



Step Ups
(1 minute)



Mountain Climbers
30 seconds