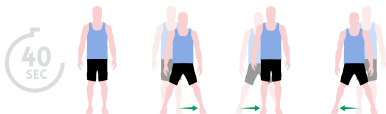
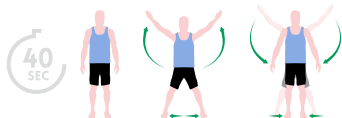


5 Minute Mini-Circuit

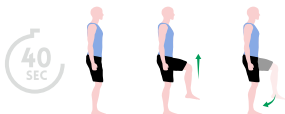
Side Stepping



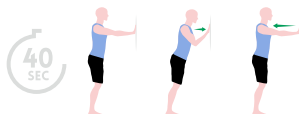
Jumping Jack or Low Jack



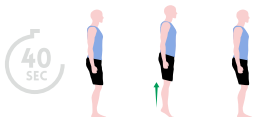
High Knee Jogging or Marching



Wall or Counter Top Pushup



Heel Raises



Sit to Stand

