

Down Dog



Triangle Pose



Touch Toes



Plank



Tree



Stretch Arms Up



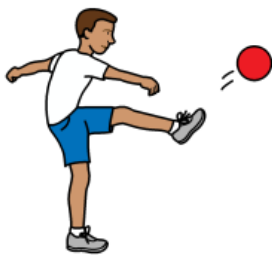
Bounce on Exercise Ball



Exercise on Ball



Kick Ball



Jog



Trampoline



Climb Stairs



Lift
Weights



Lift
Weights



Squats



Lunges



Treadmill



Exercise Bike

