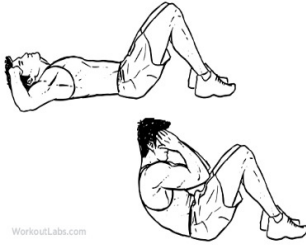
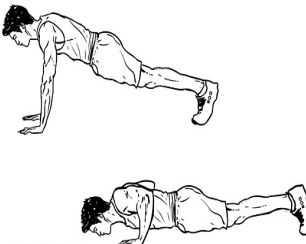

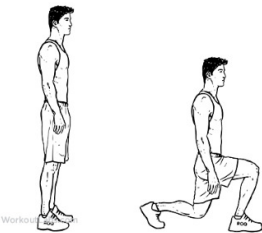
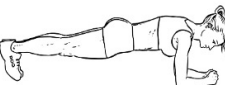
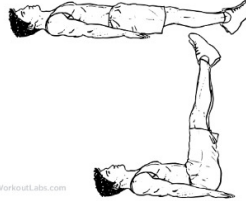
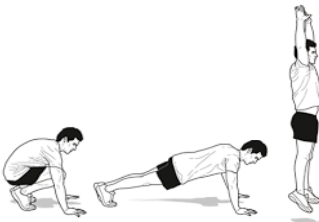
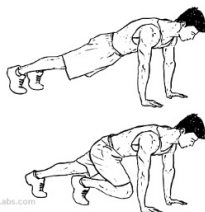




<p style="text-align: center;">Sit Ups</p>  <p style="text-align: right;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Press Ups</p>  <p style="text-align: right;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Wall Squat (Hold)</p>  <p style="text-align: right;">Develop – 10 Seconds Meeting – 15 Seconds Exceeding – 20 Seconds</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Lunges</p>  <p style="text-align: right;">Develop – 10 Meeting – 15 Exceeding - 20</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Plank (Hold)</p>  <p style="text-align: right;">Develop – 10 seconds Meeting – 15 seconds Exceeding – 20 seconds</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Leg Lifts</p>  <p style="text-align: right;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Burpees</p>  <p style="text-align: right;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Mountain Climbers</p>  <p style="text-align: right;">Develop – 10 Meeting – 15 Exceeding - 20</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Bicycle Crunches</p>  <p style="text-align: right;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Star Jumps</p>  <p style="text-align: right;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>