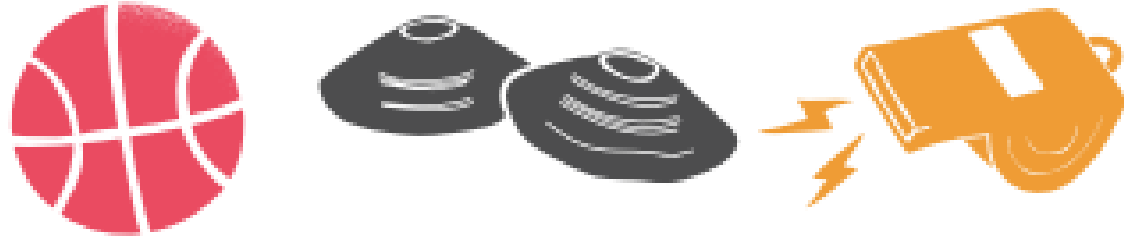


Start	10 alternating lunges on the spot	5 sit ups	Camel walk around the room	10 lateral raises with cans of beans	5 jumping air squats	Plank hold for maximum time
60 second heel balance	 FITNESS MONOPOLY					Reverse bear crawl 5 metres
Gorilla walk around the room						10 tuck jumps
20 seconds of fast mountain climbers						Reverse Bear Crawl 5 metres
10 push ups	20 second arch hold	30 Star Jumps	10 Front raises with cans of beans	60 second tiptoe balance	60 second tiptoe balance	20 Heel Kicks