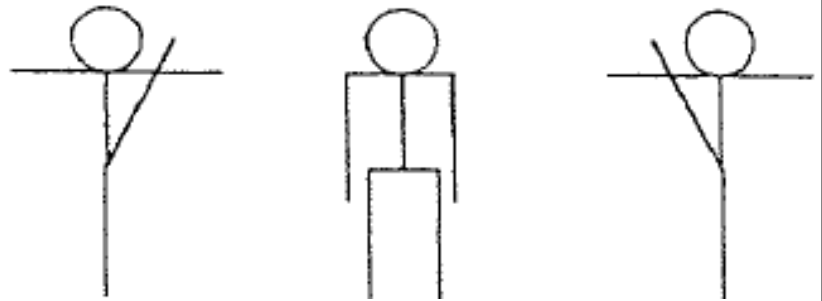
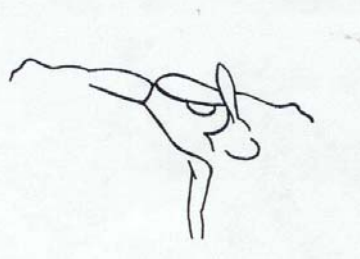




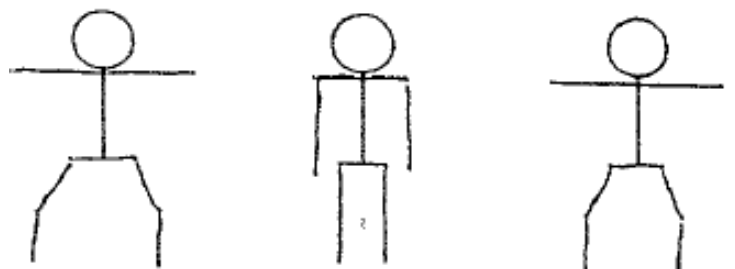
# Kick



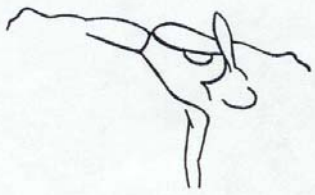
Aerobic Basic Step



# Jumping Jack



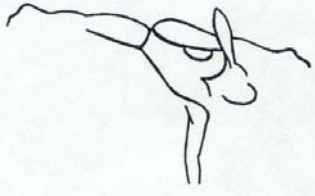
Aerobic Basic Step



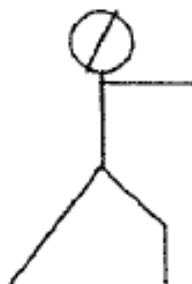
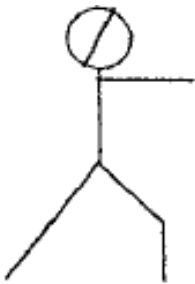
# Jog



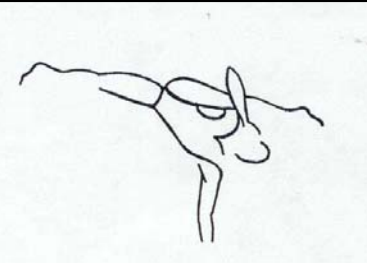
Aerobic Basic Step



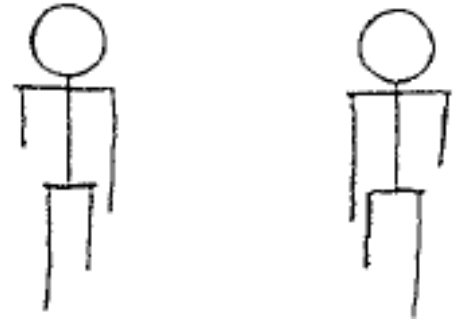
# Lunge



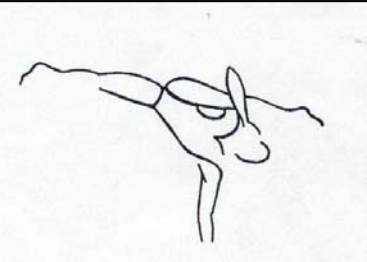
Aerobic Basic Step



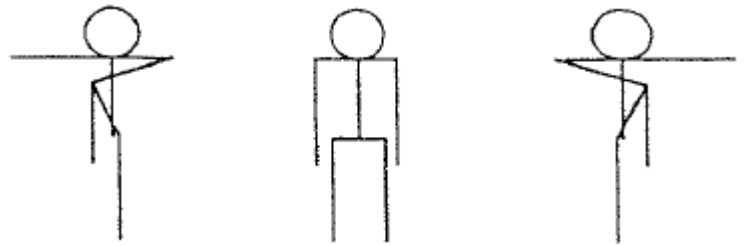
# Walk/March



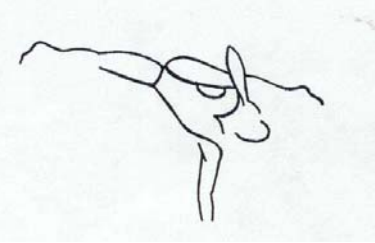
## Aerobic Basic Step



# Knee Lift



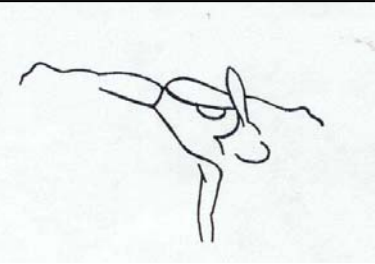
## Aerobic Basic Step



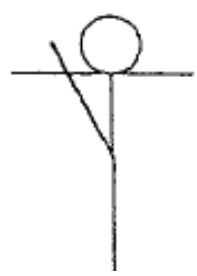
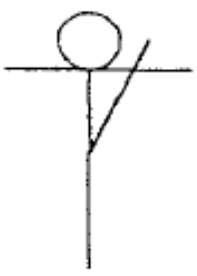
# Skip



Aerobic Basic Step



# Kick



Aerobic Basic Step