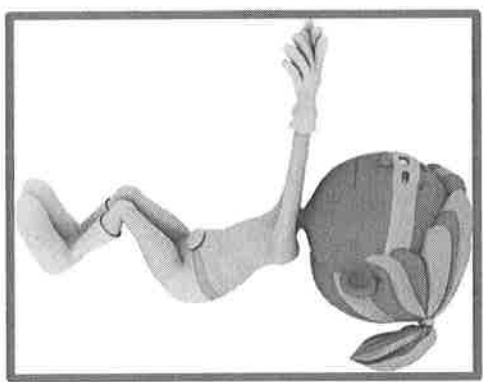


INCREASE YOUR STAMINA, TRY IT ONE MORE TIME  
Complete all Exercises 3 times each

# ENDURANCE ELECTRA'S



**6**

15 Wall Push-Ups

**6**

Inch Worms

8

**4**

Side Leg Raises on Each Side

**1**

8 Standing Long Jumps

**2**

20 Secs Plank

**3**

15 Curl-Ups

# MUSCULAR ENDURANCE BLAST

KEEP IT IN BALANCE, Compete all Exercises  
TRY IT ONE MORE TIME 2 times each.

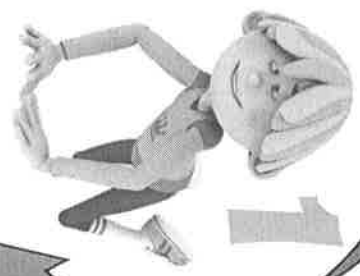
3 Point  
Balance  
30 sec



6

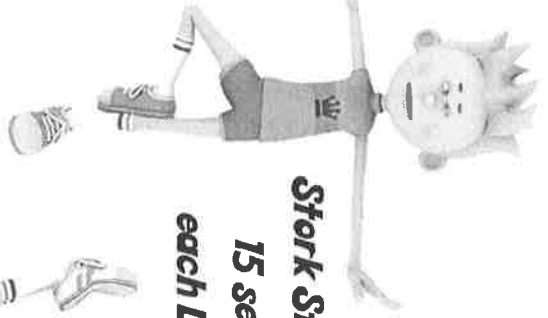
# STABILITY GIRL'S

4 Point  
Balance  
30 sec



1

Stork Stand  
15 sec  
each Leg



5

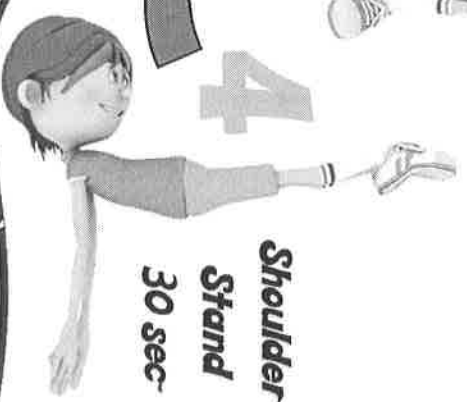
2 Point  
Balance  
30 sec



2

# BALANCE BLAST

Shoulder  
Stand  
30 sec



4

3  
Bridge Hold  
30 sec

