

Fitness

Start Position

Jumper Glutes/Legs

End Position



Start Position

Jumper Cardio

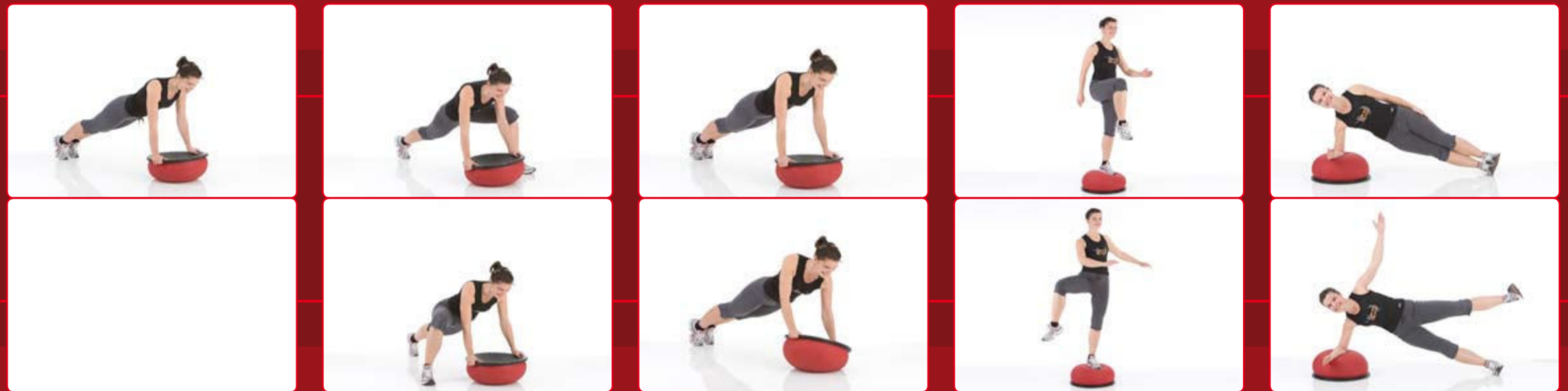
End Position



Start Position

Jumper Core

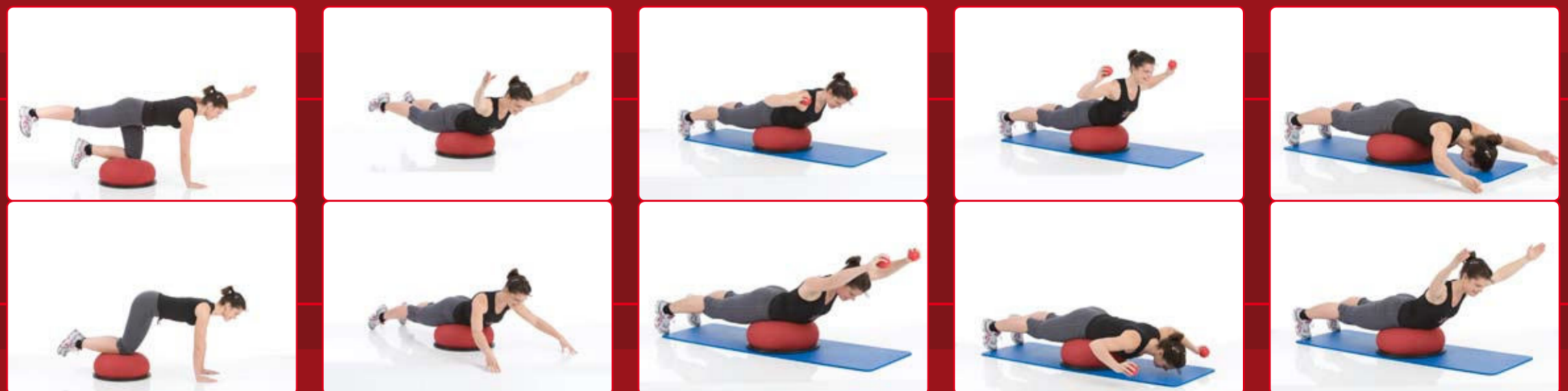
End Position



Start Position

Jumper Back

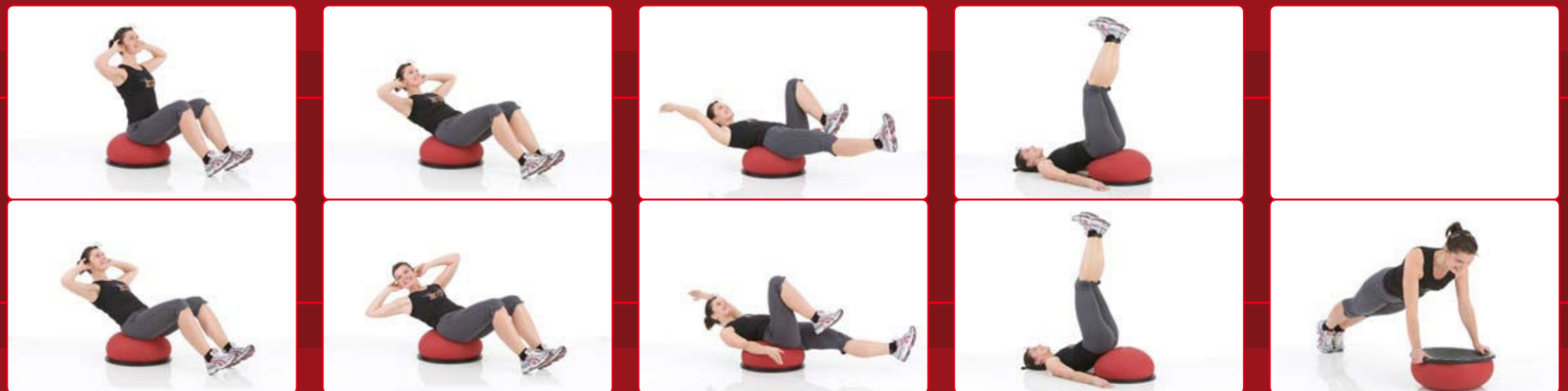
End Position



Start Position

Jumper Abs

End Position



Stretch/Relaxation

