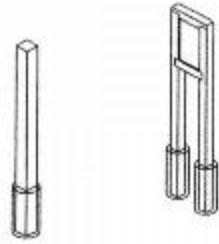


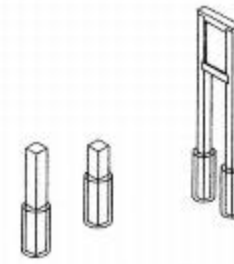
Introductory Signs



Fitness Fact/ Calf Stretch
Station 1-20 System



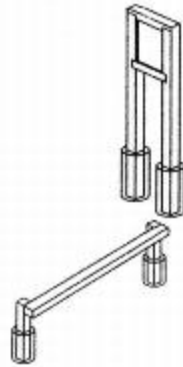
Upper Hamstring/Side Stretch
Station 2-20 System



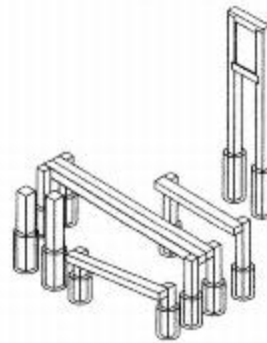
Hamstring/Quadricep Stretch
Station 3-20 System



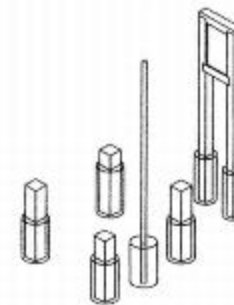
Bent Knee Hang/Heartbeat Check
Station 4-20 System



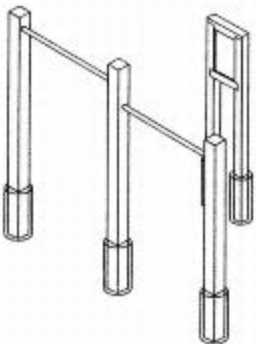
Knee Lift/Toe Raise
Station 5-20 System



Sit Up/Leg Raise
Station 6-20 System



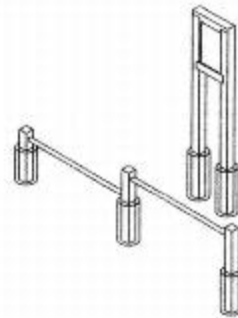
Quadriceps Climb & Sit
Station 7-20 System



Pull-Up/Heartbeat Check
Station 8-20 System



Upward Stretch/Fitness Fact
Station 9-20 System



Leg Stretch/Push Up
Station 10-20 System