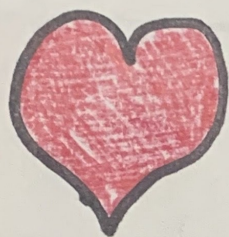
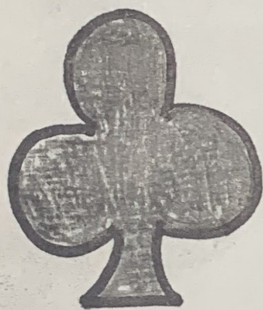


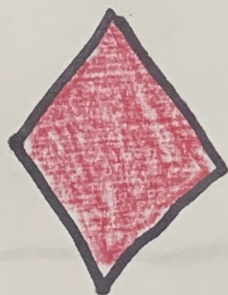
# Exercises



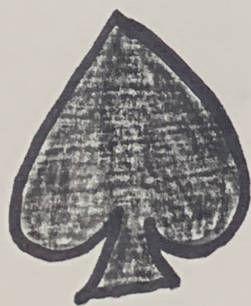
= 30 Ski Jumps



= 30 supermans



= 20 scissor kicks



= 20 squats