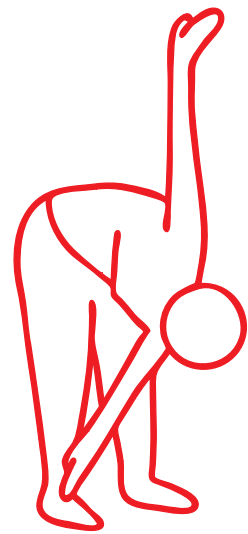


Crossing mid-line Review

A

Windmills

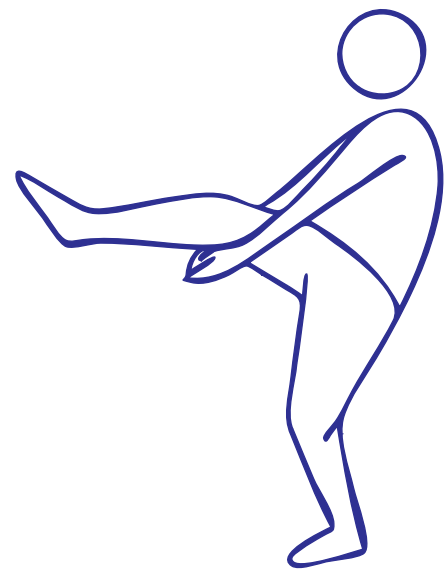
Stand like a star, bend down, opposite hand to opposite foot



B

Banana's

Kick leg in air, clap hands underneath, switch



C

Knee to Elbow



D

Slapping Leather

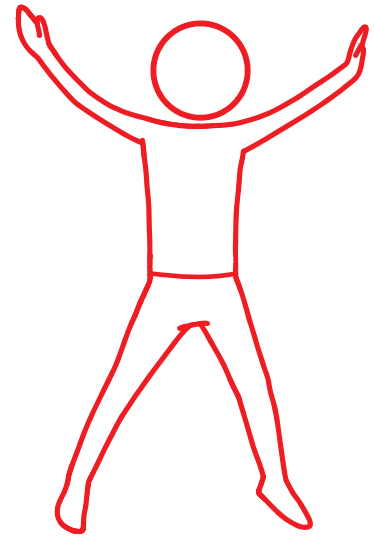
Opposite hand and foot behind your body



Cardio Review

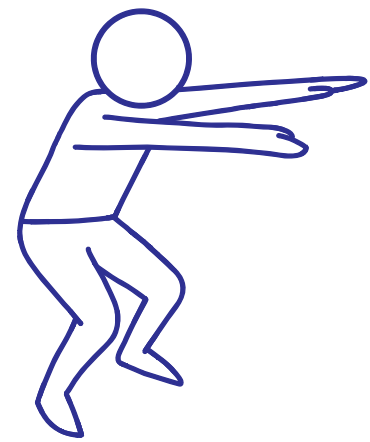
A

Jumping
Jacks



B

Squat



C

Lunges



D

Arm
Circles

