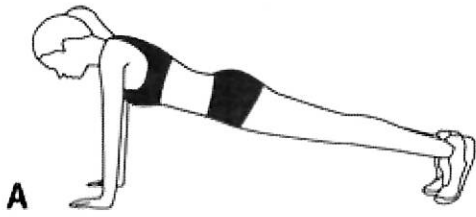
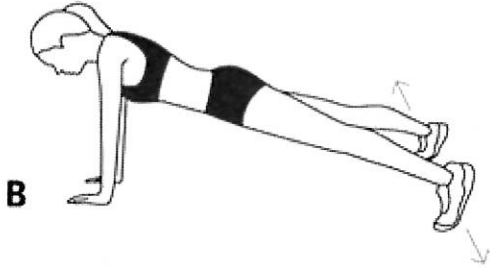


#### Move 4: Jumping-Jack Planks

(A) Begin in high plank.

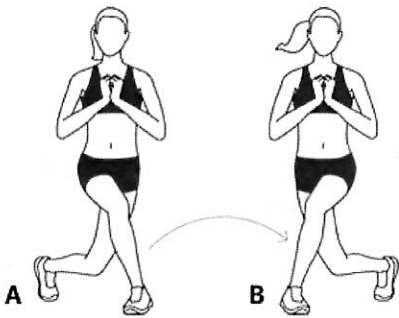


(B) Keeping your abdominals tight and body straight from head to heels, jump your feet out wide and back together, landing softly on your toes. Repeat for 45 seconds, then rest for 15.



#### Move 5: Skater Jumps

Begin with feet together, hands by your sides.



(A) Bend your elbows and bring your palms together in front of your chest. Cross your right leg behind your left and lower into a half squat.

(B) Push off with your left foot and jump up and to the right. Land lightly on your right foot, crossing your left leg behind your right. Lower into a half squat. Repeat for 45 seconds, continuously jumping from side to side, then rest for 15.

#### Move 6: Mountain Climbers



(A) Begin in high plank, keeping your abs engaged and body straight from head to heels. Without rounding your back, bend your left knee and pull it in toward your chest.



(B) Quickly extend your left leg back to the starting position. Repeat with your right leg. Continue for 45 seconds, switching legs as quickly as possible while holding your plank, then rest for 15.