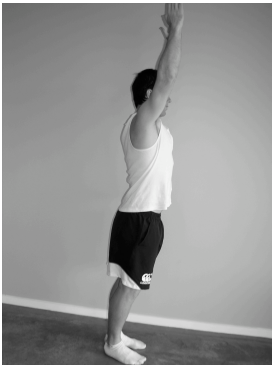
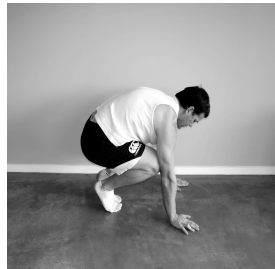
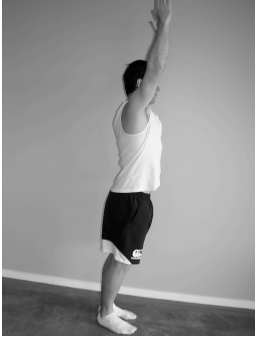


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- Stand up straight, reaching your arms to the sky
- Jump down to place hands on the floor, bending your knees
- Jump your legs back into a press up position
- Then jump your legs back towards your hands
- Stand up straight, reaching your arms back up towards the sky

Notes: