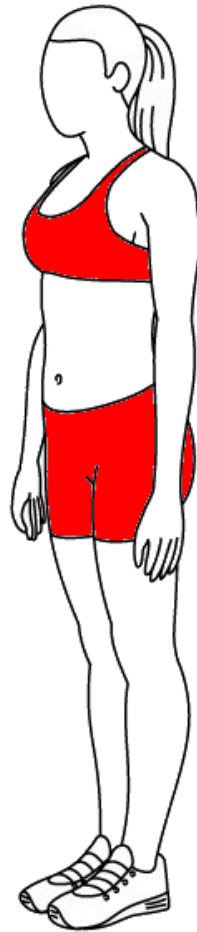
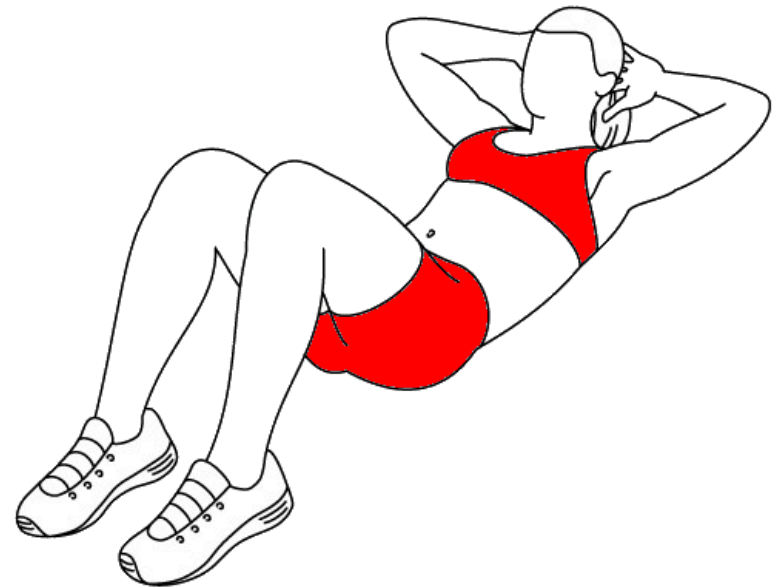
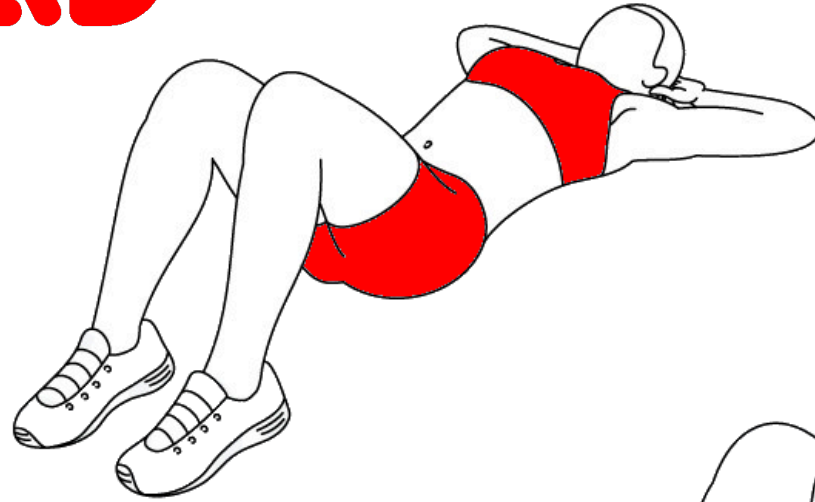


# RAINBOW ROAD



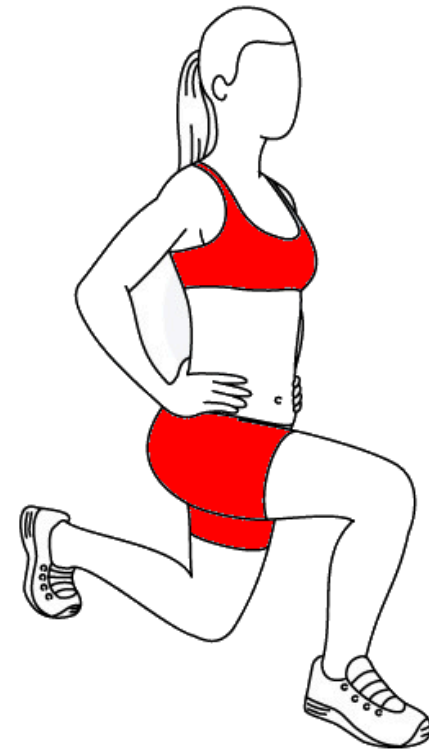
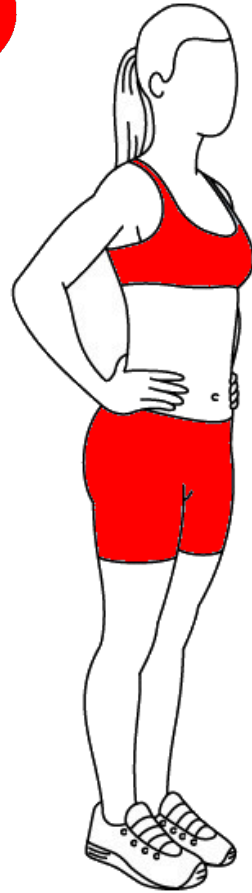
CALF RAISES

# RAINBOW ROAD



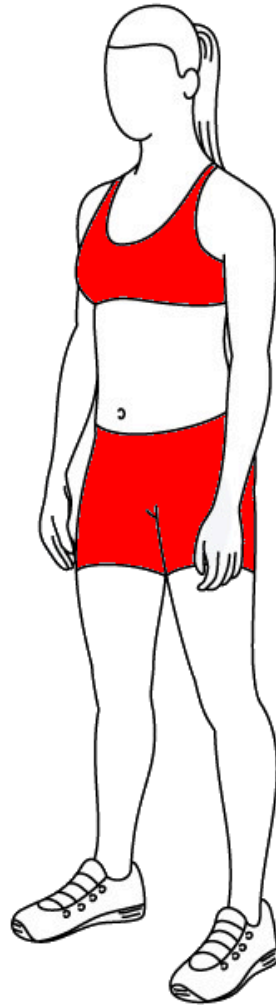
CRUNCHES

# RAINBOW ROAD



LUNGES

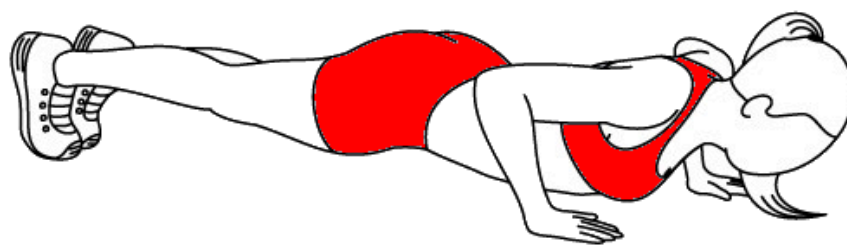
# RAINBOW ROAD



**SQUATS**

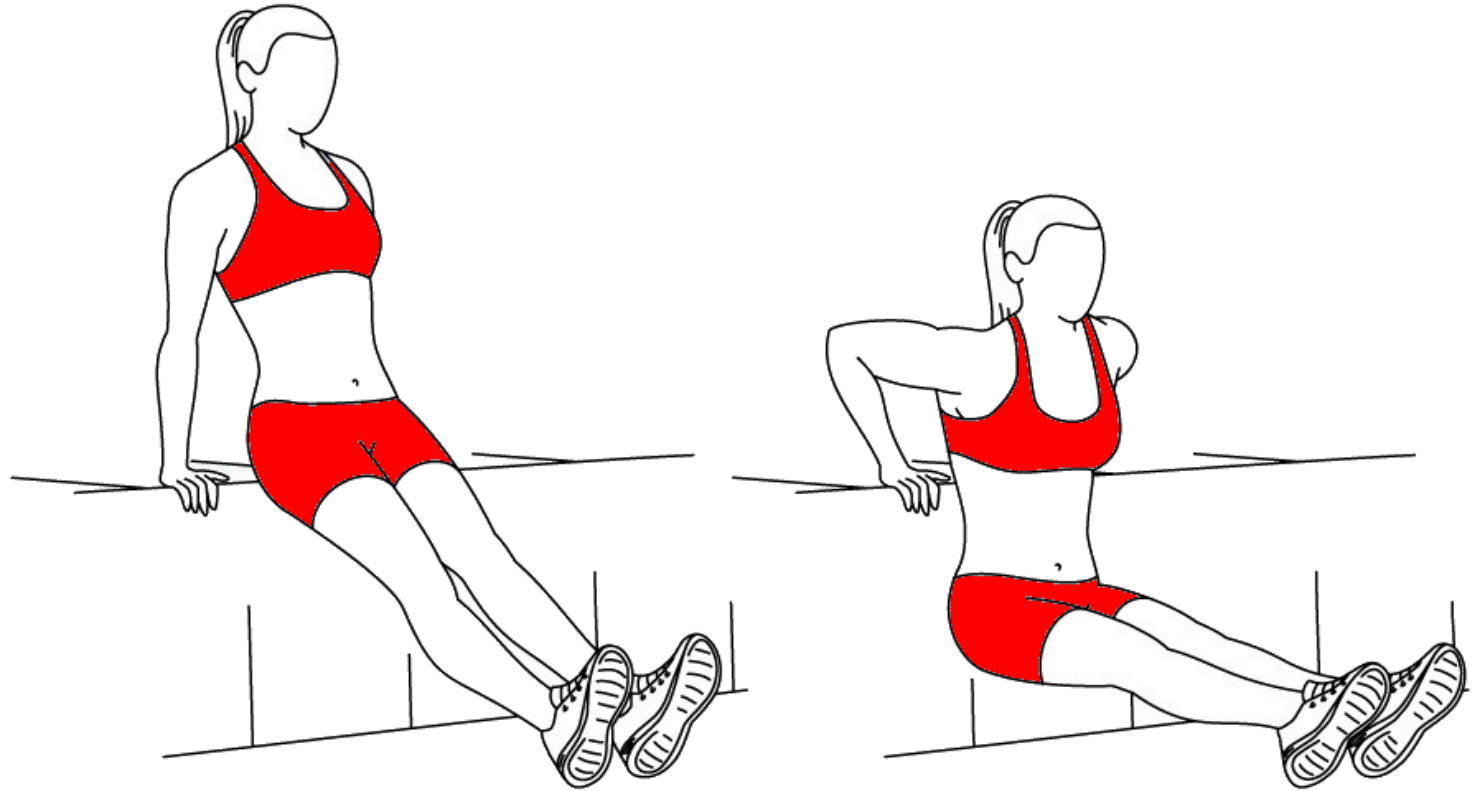


# RAINBOW ROAD



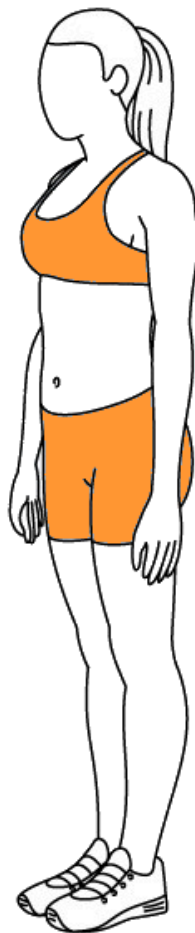
PUSH UPS

# RAINBOW ROAD



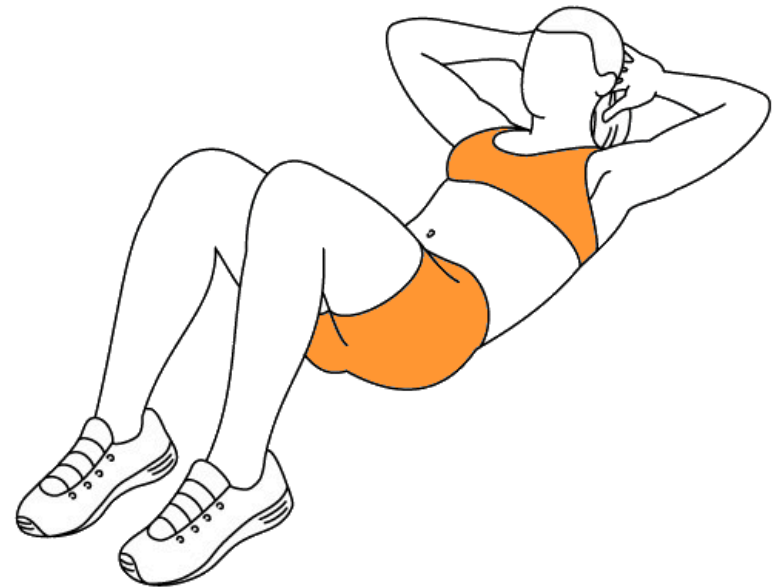
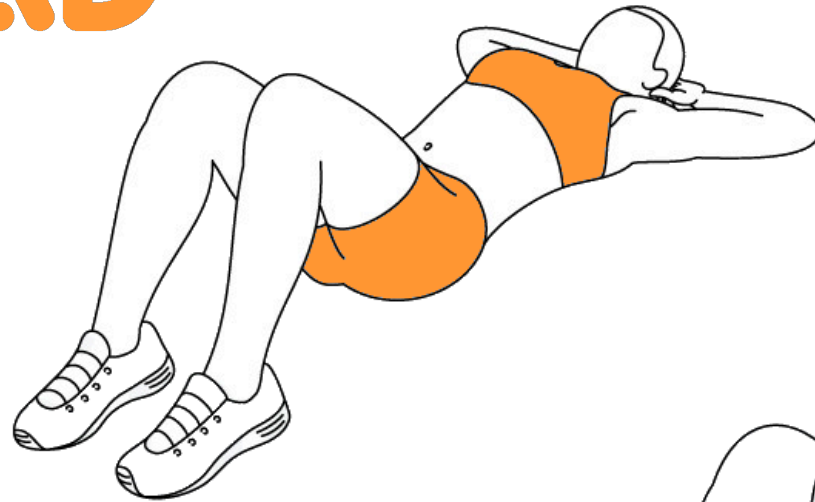
**TRICEP DIPS**

# RAINBOW ROAD



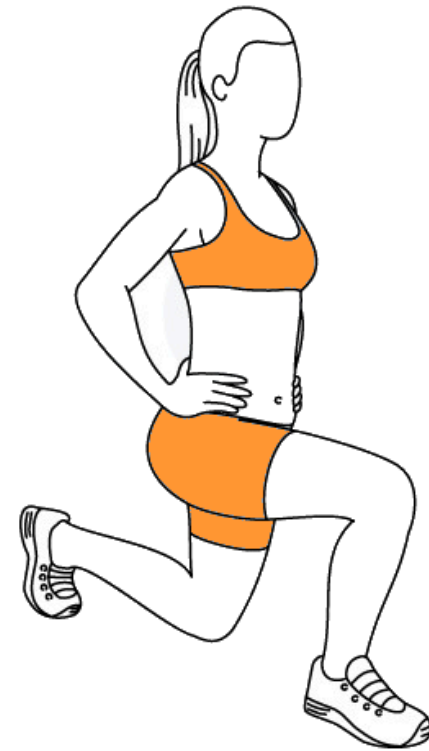
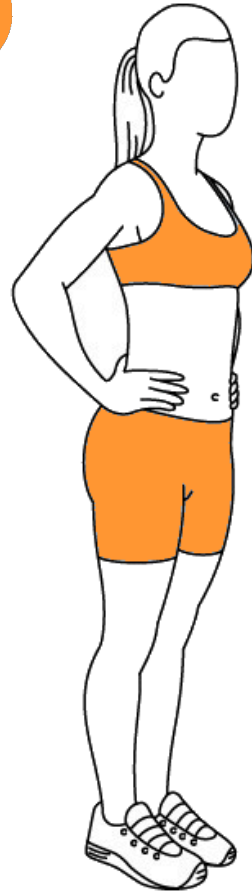
CALF RAISES

# RAINBOW ROAD



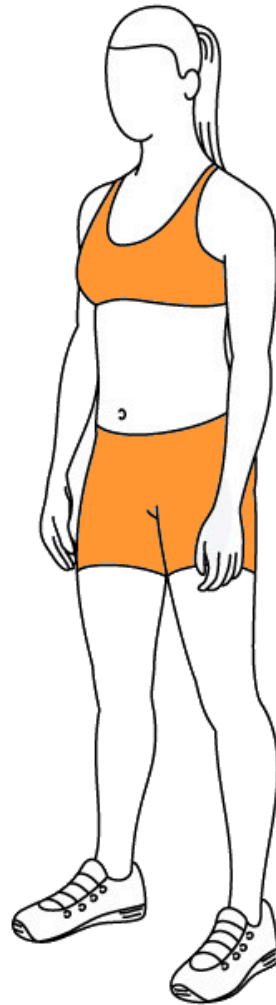
CRUNCHES

# RAINBOW ROAD



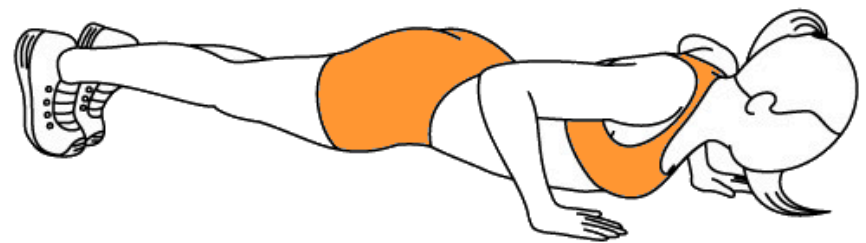
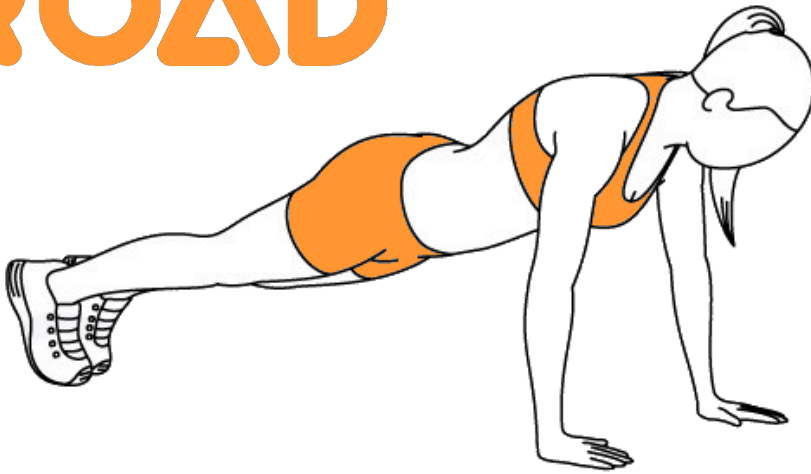
LUNGES

# RAINBOW ROAD



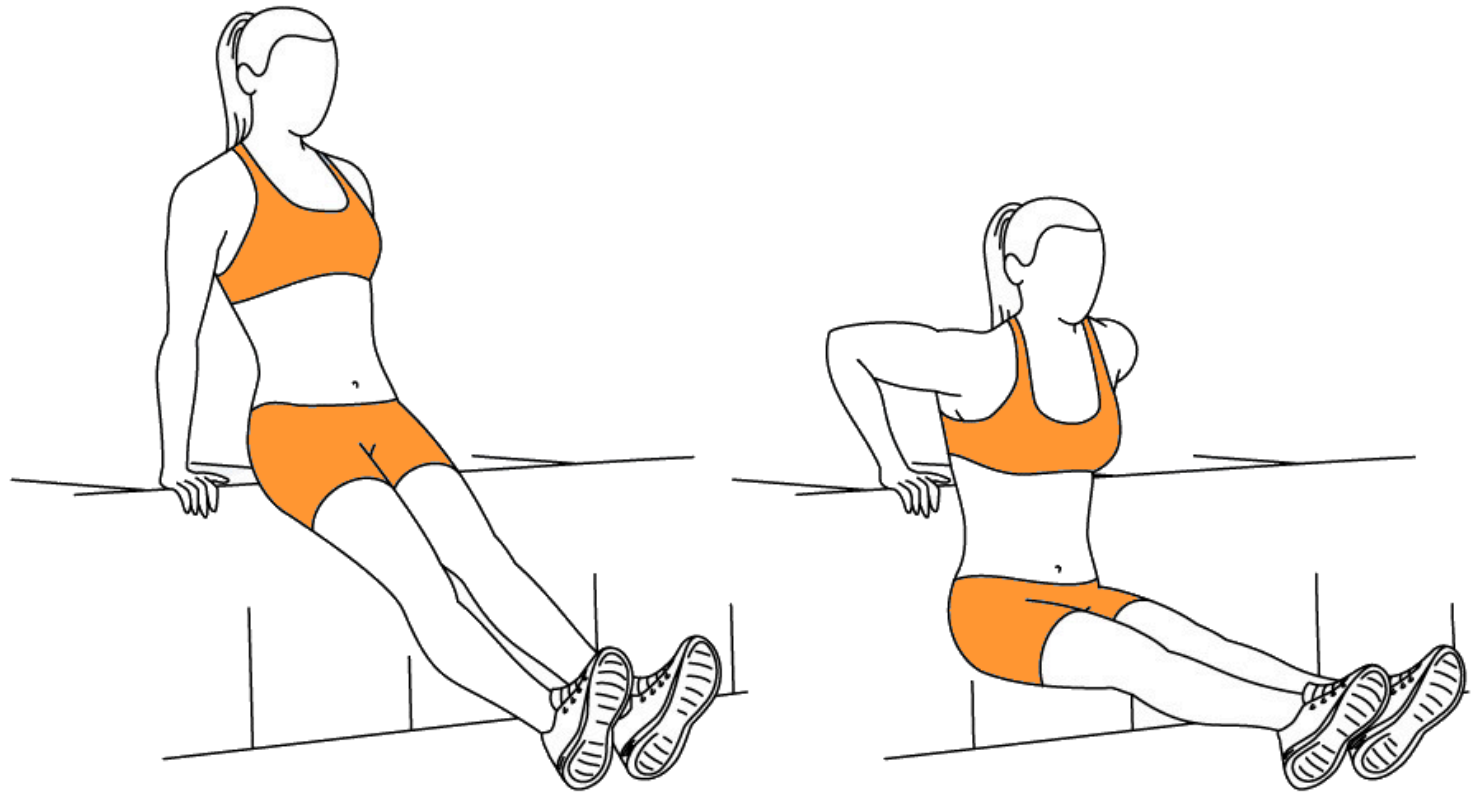
SQUATS

# RAINBOW ROAD



PUSH UPS

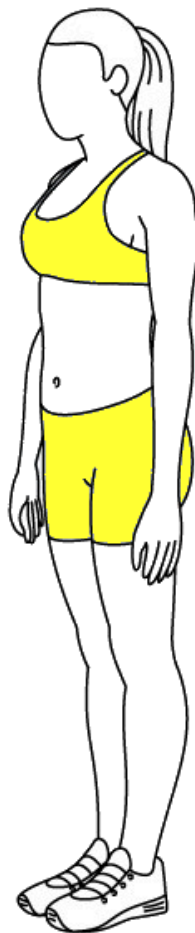
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TRICEP DIPS

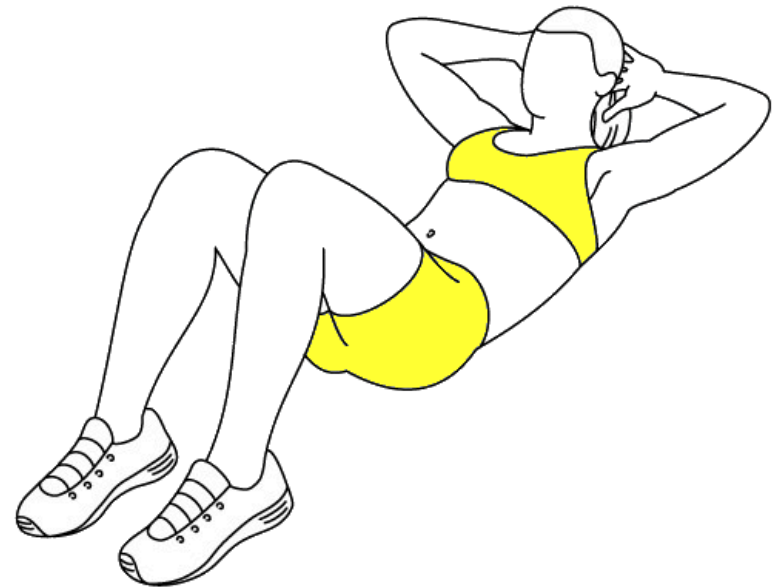
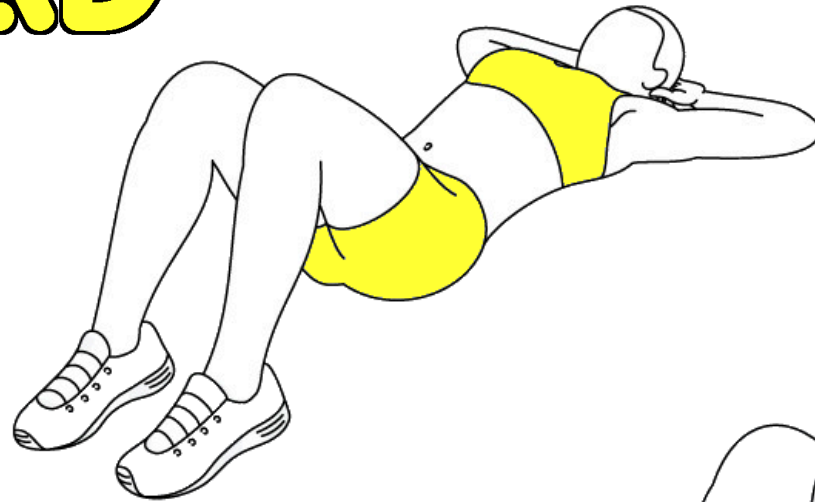


# RAINBOW ROAD



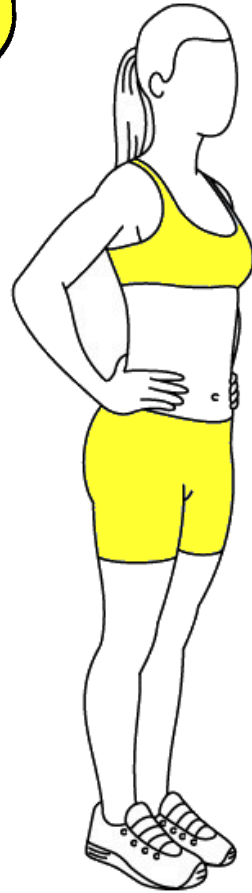
CALF RAISES

# RAINBOW ROAD



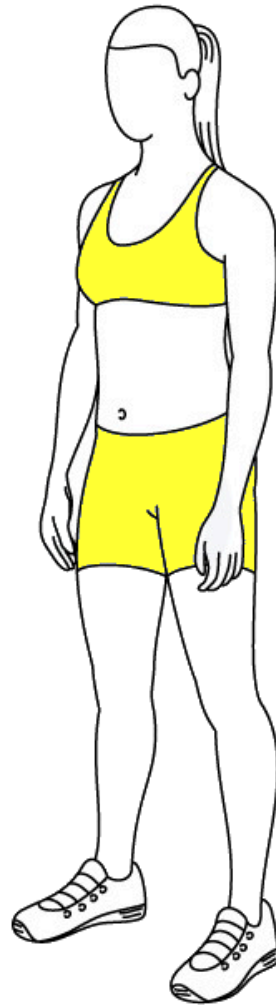
CRUNCHES

# RAINBOW ROAD



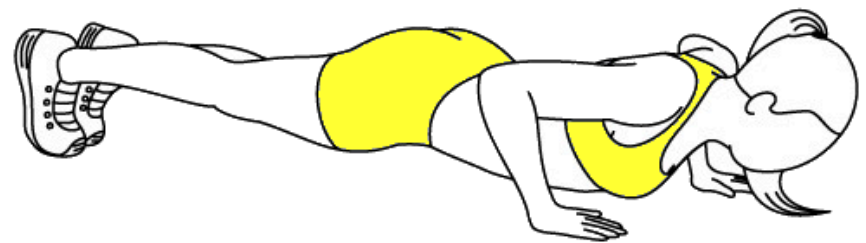
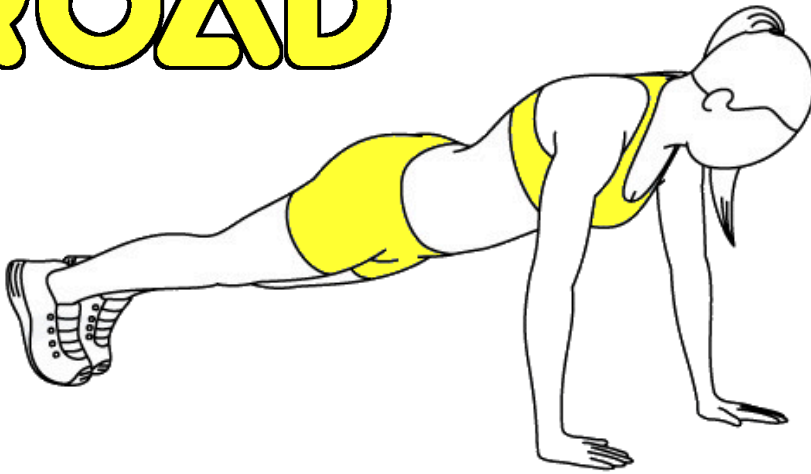
LUNGES

# RAINBOW ROAD



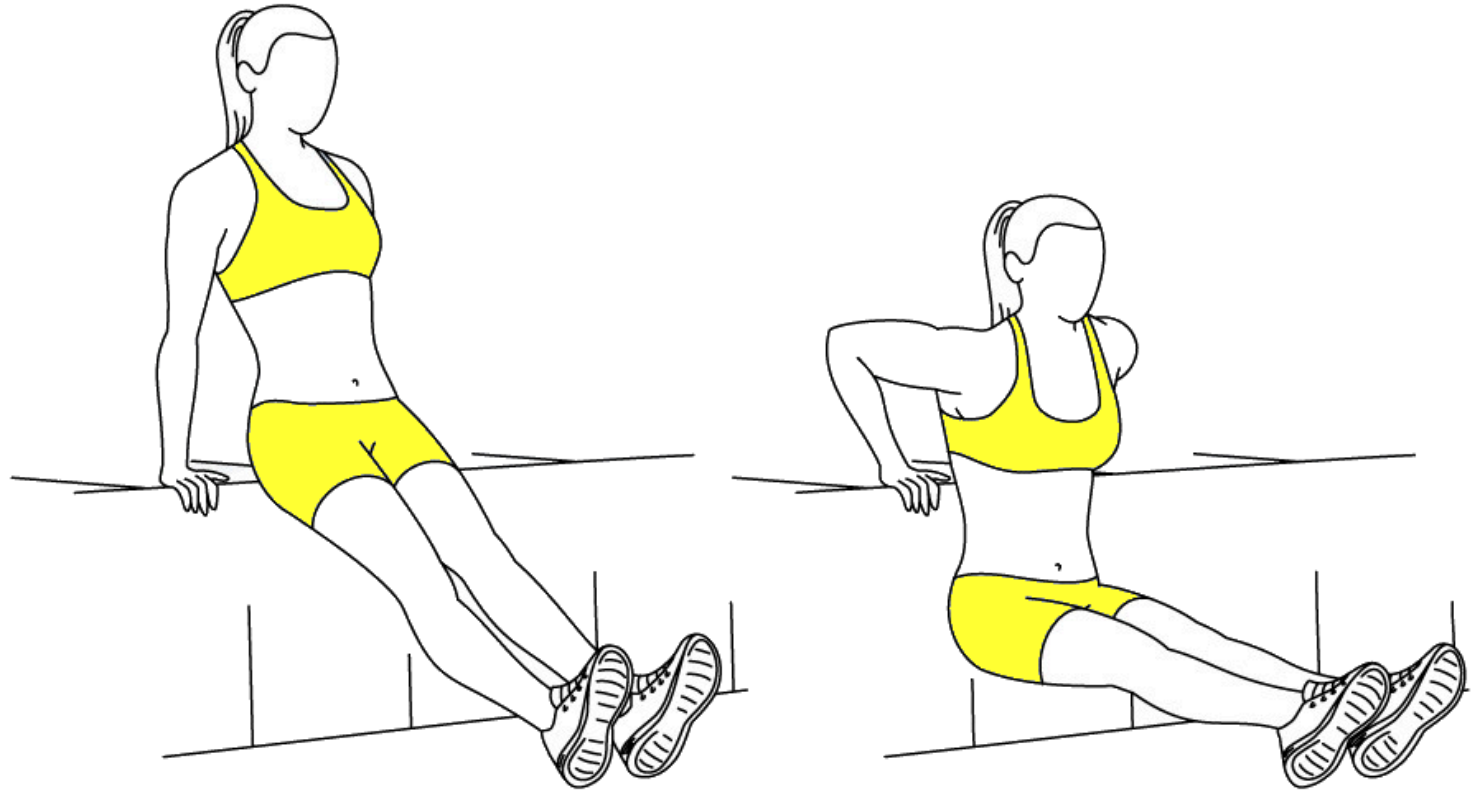
SQUATS

# RAINBOW ROAD



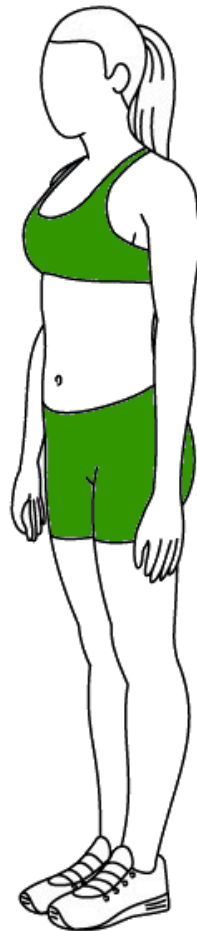
PUSH UPS

# RAINBOW ROAD



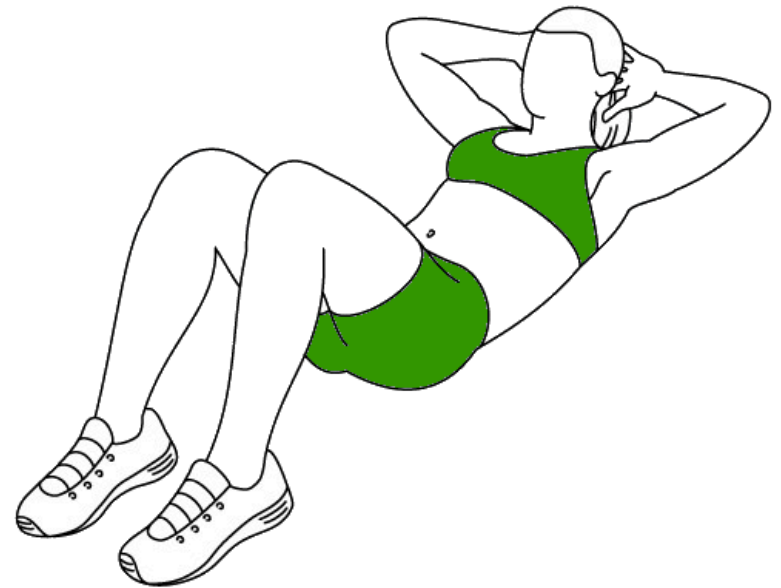
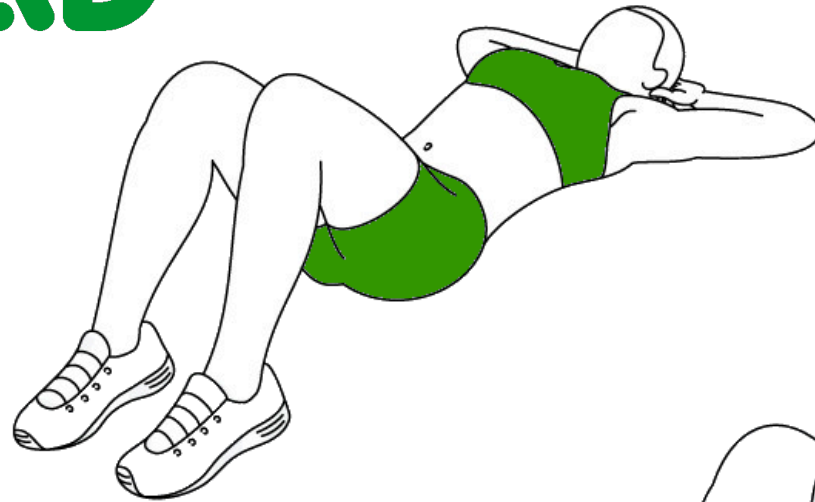
TRICEP DIPS

# RAINBOW ROAD



CALF RAISES

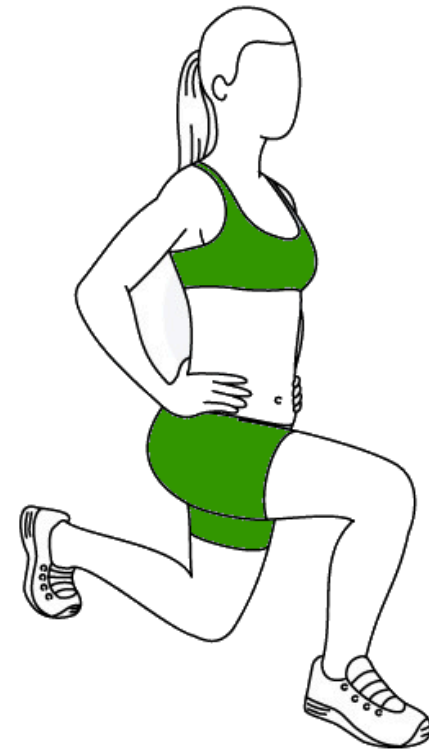
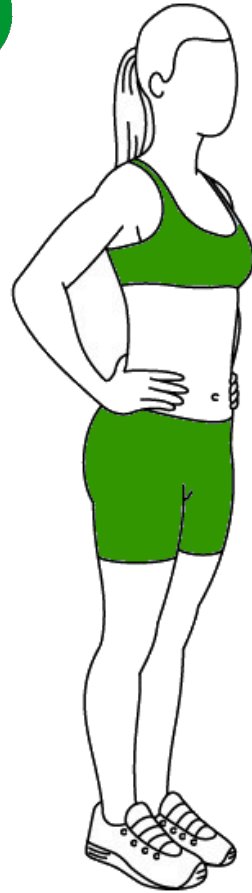
# RAINBOW ROAD



CRUNCHES

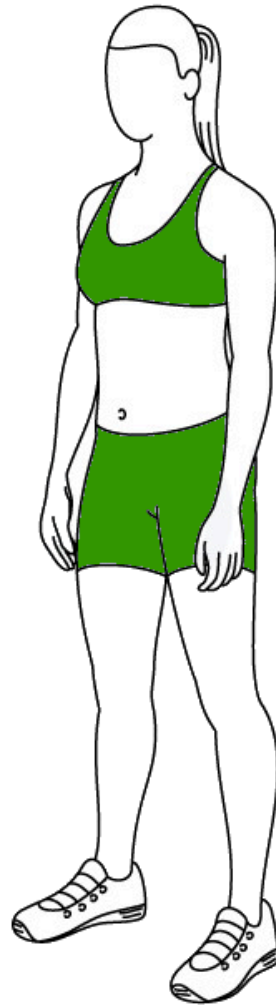


# RAINBOW ROAD



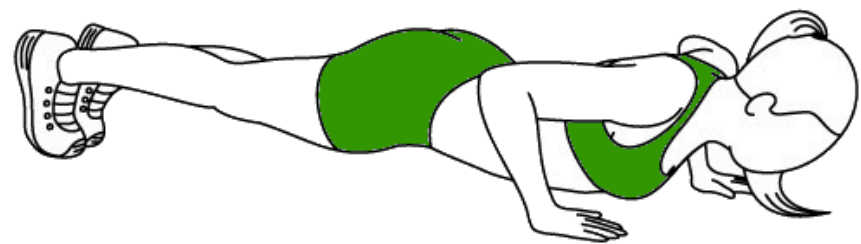
LUNGES

# RAINBOW ROAD



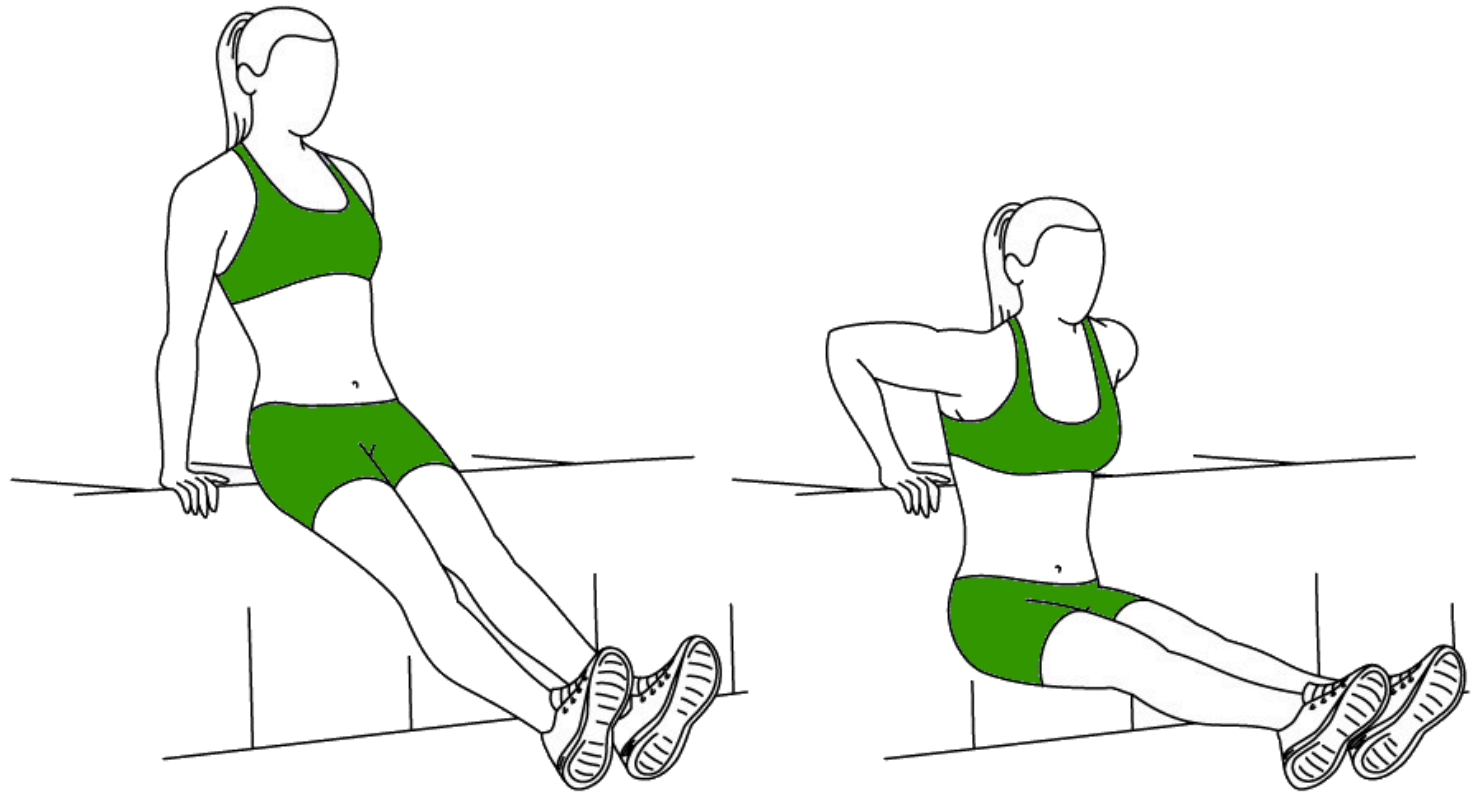
SQUATS

# RAINBOW ROAD



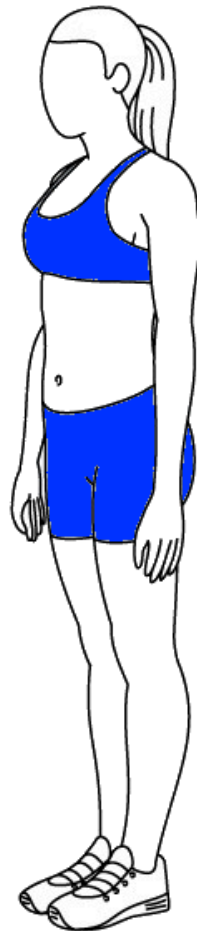
PUSH UPS

# RAINBOW ROAD



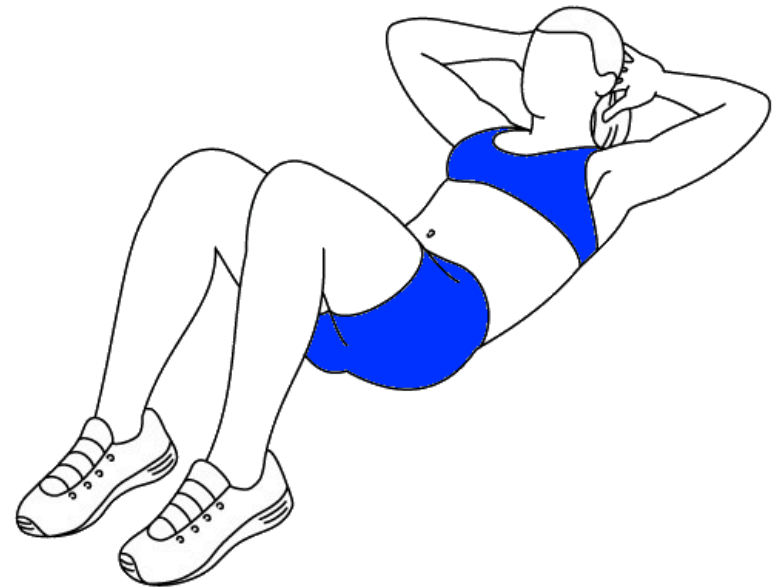
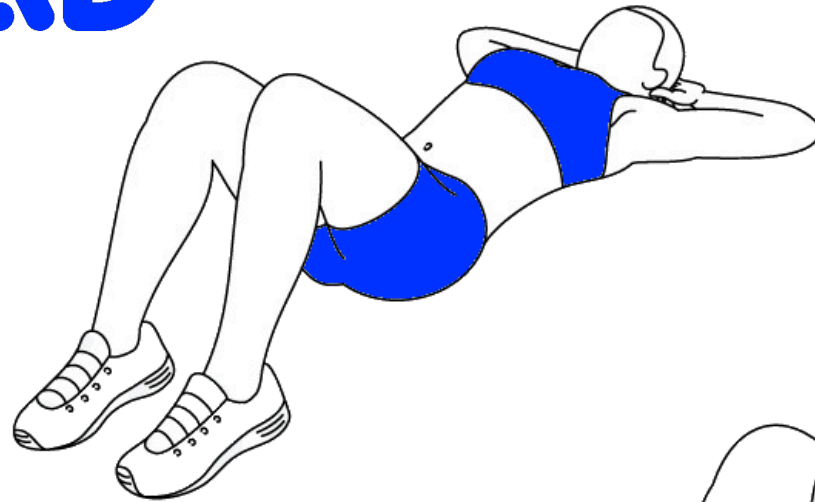
TRICEP DIPS

# RAINBOW ROAD



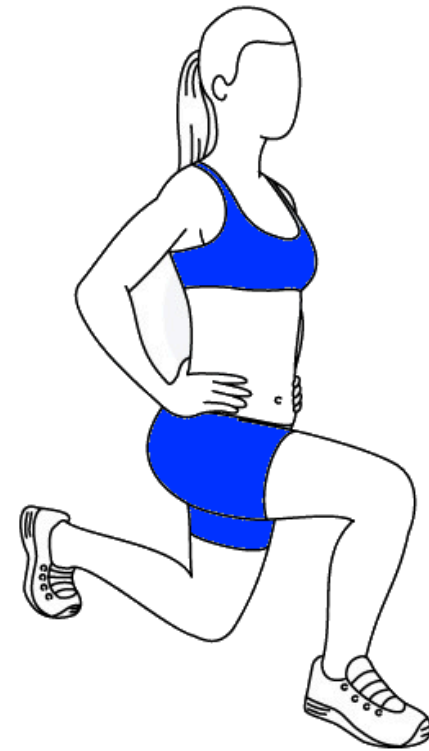
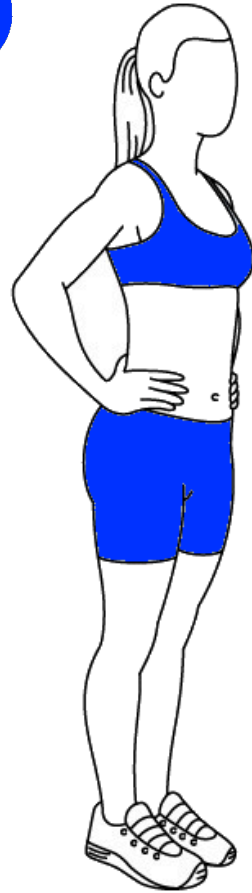
CALF RAISES

# RAINBOW ROAD



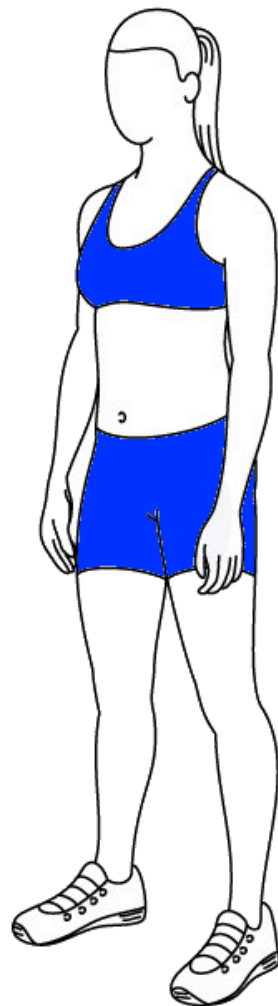
CRUNCHES

# RAINBOW ROAD



LUNGES

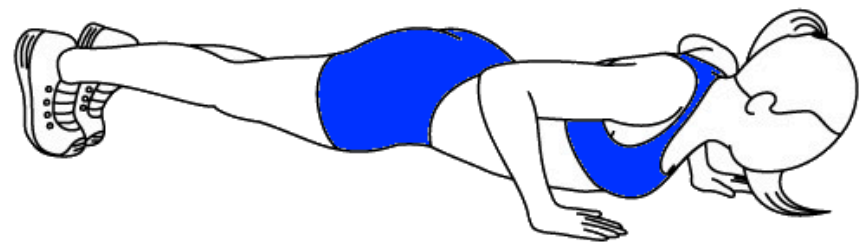
# RAINBOW ROAD



**SQUATS**

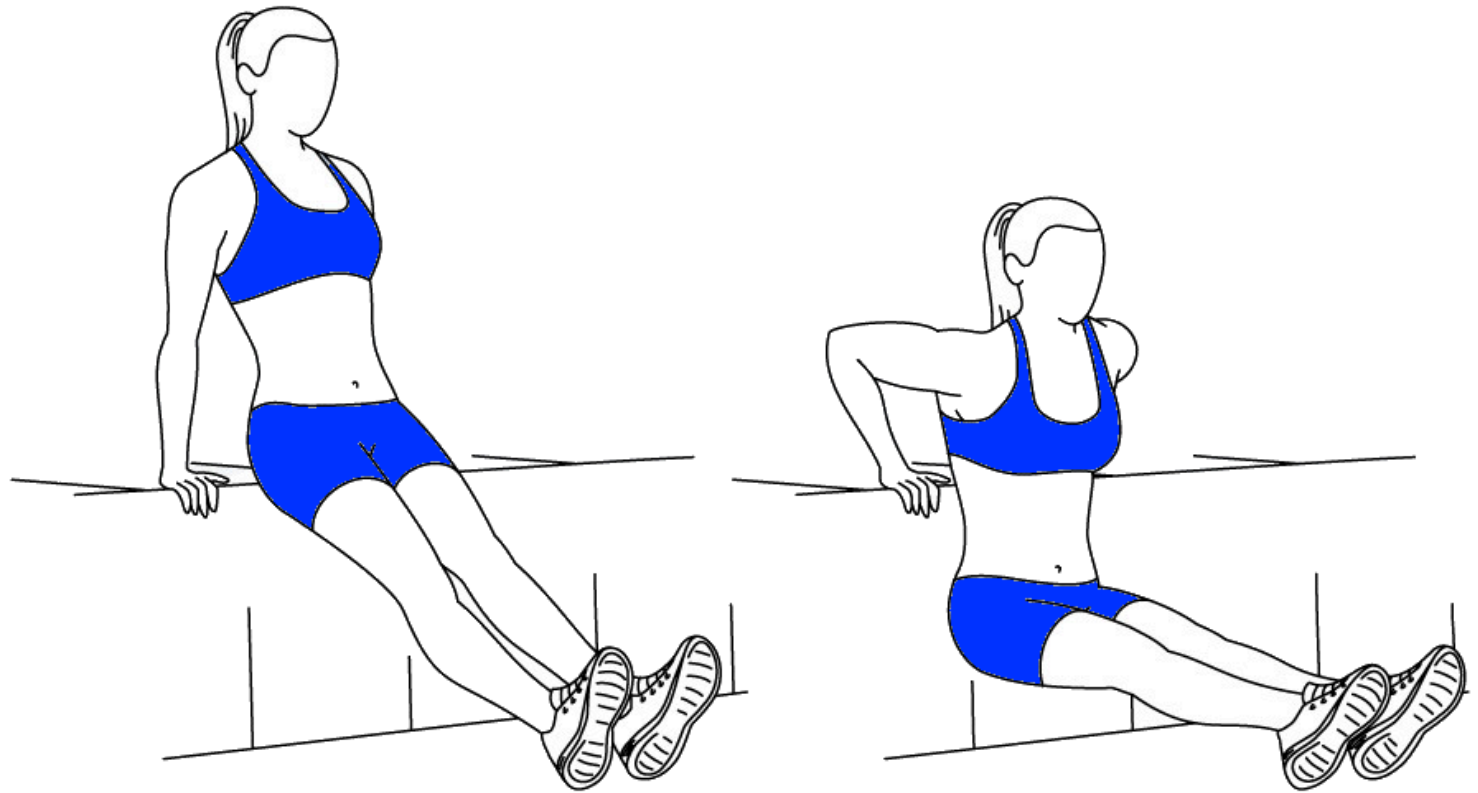


# RAINBOW ROAD



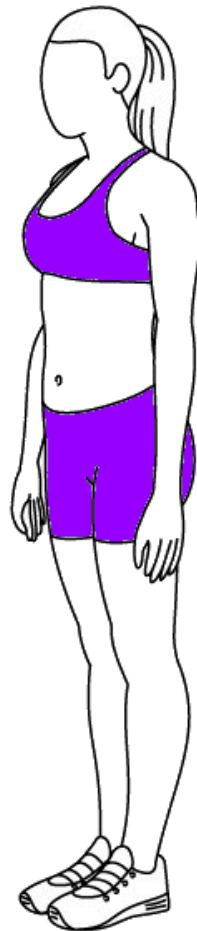
**PUSH UPS**

# RAINBOW ROAD



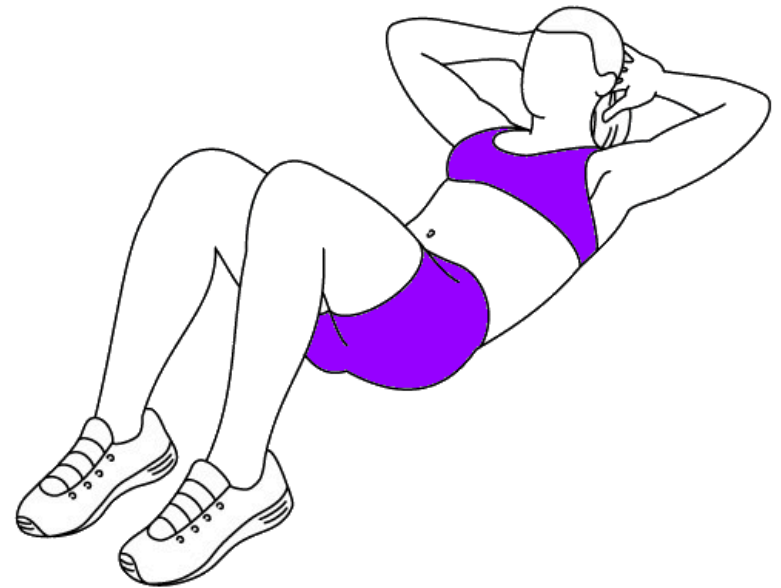
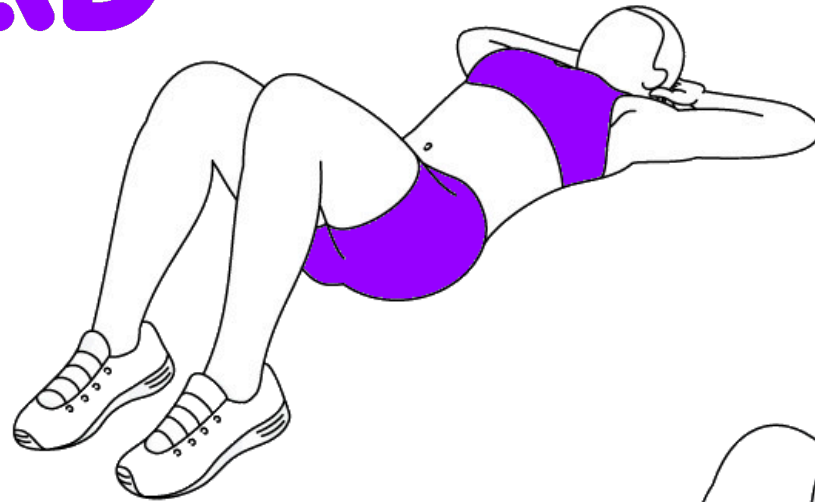
**TRICEP DIPS**

# RAINBOW ROAD



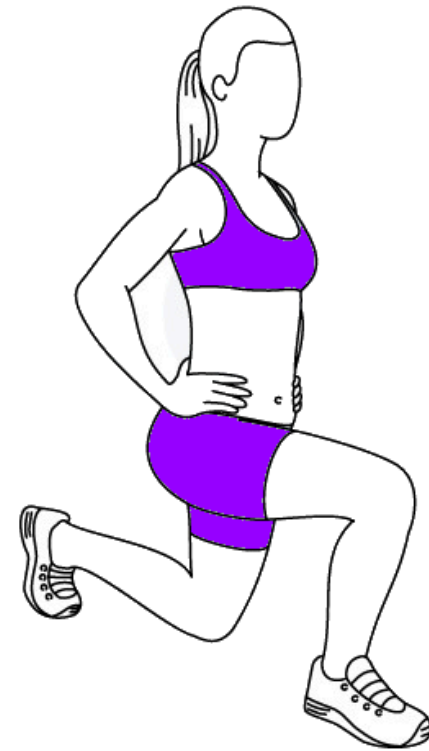
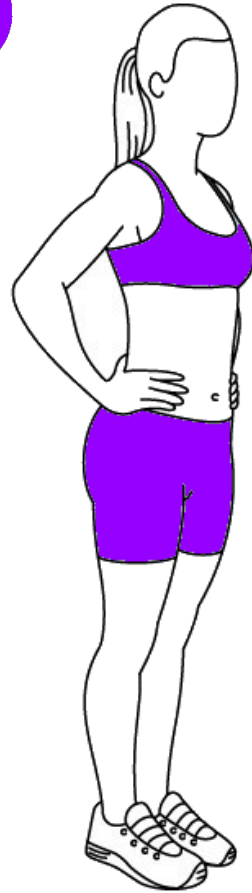
CALF RAISES

# RAINBOW ROAD



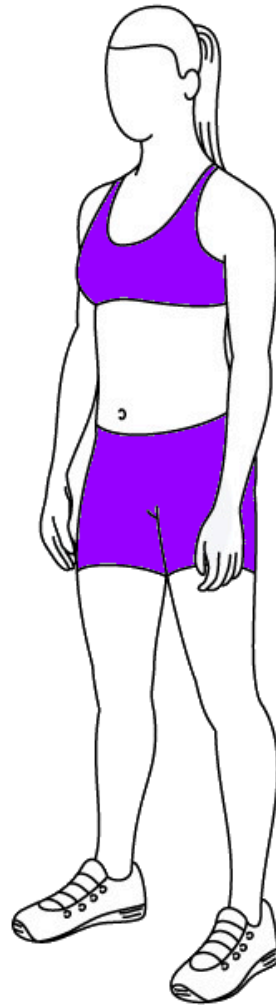
CRUNCHES

# RAINBOW ROAD



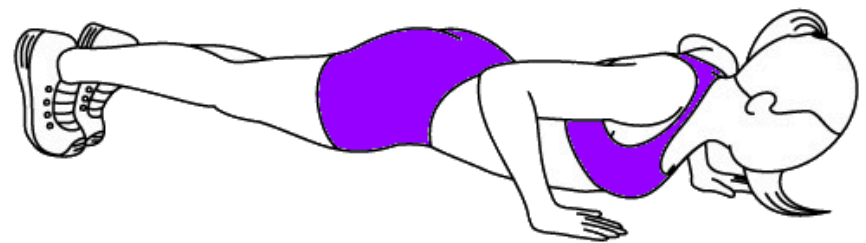
LUNGES

# RAINBOW ROAD



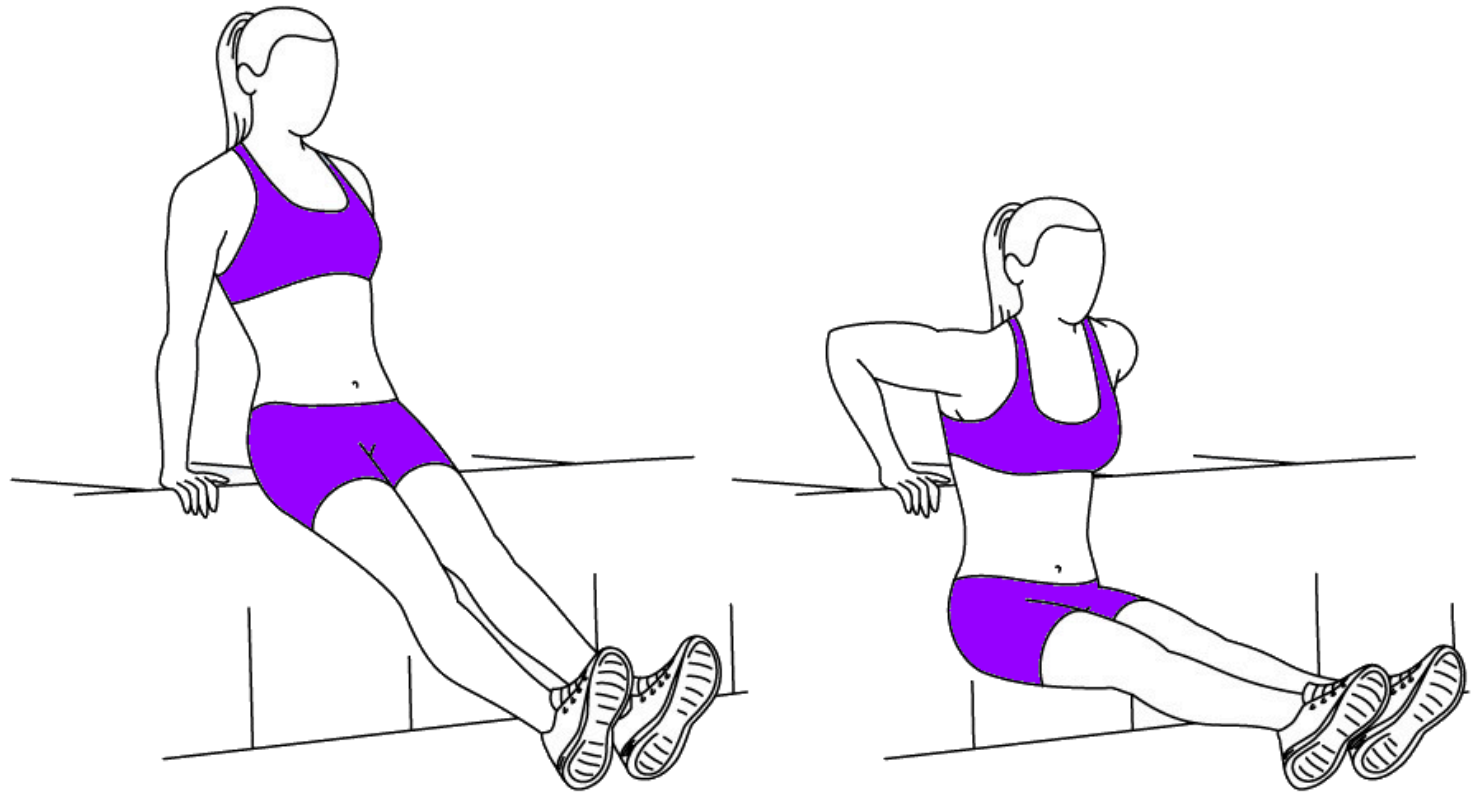
SQUATS

# RAINBOW ROAD



PUSH UPS

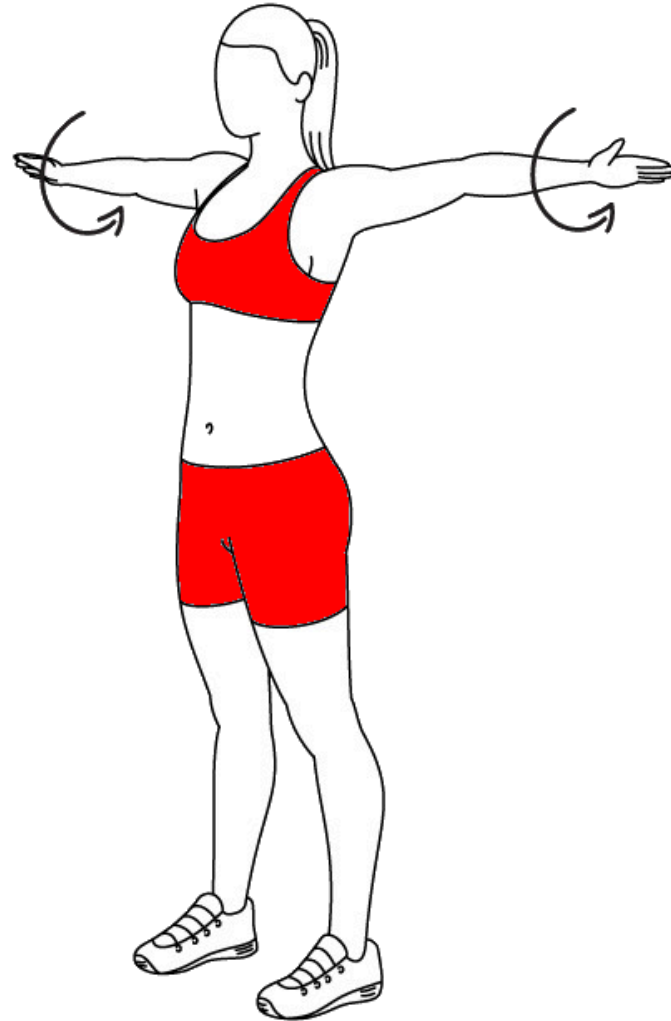
# RAINBOW ROAD



TRICEP DIPS

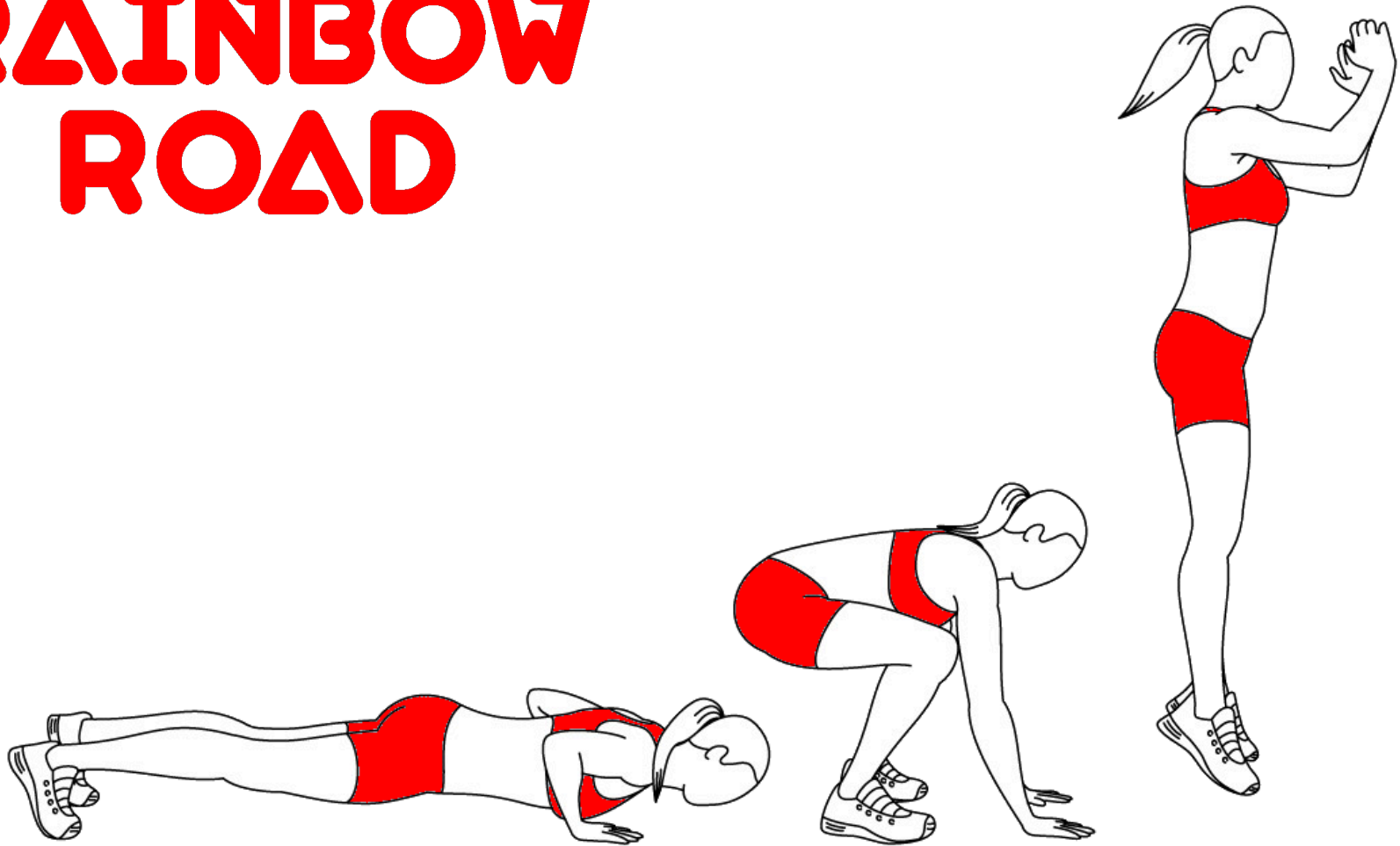


# RAINBOW ROAD



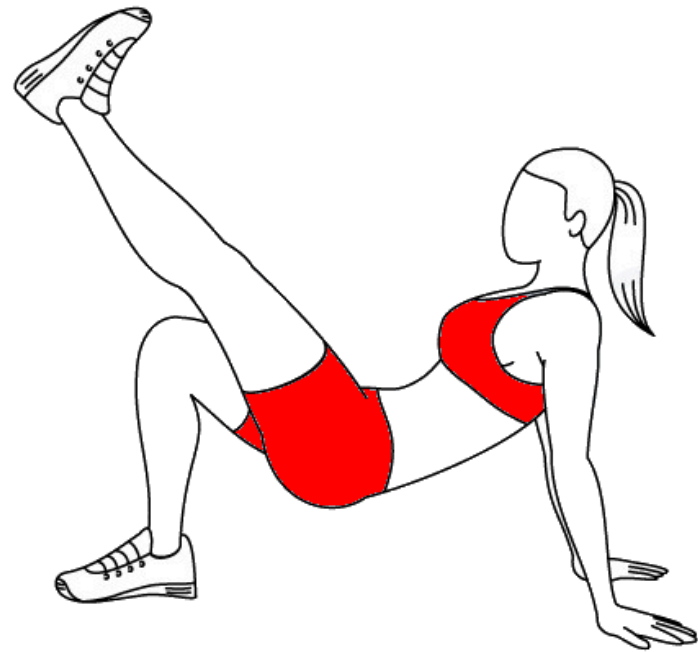
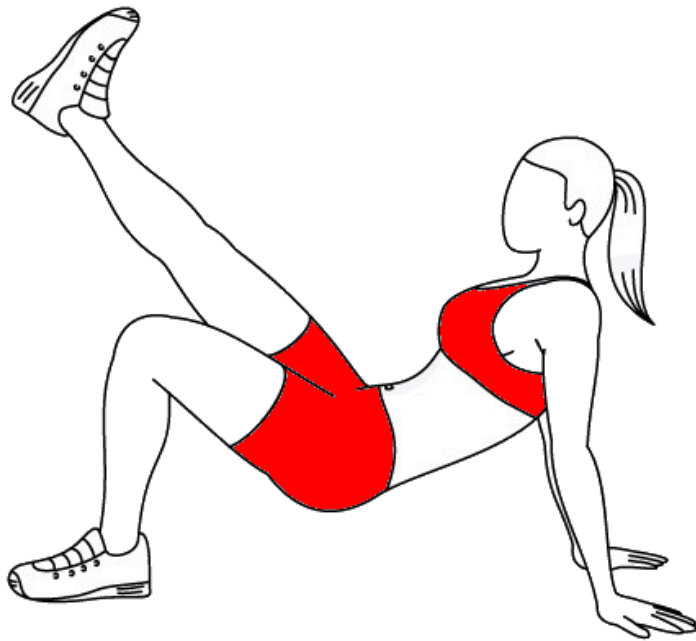
ARM CIRCLES

# RAINBOW ROAD



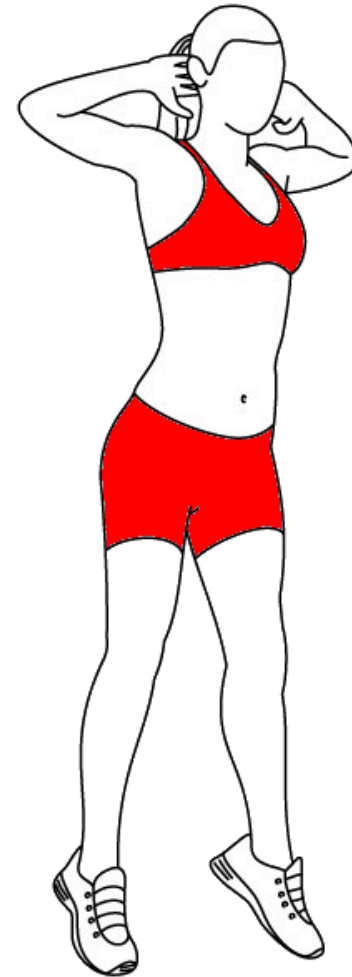
**BURPIES**

# RAINBOW ROAD



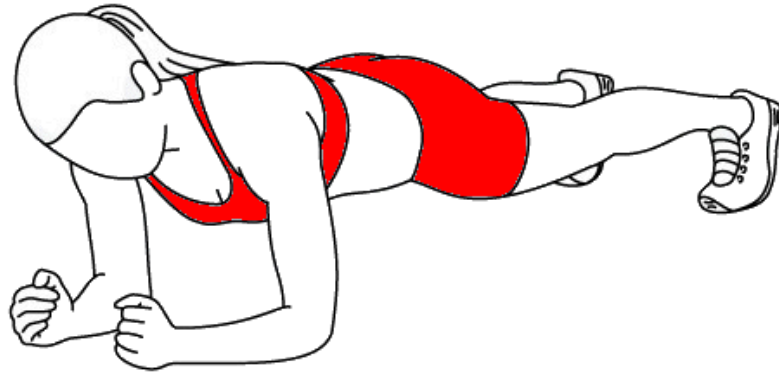
**CRAB KICKS**

# RAINBOW ROAD



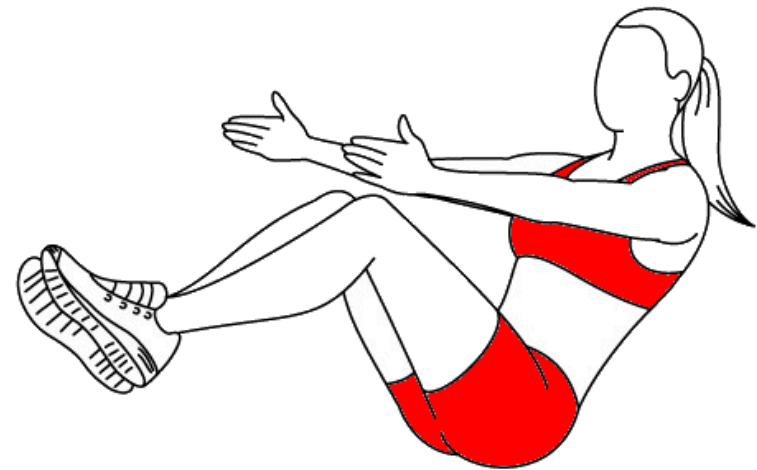
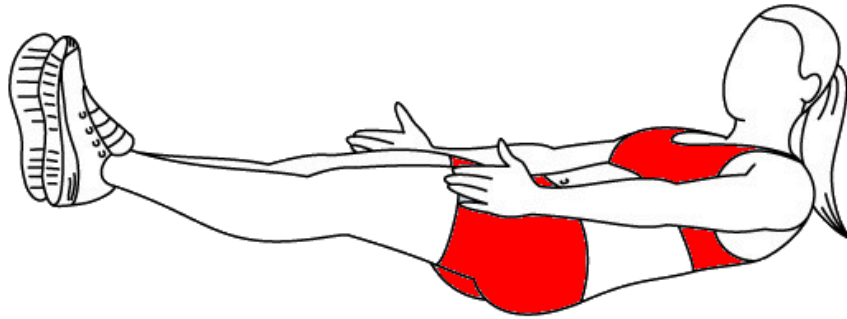
JUMP SQUATS

# RAINBOW ROAD



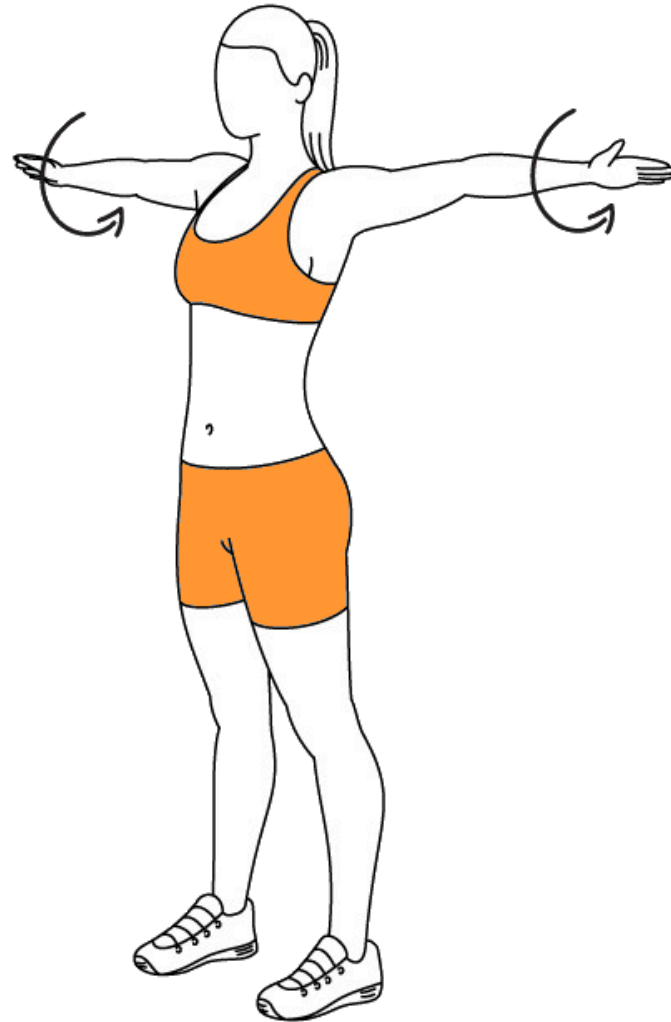
PLANKS

# RAINBOW ROAD



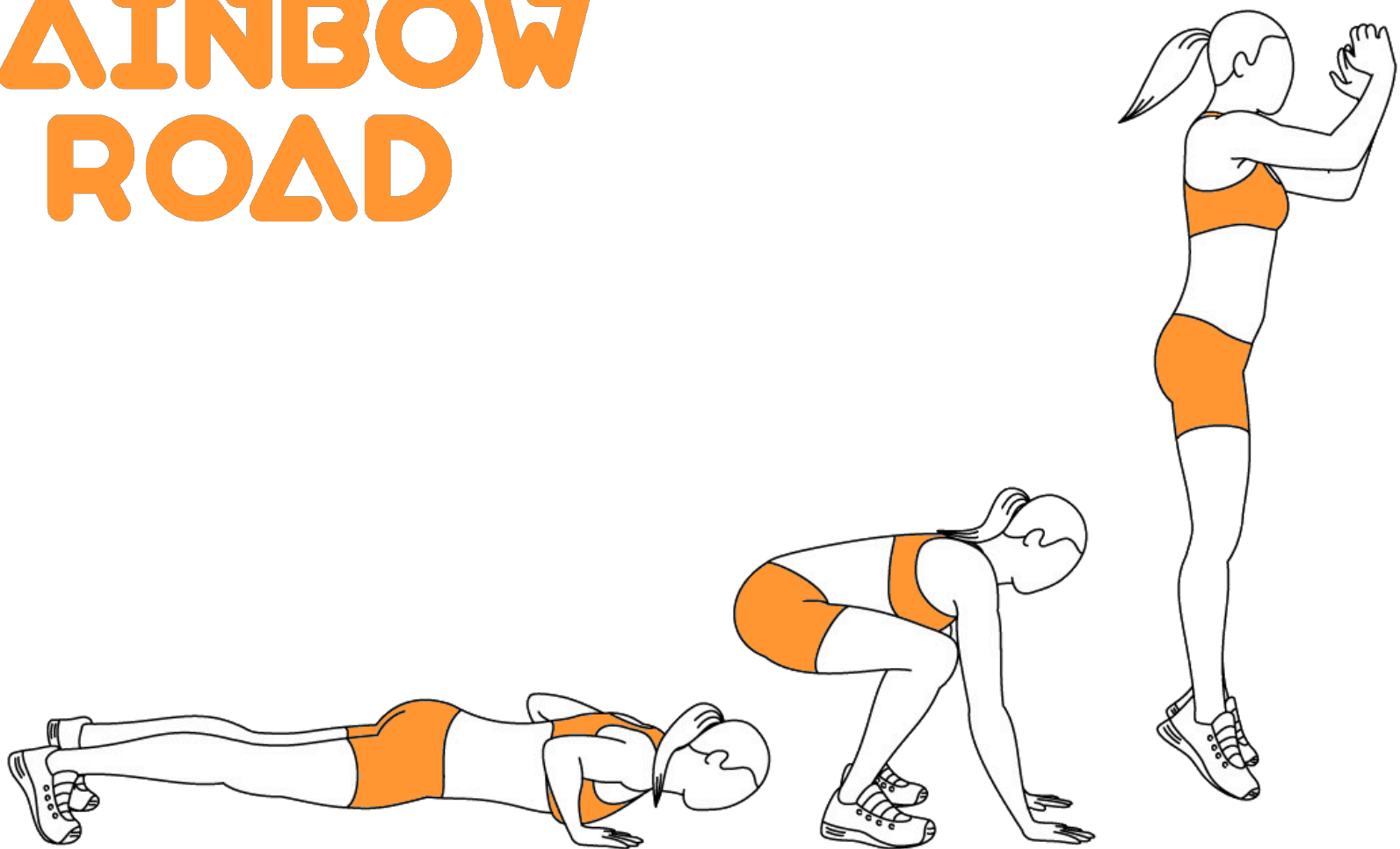
V-SIT

# RAINBOW ROAD



ARM CIRCLES

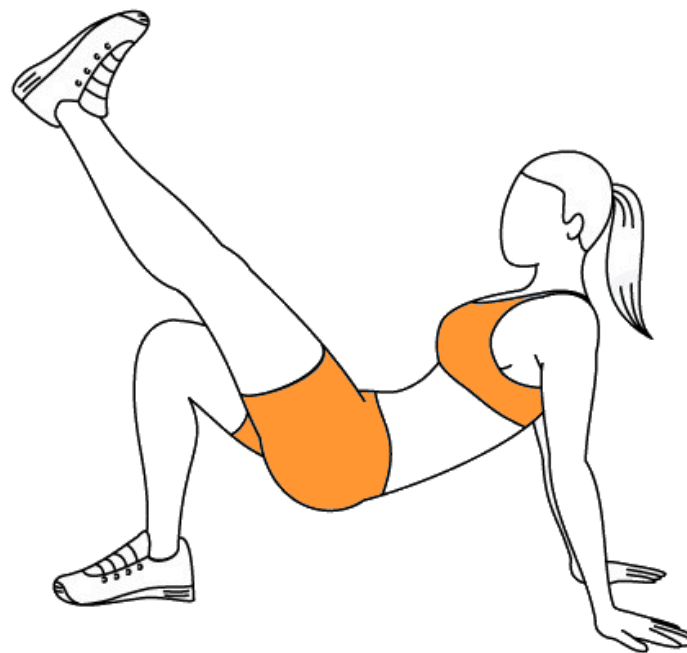
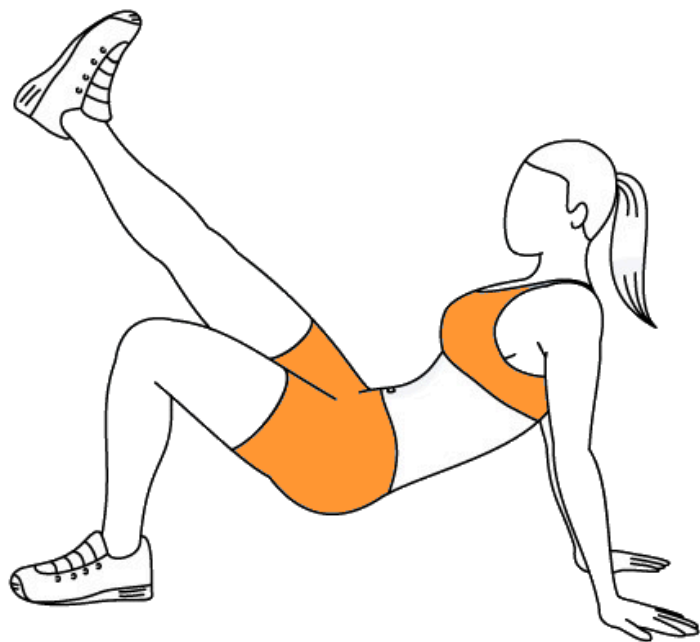
# RAINBOW ROAD



**BURPIES**

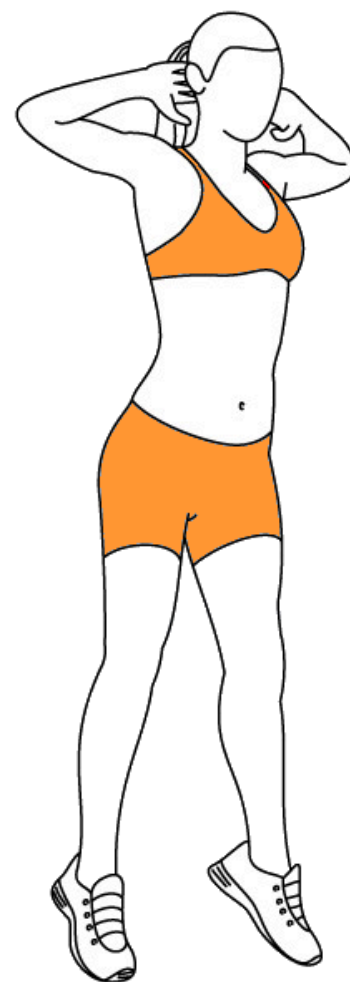
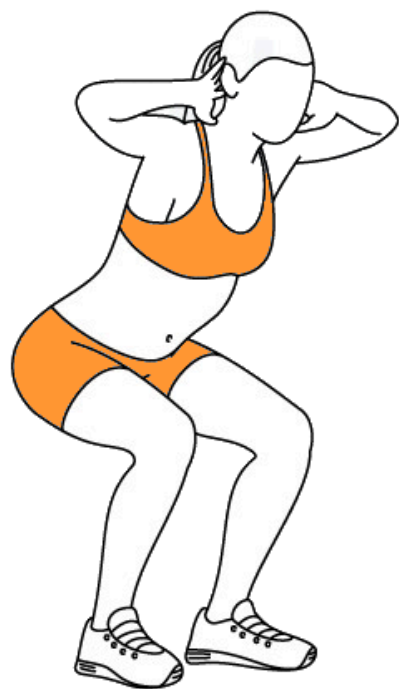


# RAINBOW ROAD



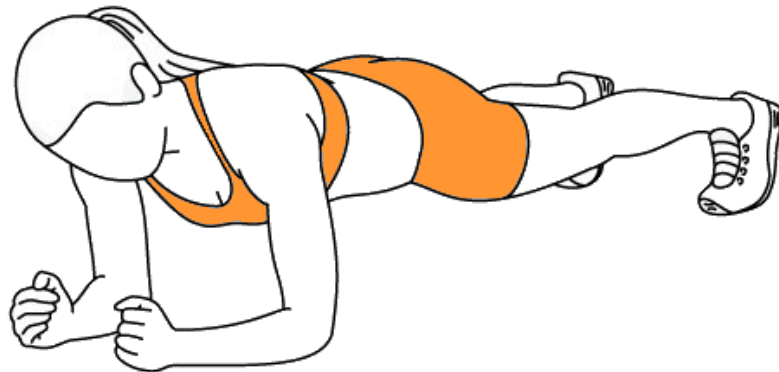
C R A B   K I C K S

# RAINBOW ROAD



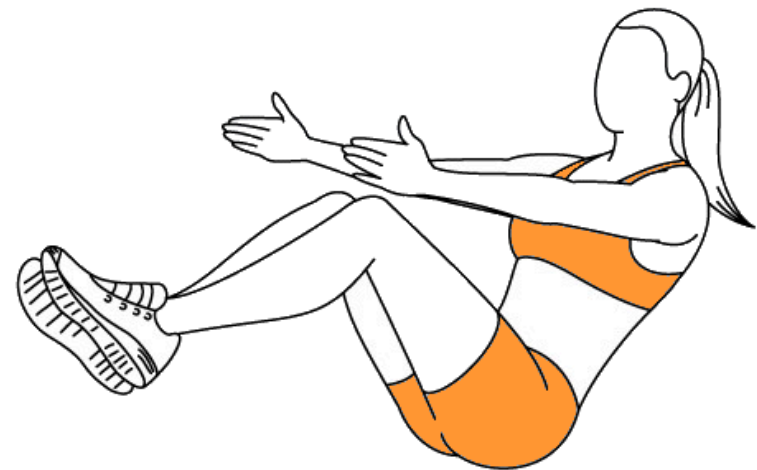
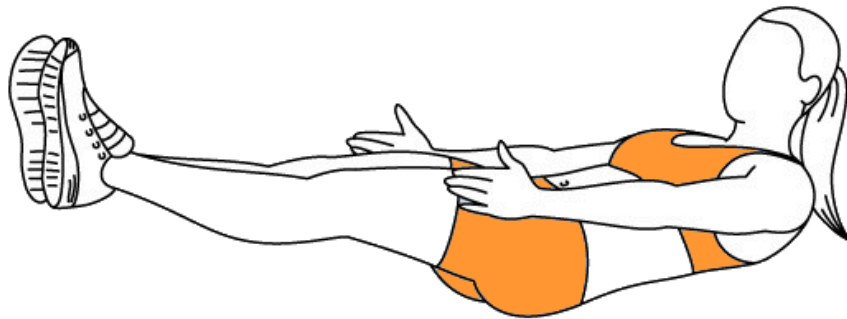
JUMP SQUATS

# RAINBOW ROAD



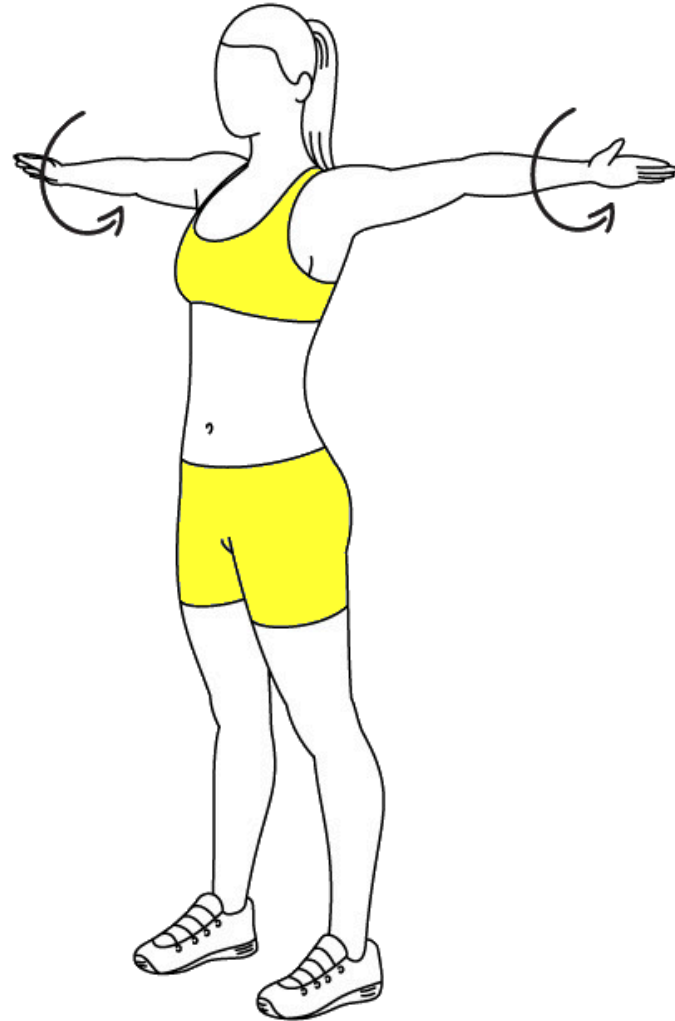
PLANKS

# RAINBOW ROAD



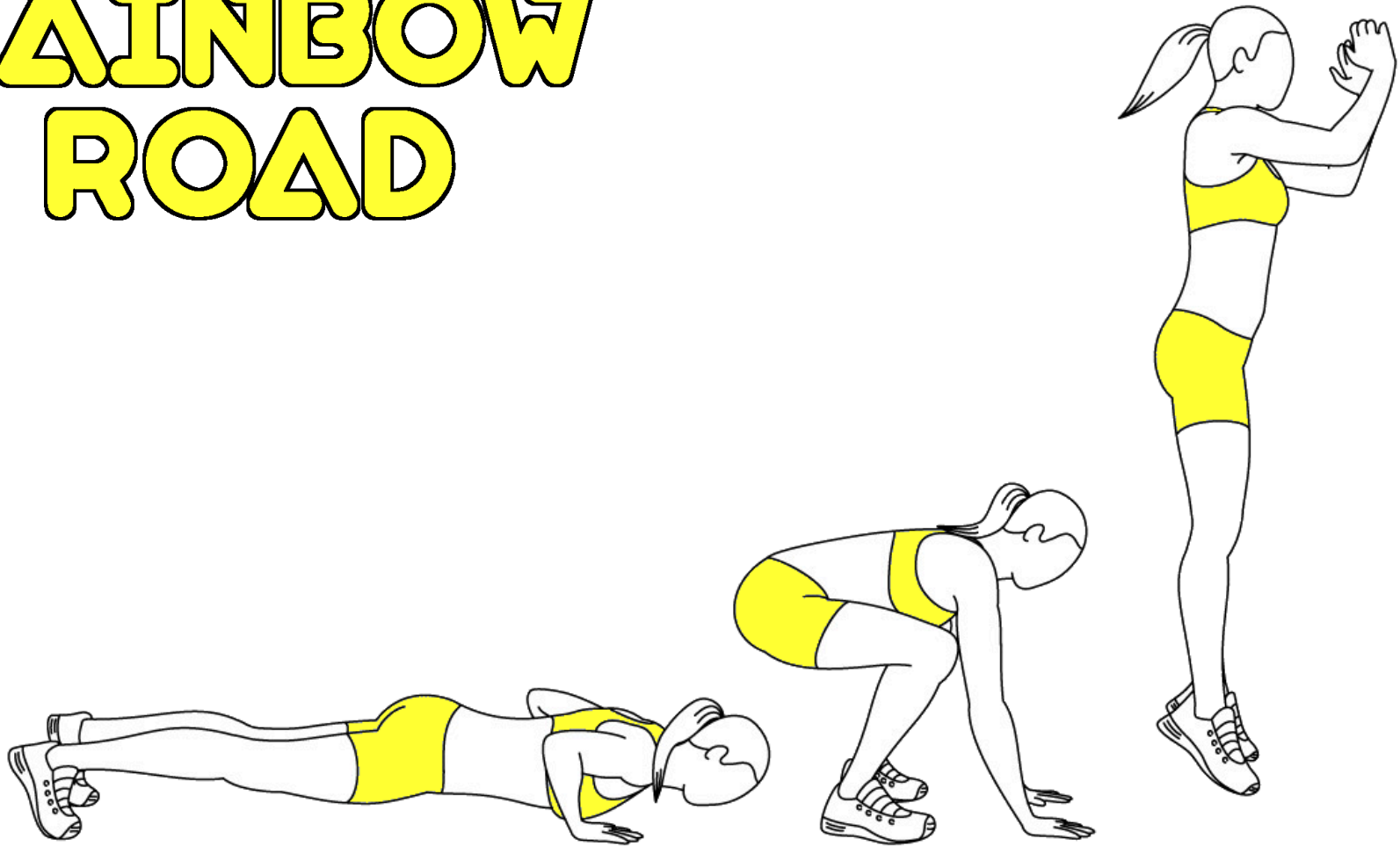
V-SIT

# RAINBOW ROAD



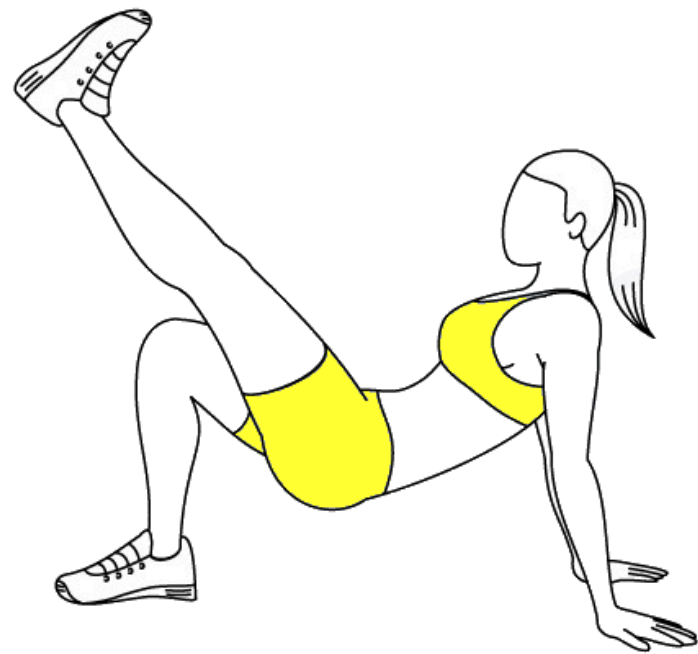
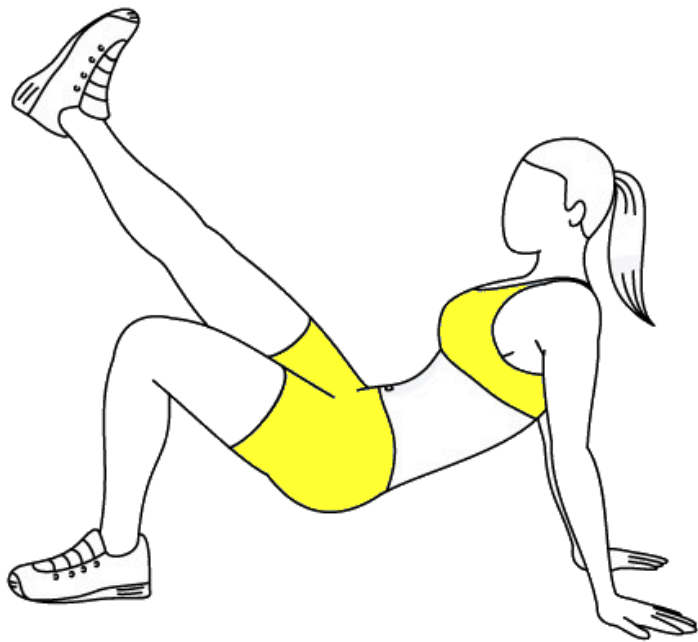
ARM CIRCLES

# RAINBOW ROAD



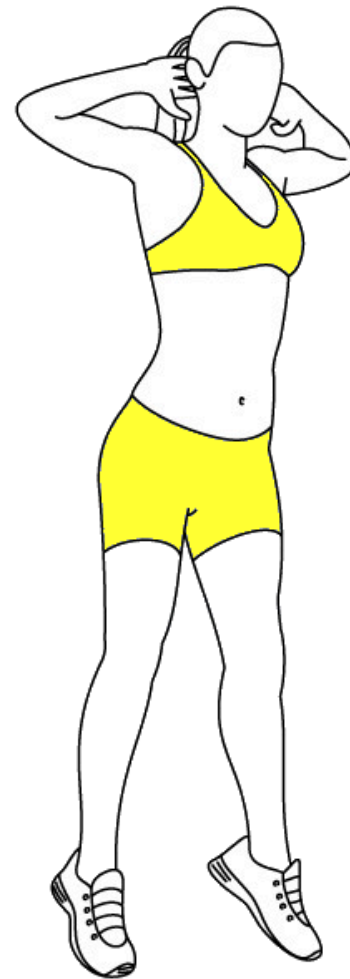
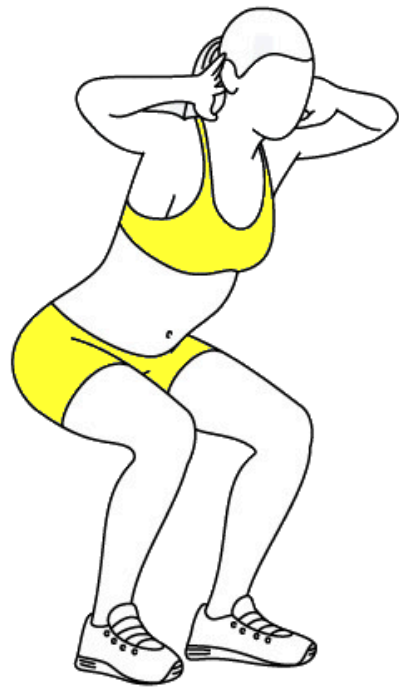
BURPIES

# RAINBOW ROAD



CRAB KICKS

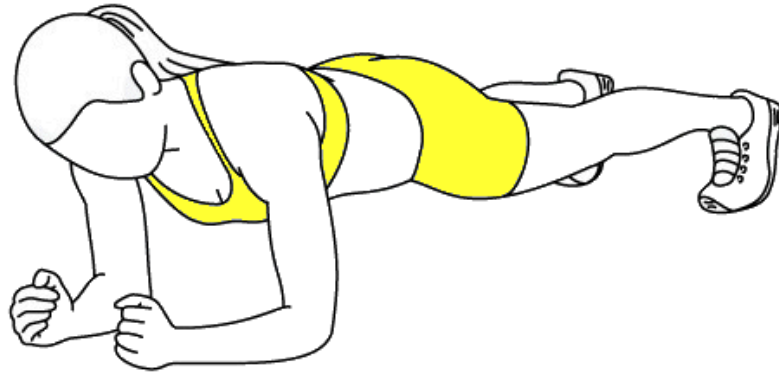
# RAINBOW ROAD



JUMP SQUATS

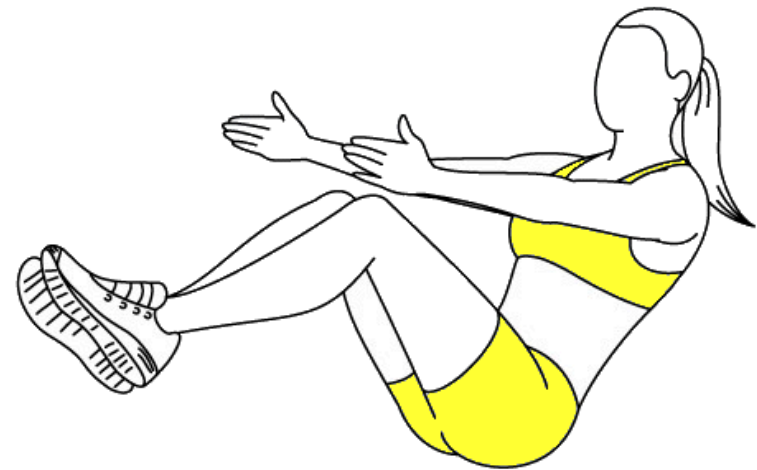
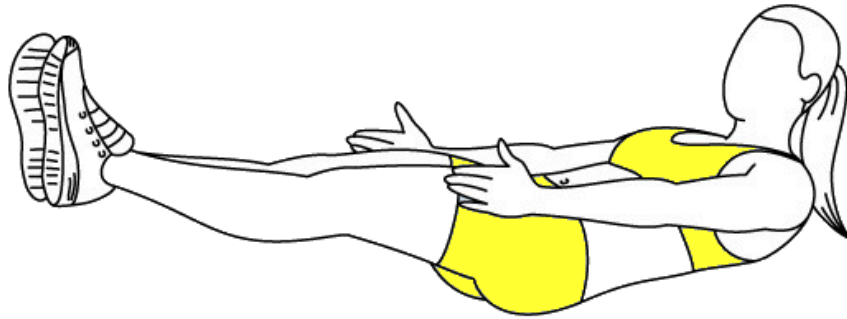


# RAINBOW ROAD



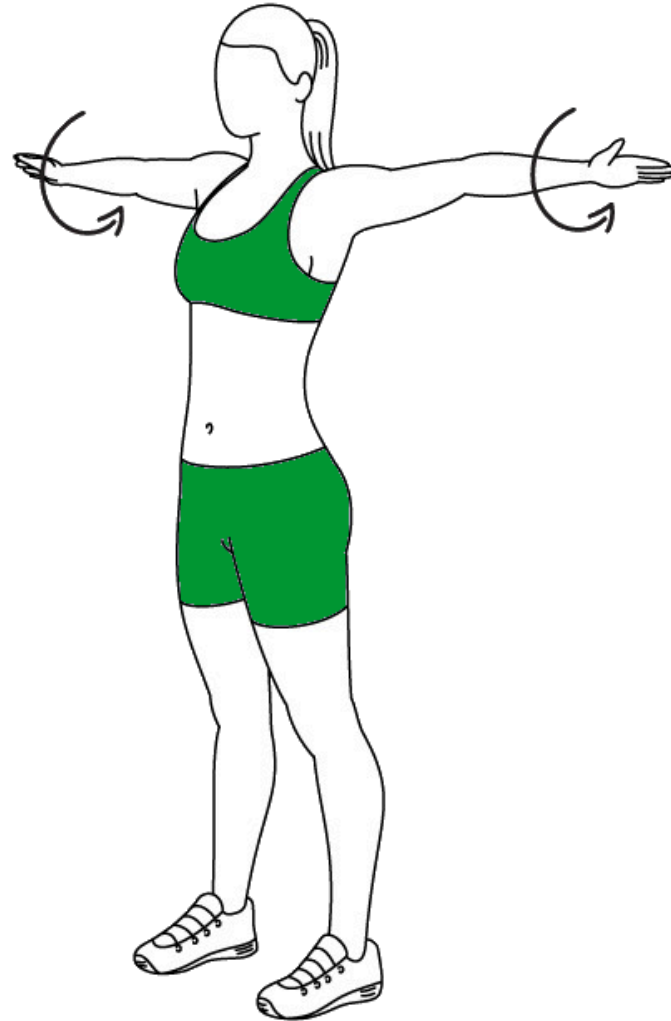
PLANKS

# RAINBOW ROAD



V-SIT

# RAINBOW ROAD



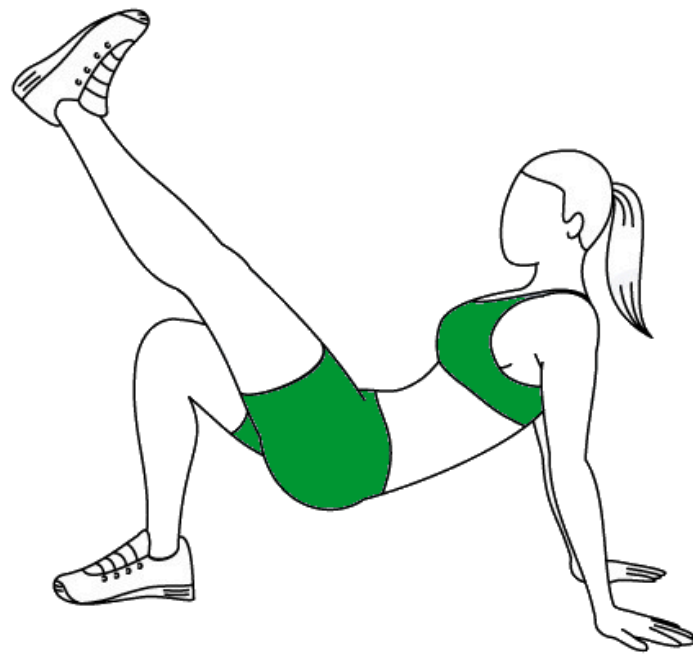
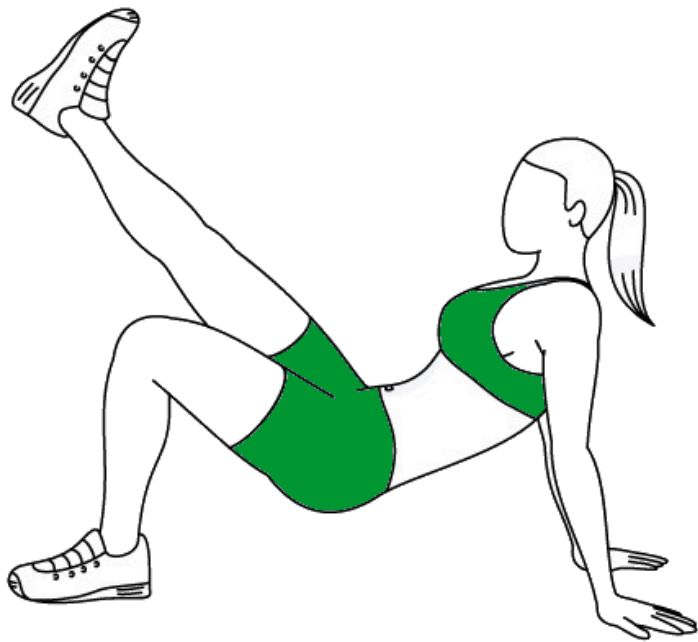
ARM CIRCLES

# RAINBOW ROAD



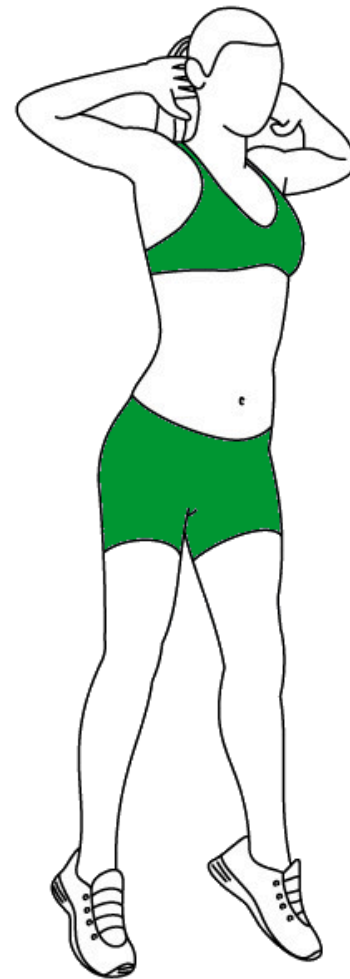
**BURPIES**

# RAINBOW ROAD



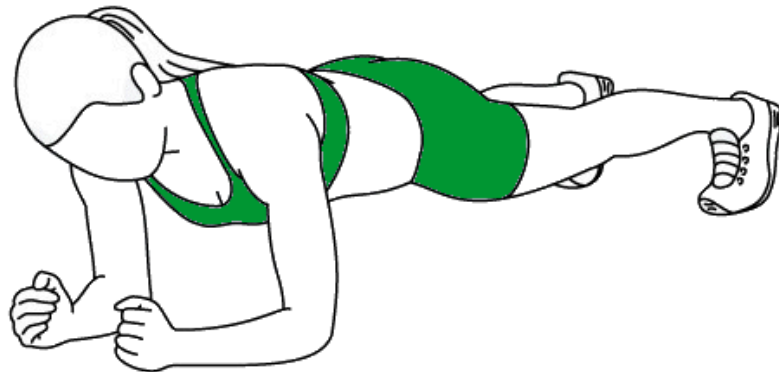
C R A B   K I C K S

# RAINBOW ROAD



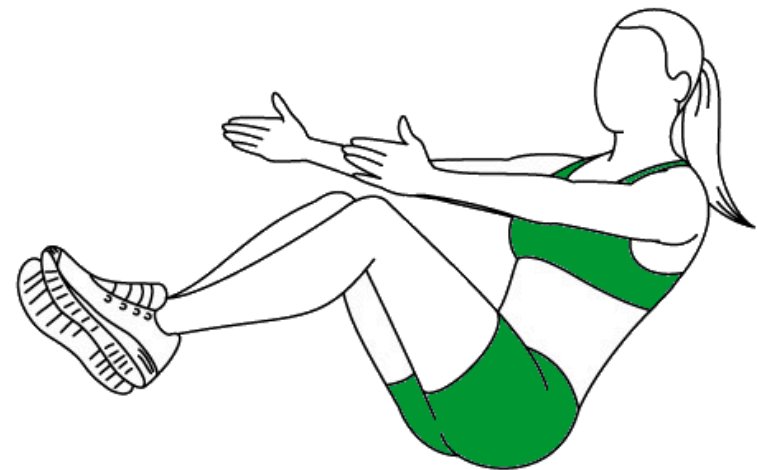
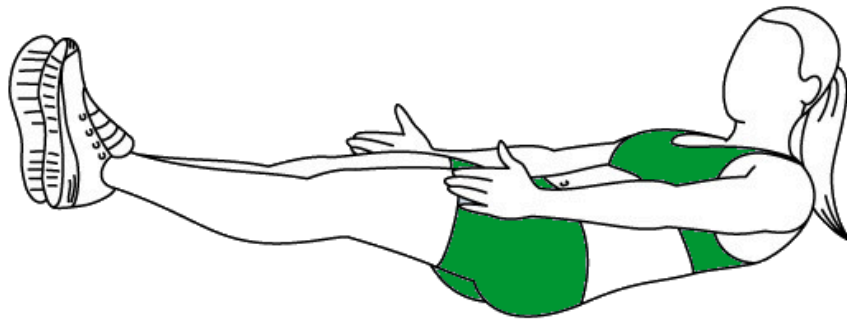
JUMP SQUATS

# RAINBOW ROAD



PLANKS

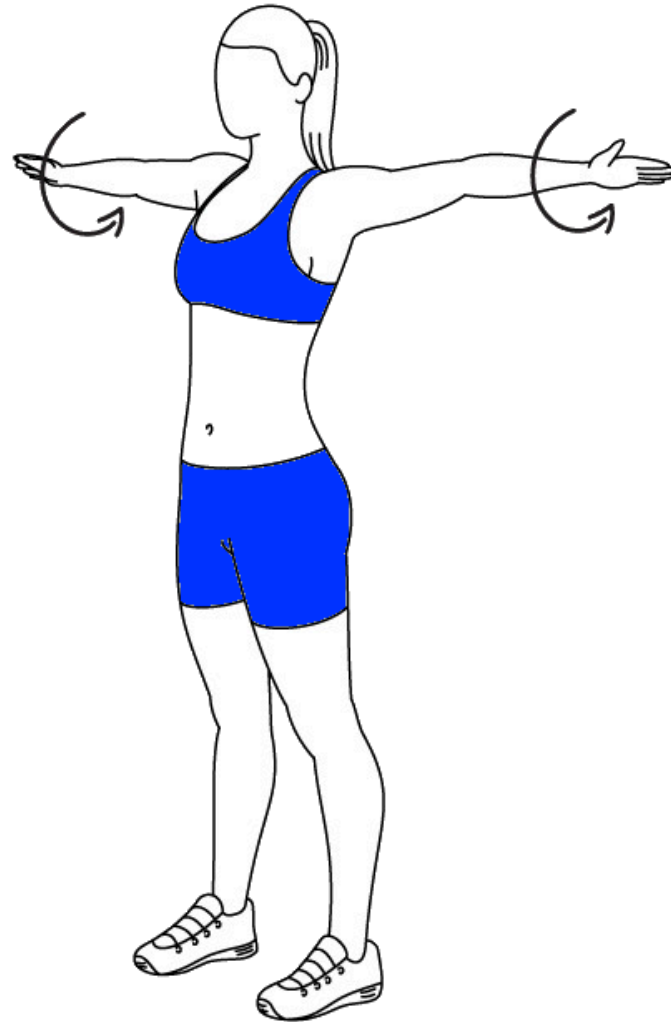
# RAINBOW ROAD



V-SIT

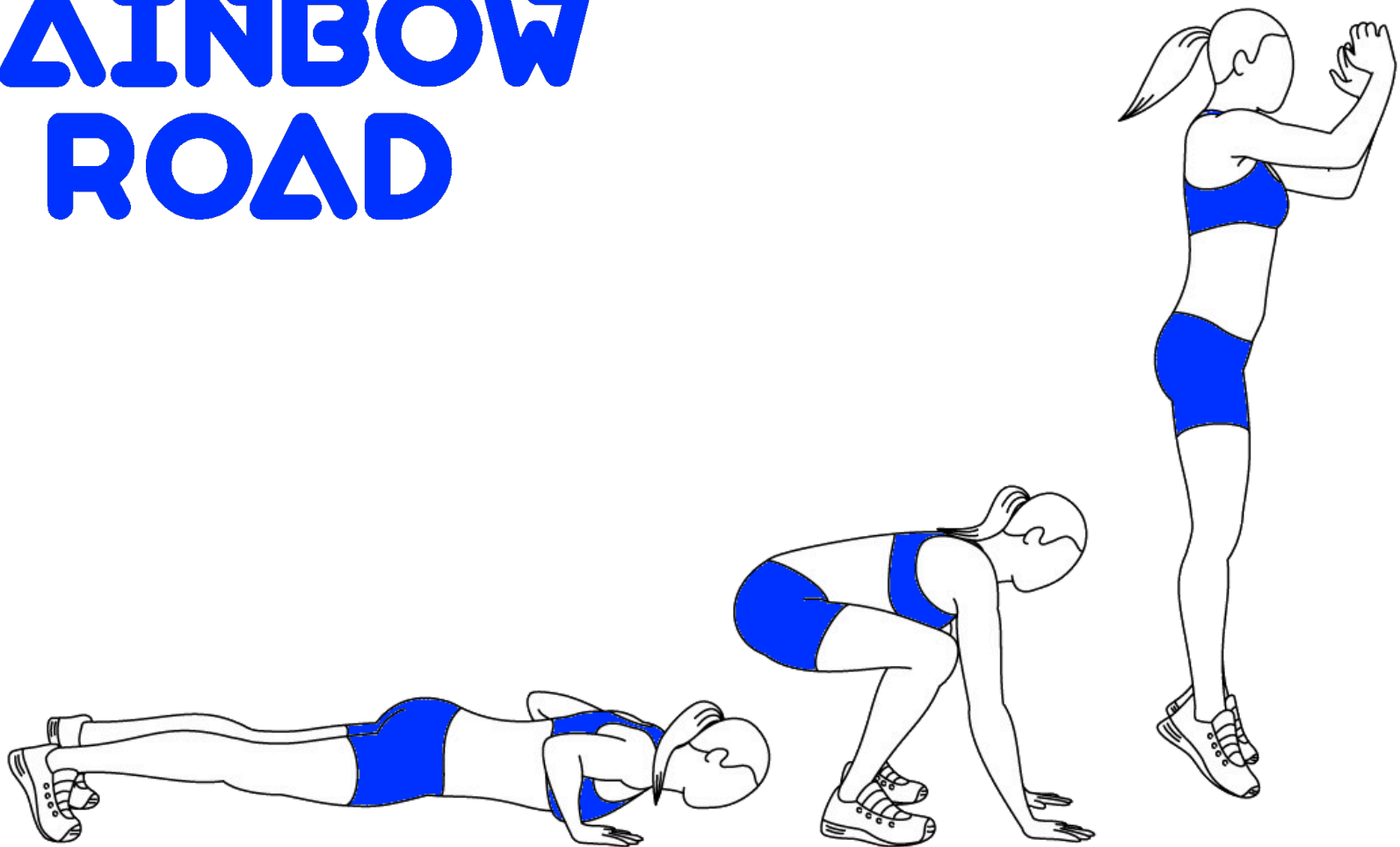


# RAINBOW ROAD



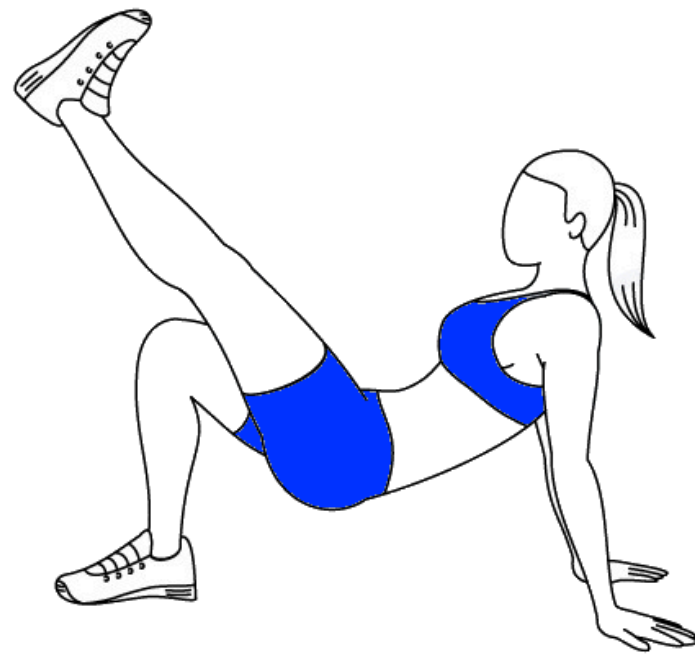
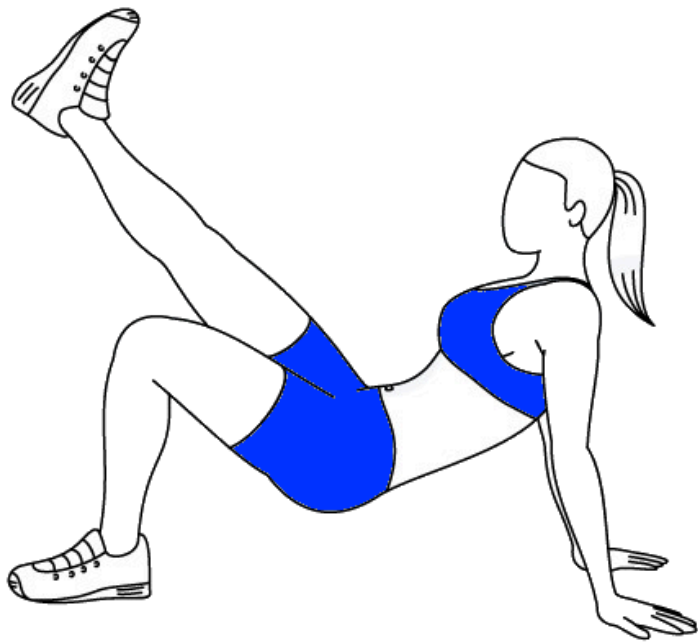
ARM CIRCLES

# RAINBOW ROAD



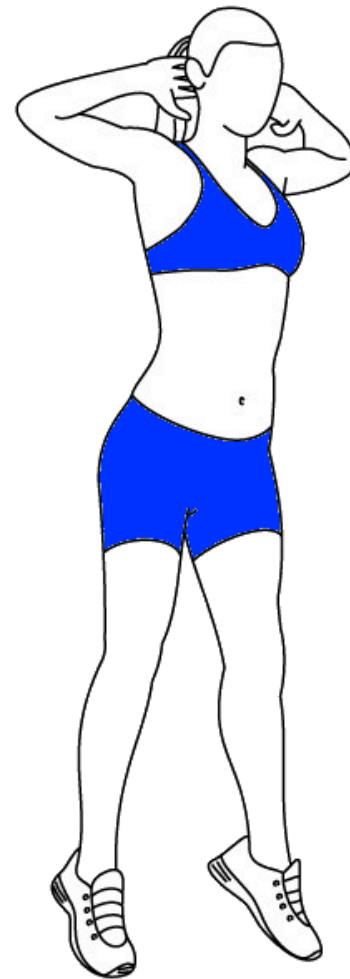
**BURPIES**

# RAINBOW ROAD



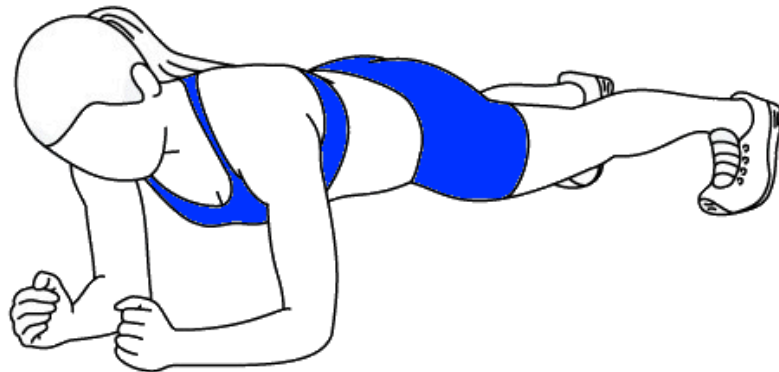
**C R A B   K I C K S**

# RAINBOW ROAD



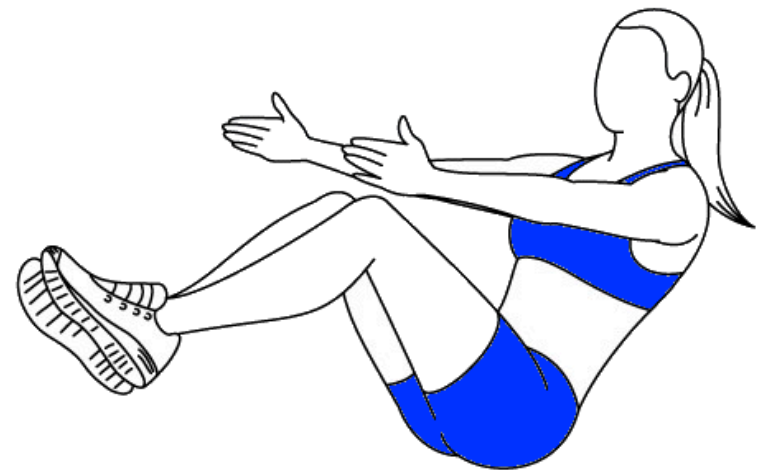
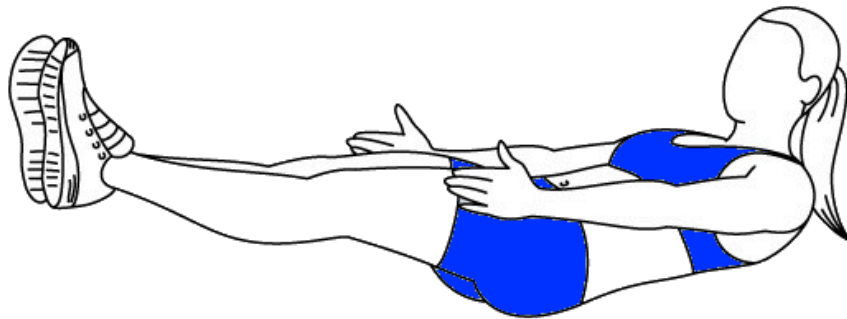
JUMP SQUATS

# RAINBOW ROAD



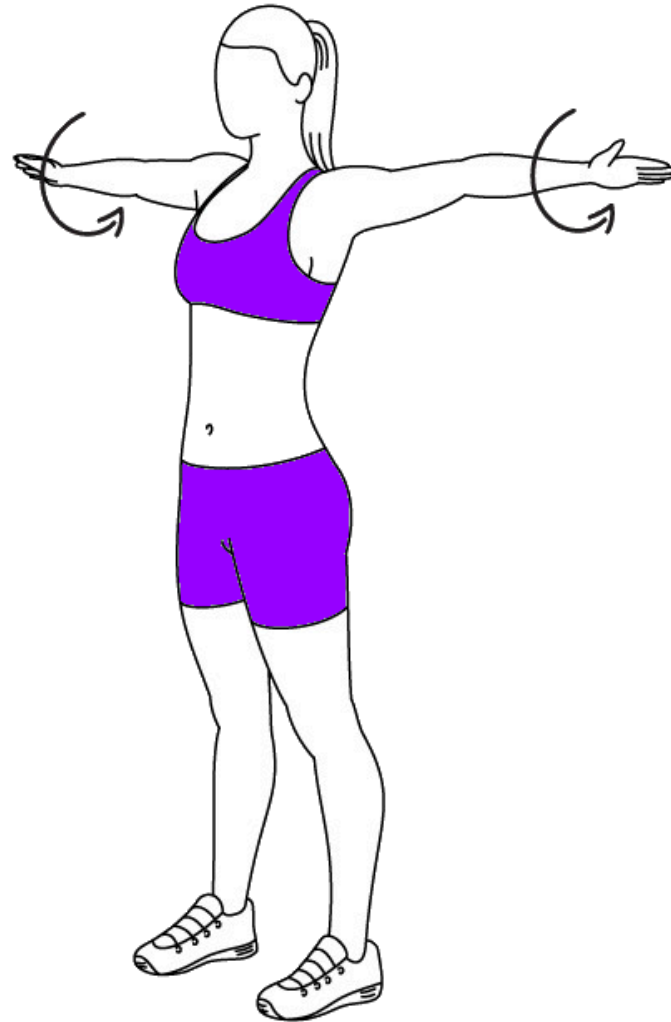
PLANKS

# RAINBOW ROAD



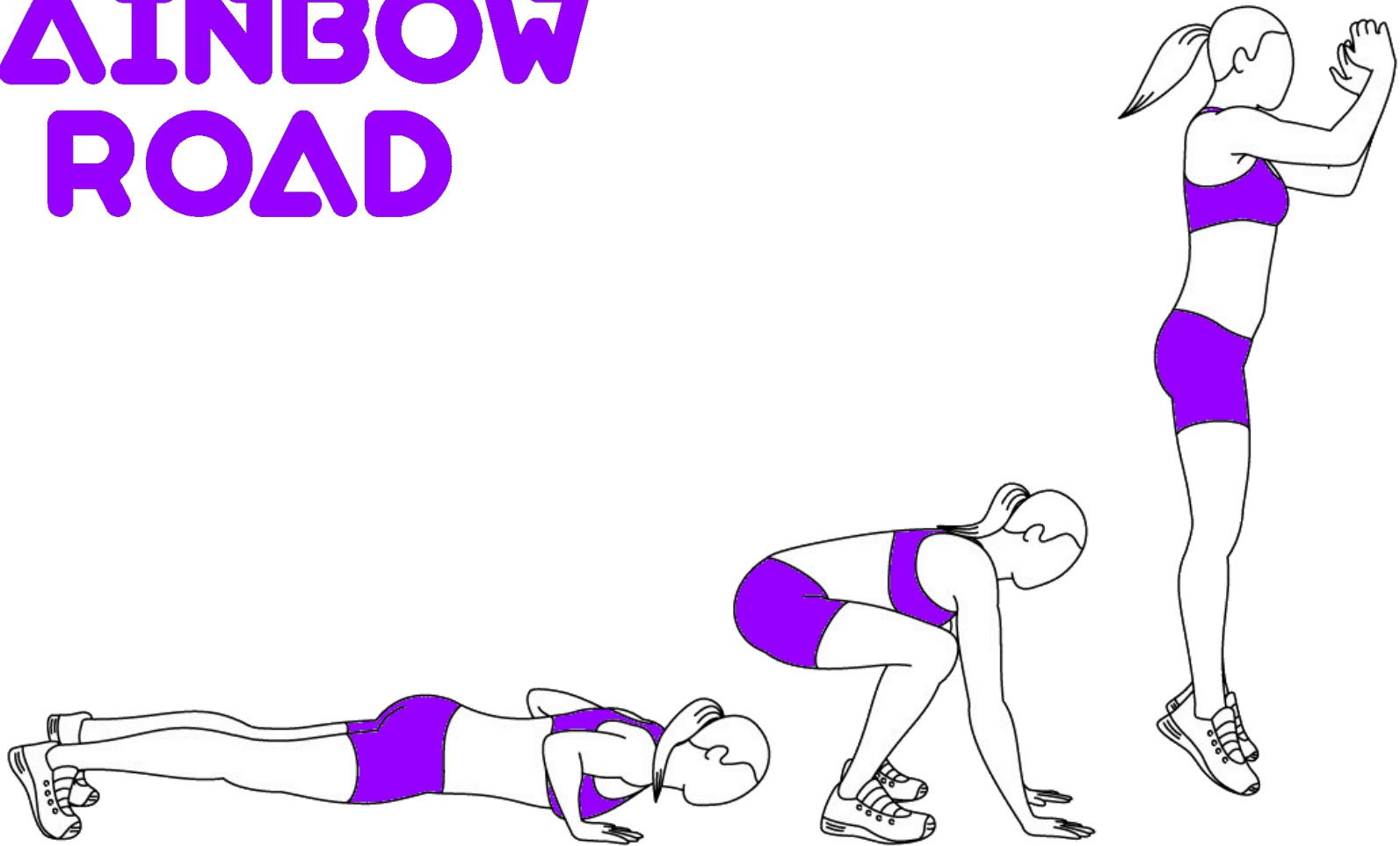
V-SIT

# RAINBOW ROAD



ARM CIRCLES

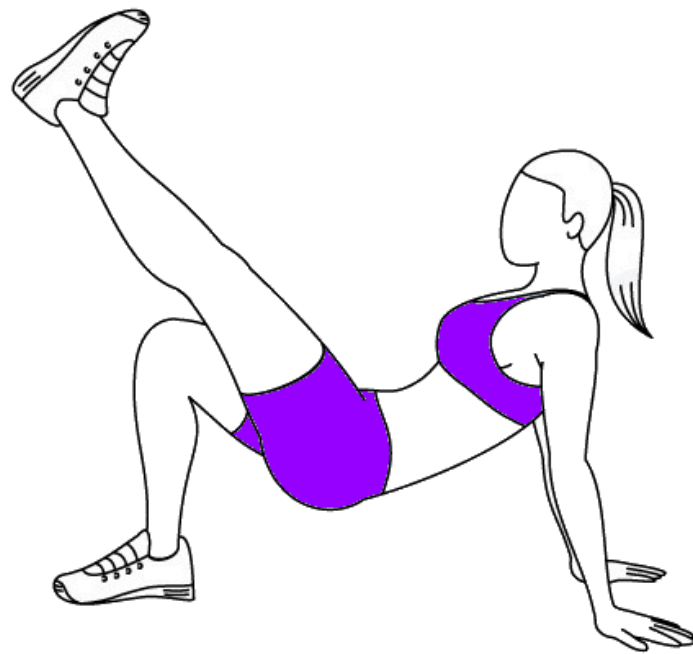
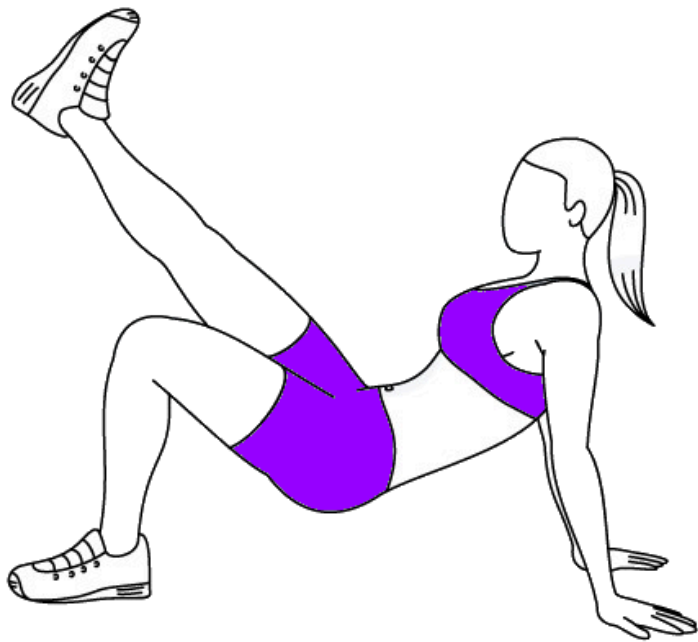
# RAINBOW ROAD



**BURPIES**

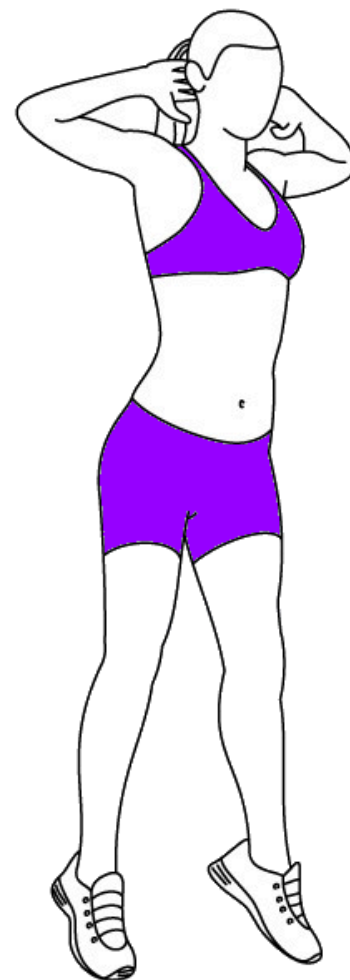


# RAINBOW ROAD



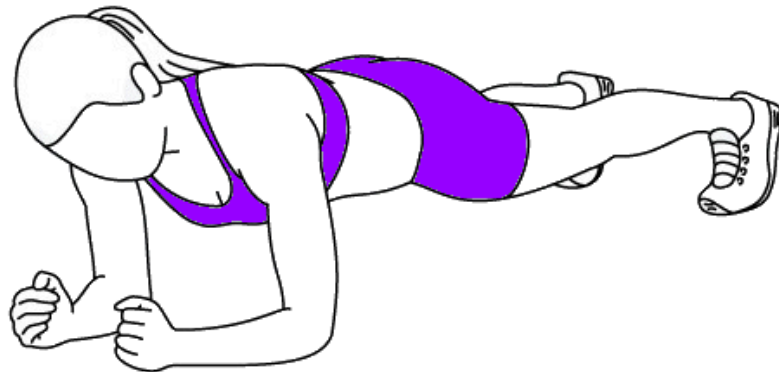
**C R A B   K I C K S**

# RAINBOW ROAD



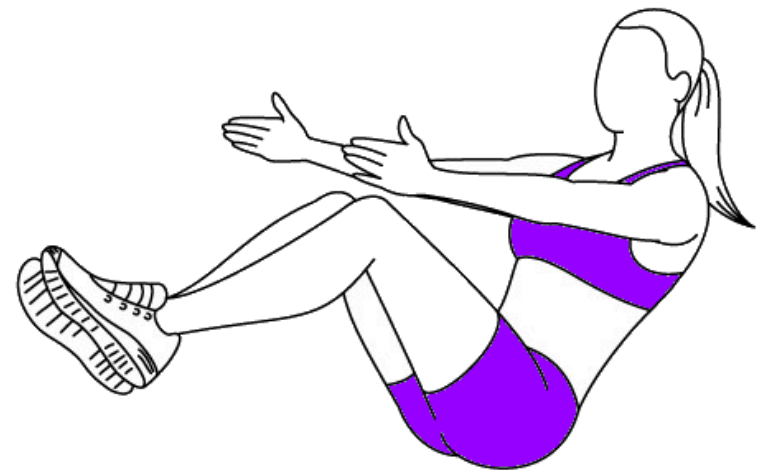
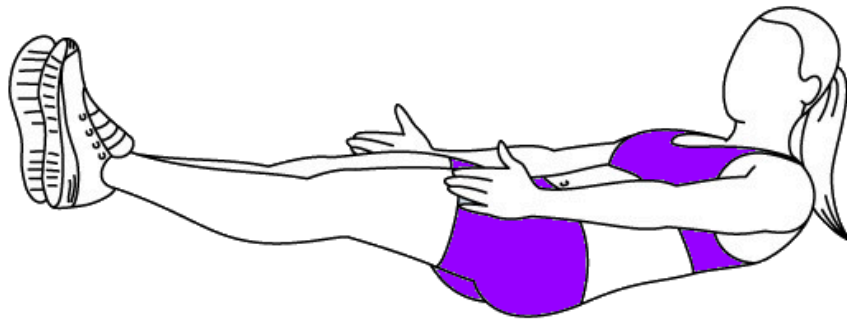
JUMP SQUATS

# RAINBOW ROAD



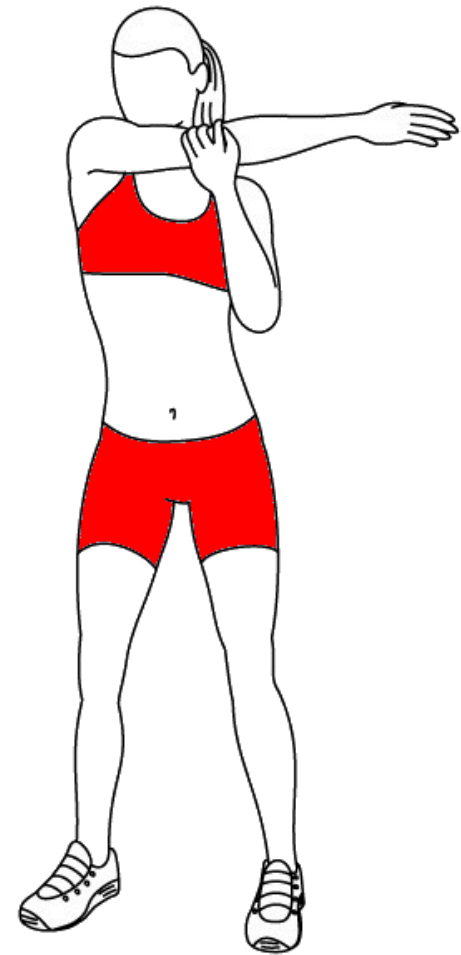
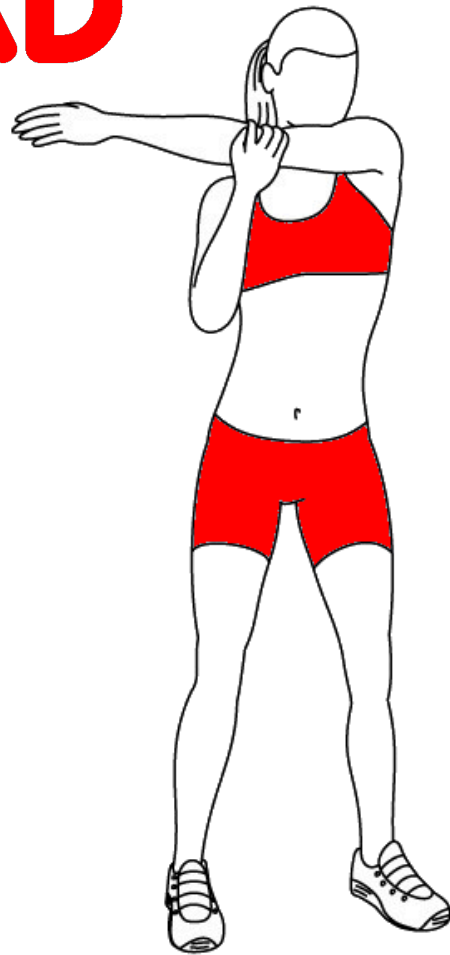
PLANKS

# RAINBOW ROAD



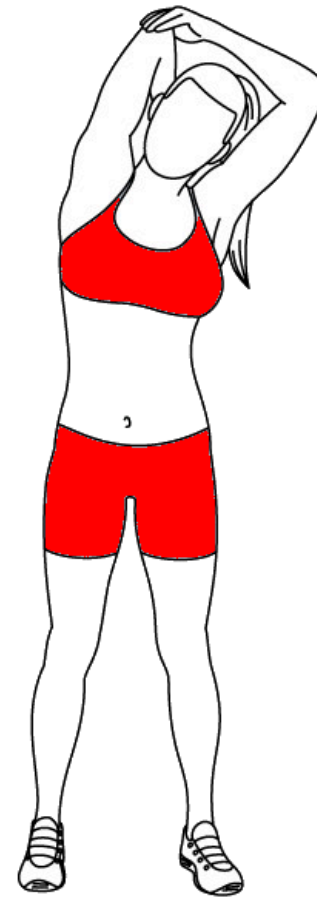
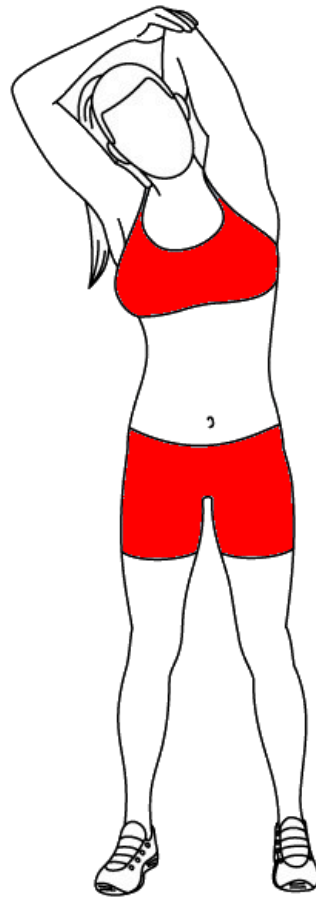
V-SIT

# RAINBOW ROAD



ARM PULL

# RAINBOW ROAD



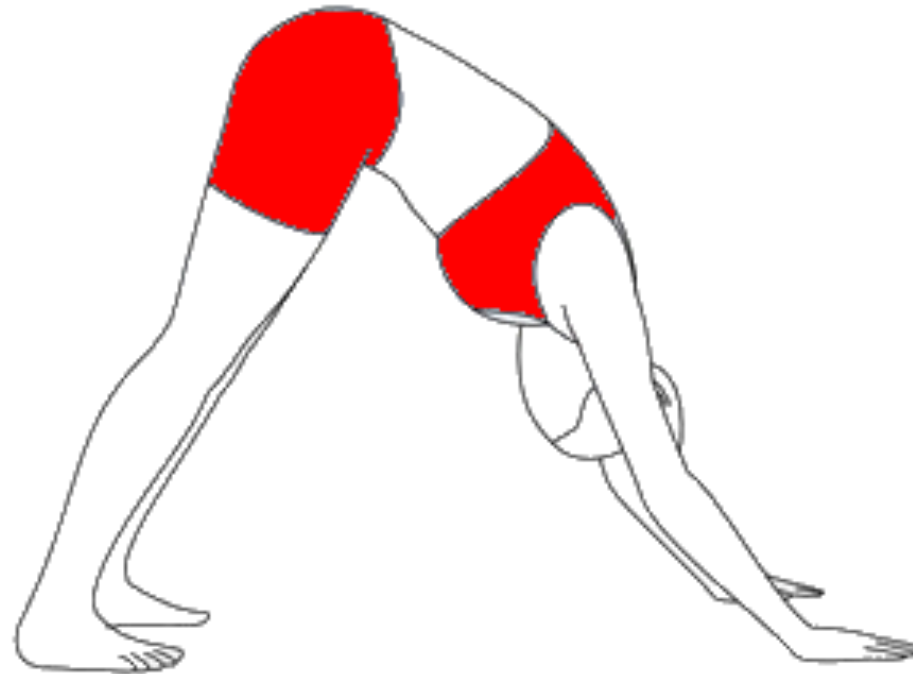
BACK SCRATCHER

# RAINBOW ROAD



BUTTERFLY

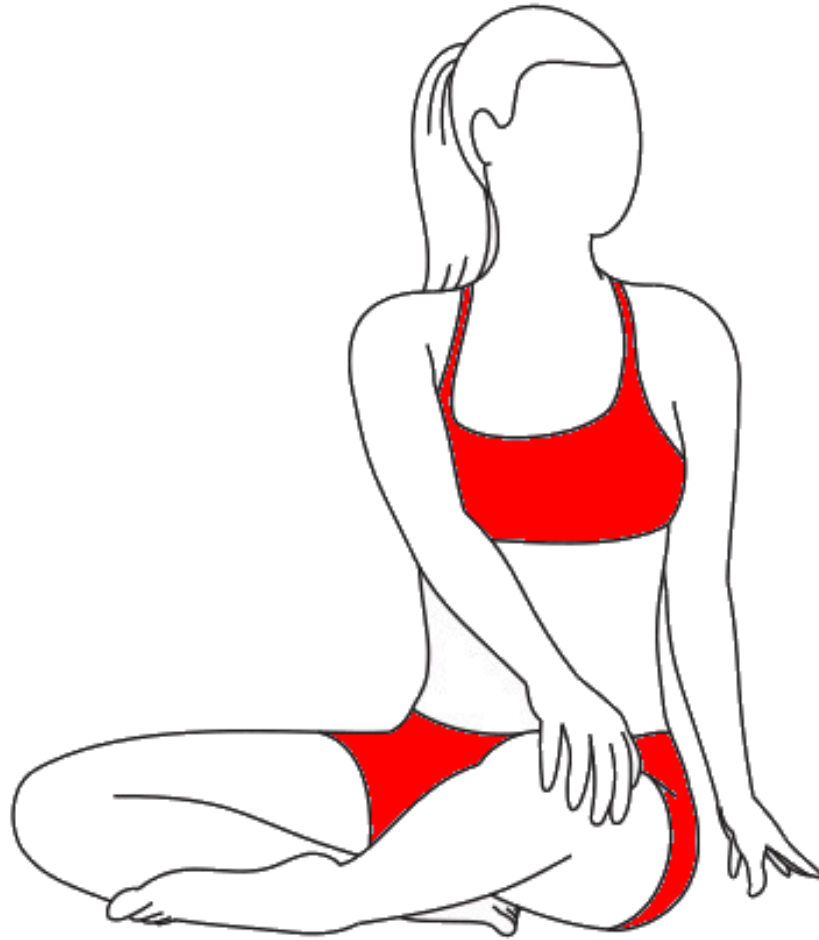
# RAINBOW ROAD



DOWNWARD DOG

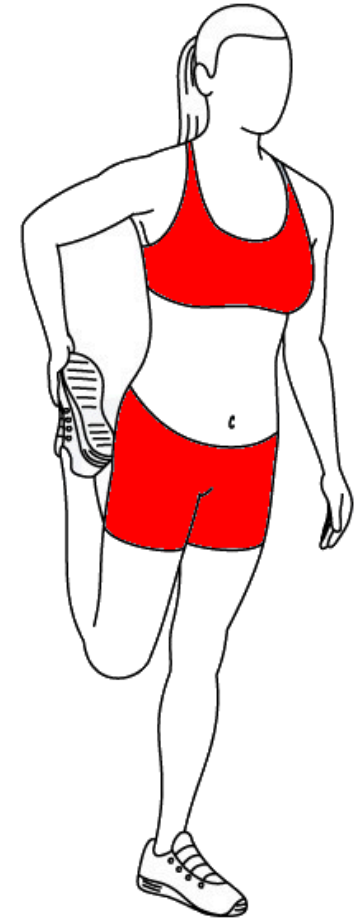
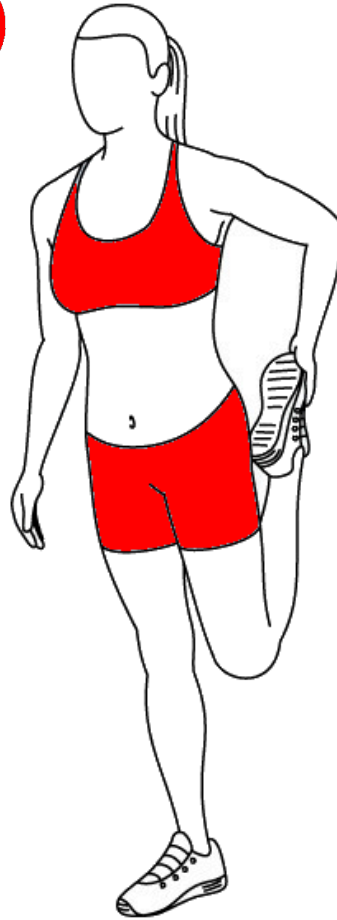


# RAINBOW ROAD



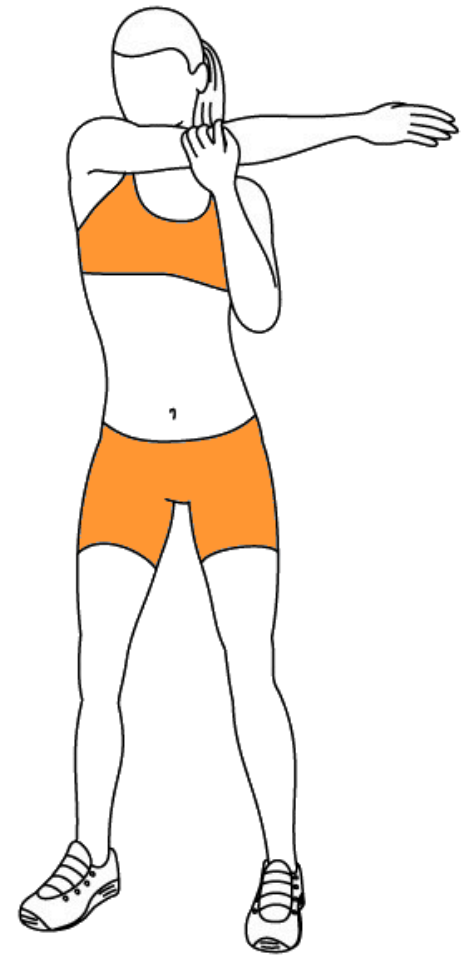
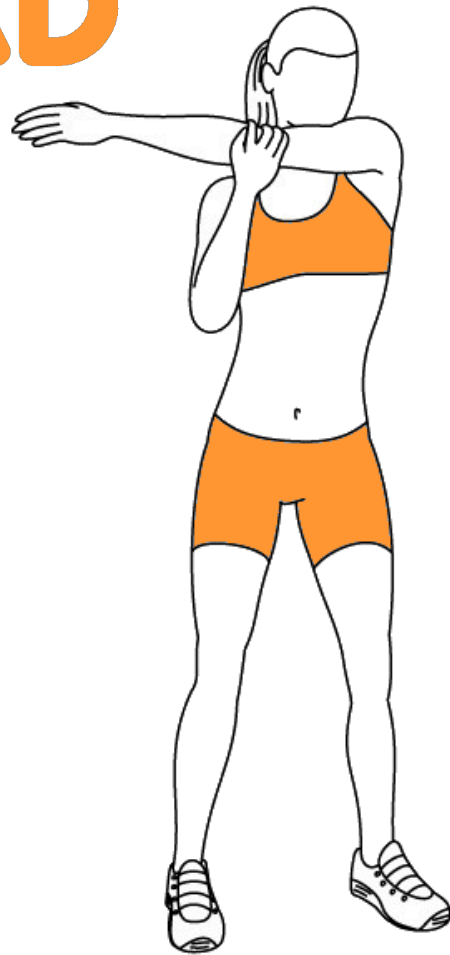
TWISTER STRETCH

# RAINBOW ROAD



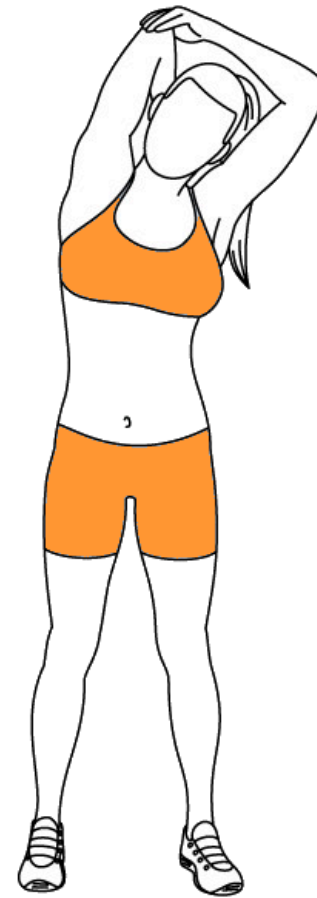
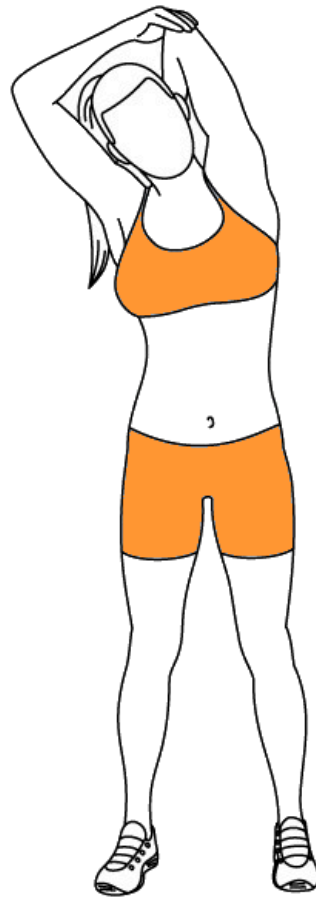
FLAMINGO STRETCH

# RAINBOW ROAD



ARM PULL

# RAINBOW ROAD



BACK SCRATCHER

# RAINBOW ROAD



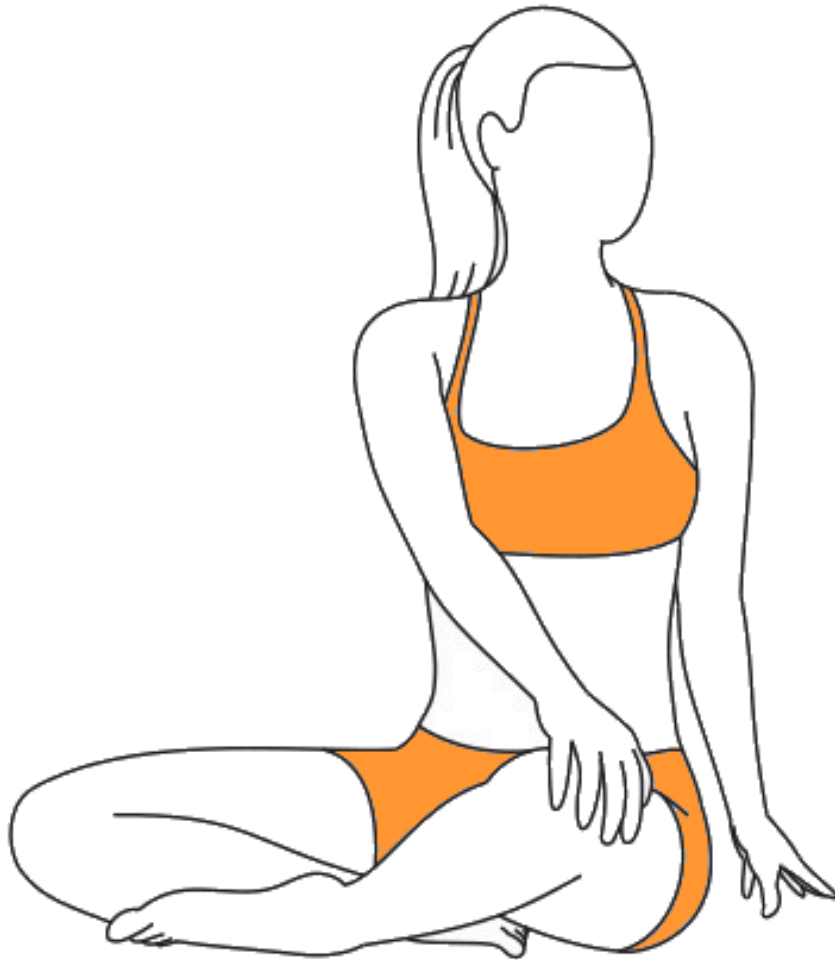
BUTTERFLY

# RAINBOW ROAD



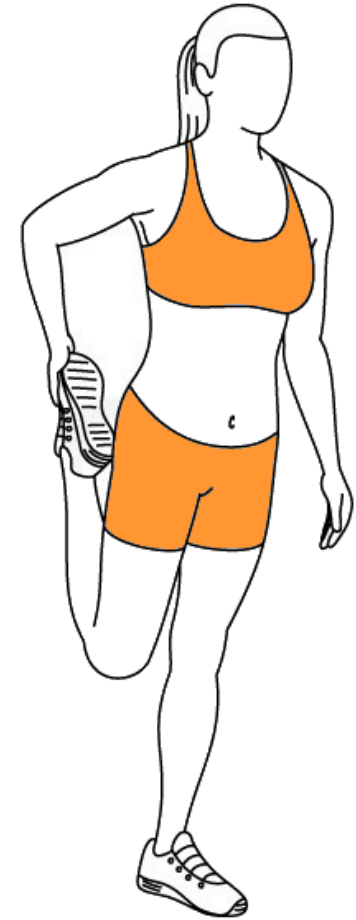
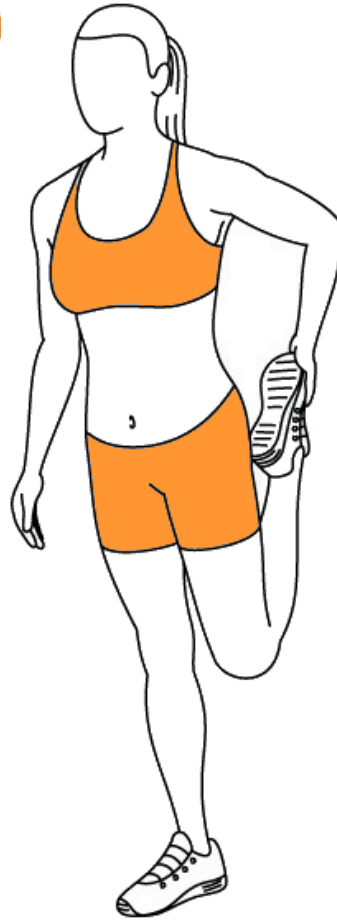
DOWNWARD DOG

# RAINBOW ROAD



TWISTER STRETCH

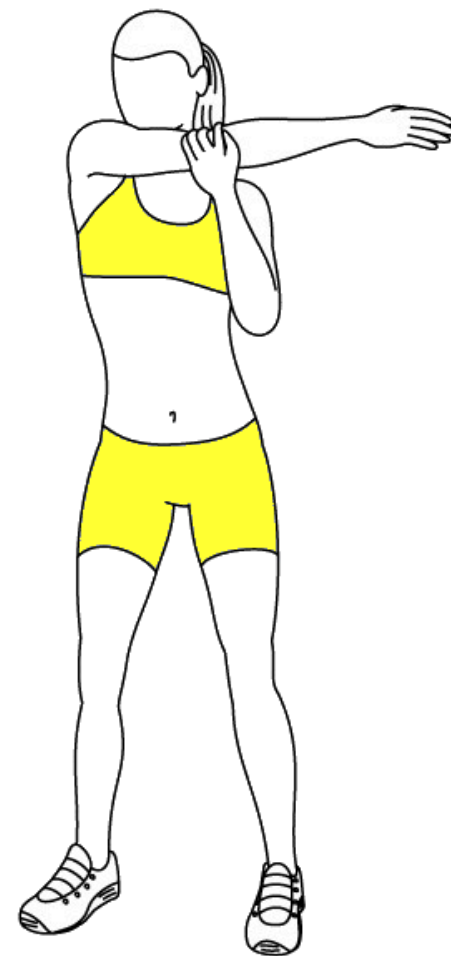
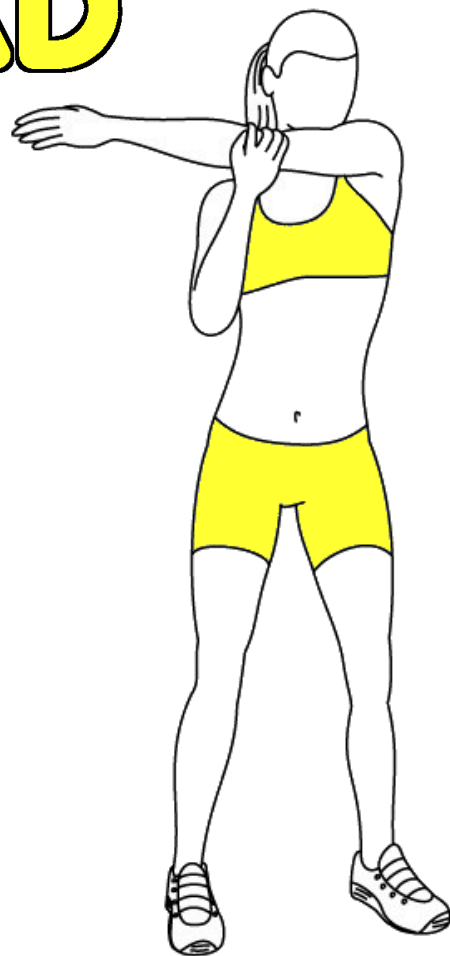
# RAINBOW ROAD



FLAMINGO STRETCH

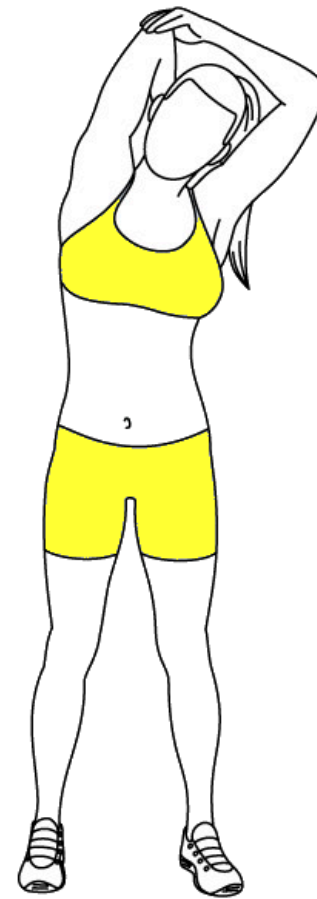
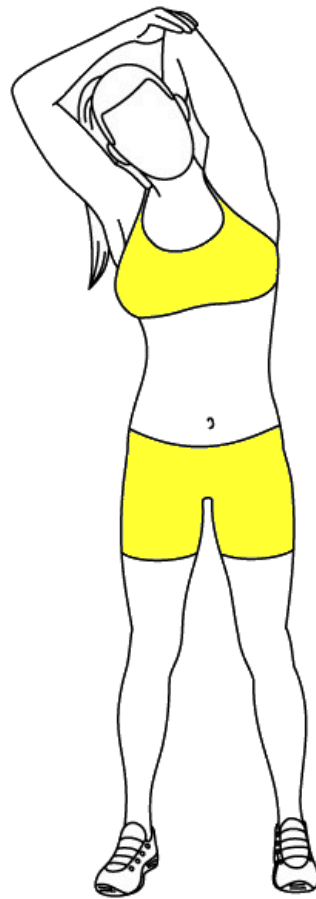


# RAINBOW ROAD



ARM PULL

# RAINBOW ROAD



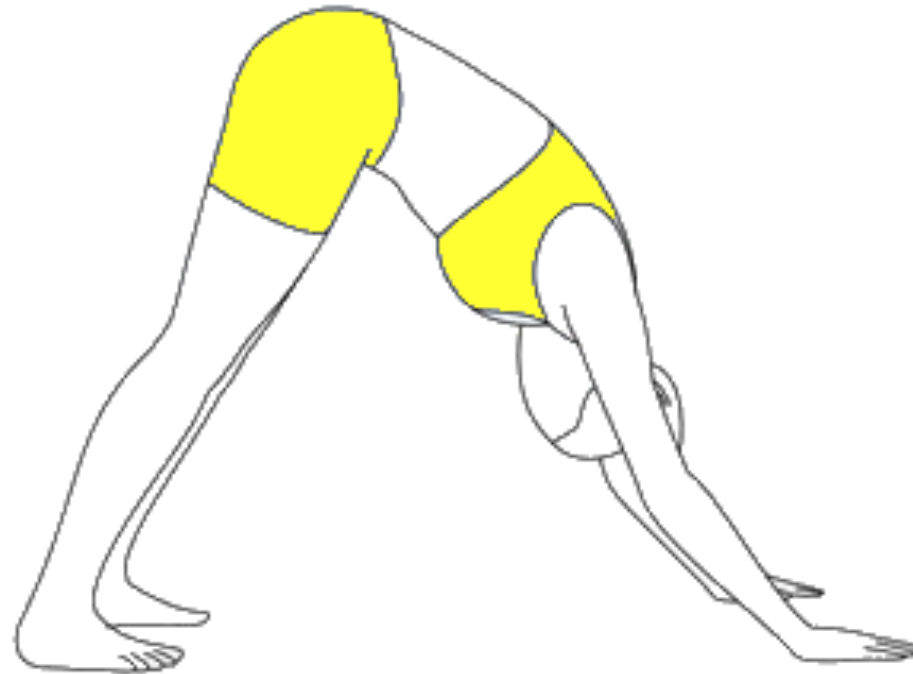
BACK SCRATCHER

# RAINBOW ROAD



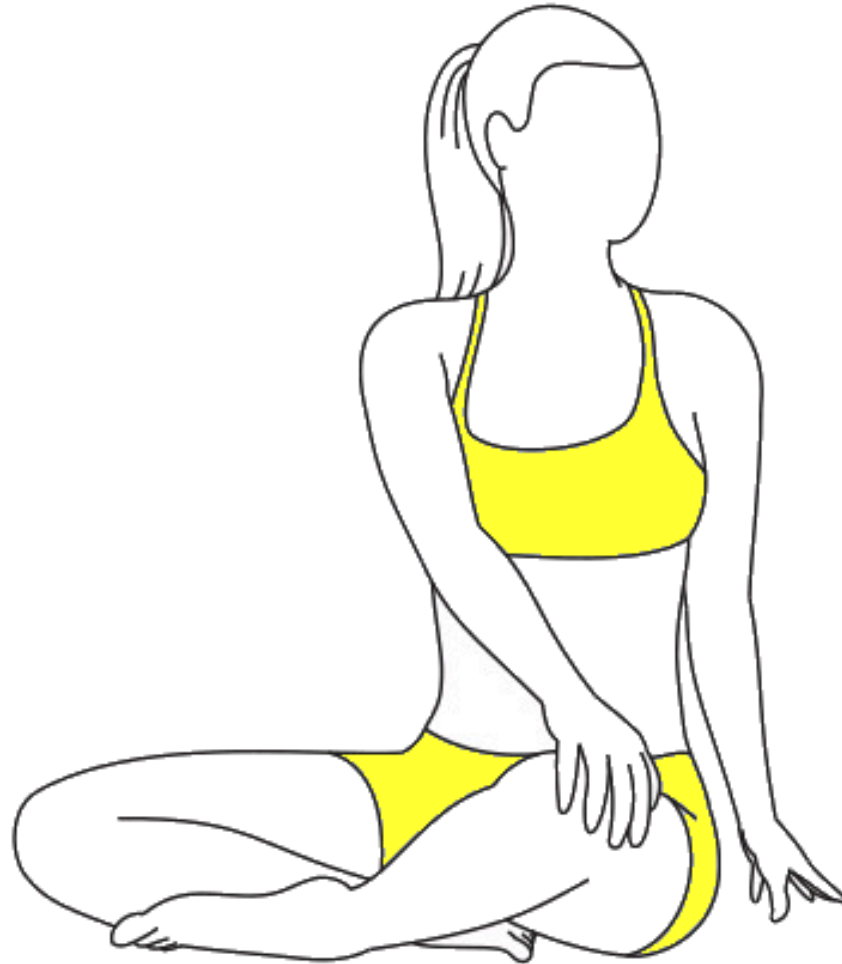
BUTTERFLY

# RAINBOW ROAD



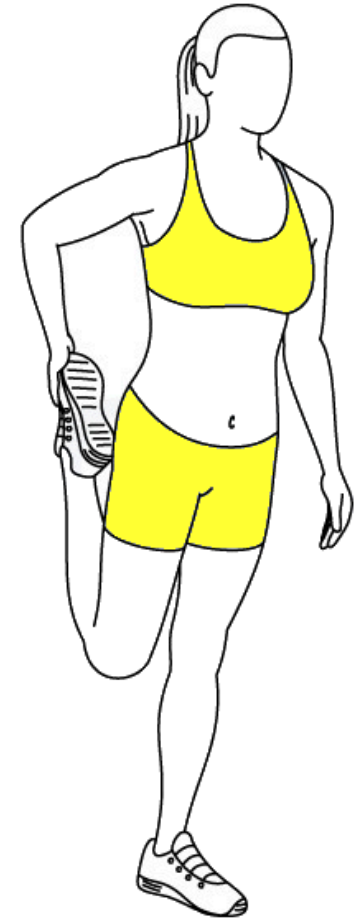
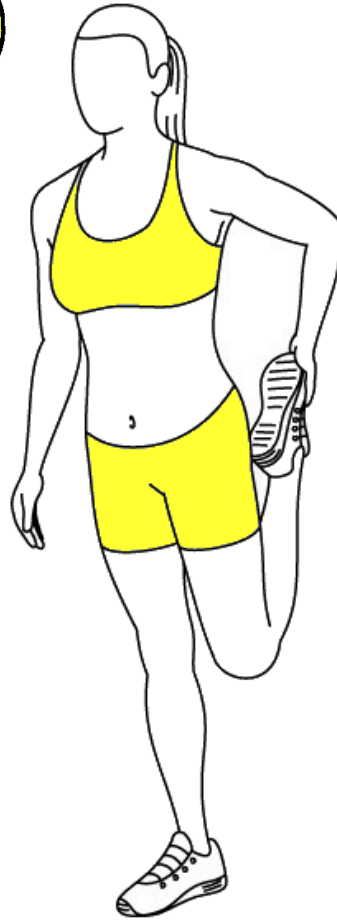
DOWNWARD DOG

# RAINBOW ROAD



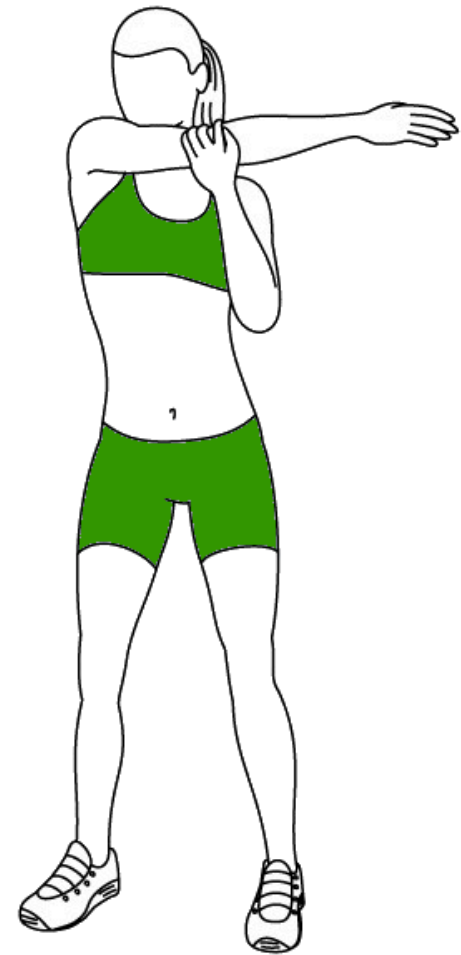
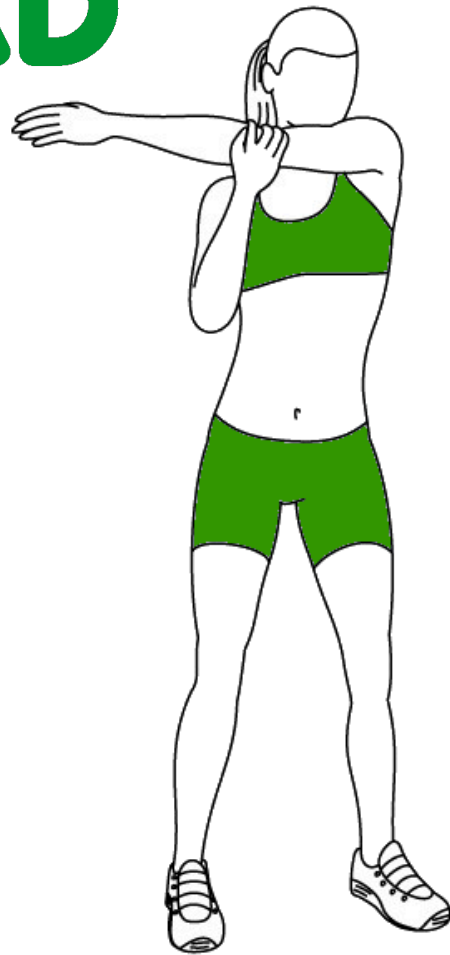
TWISTER STRETCH

# RAINBOW ROAD



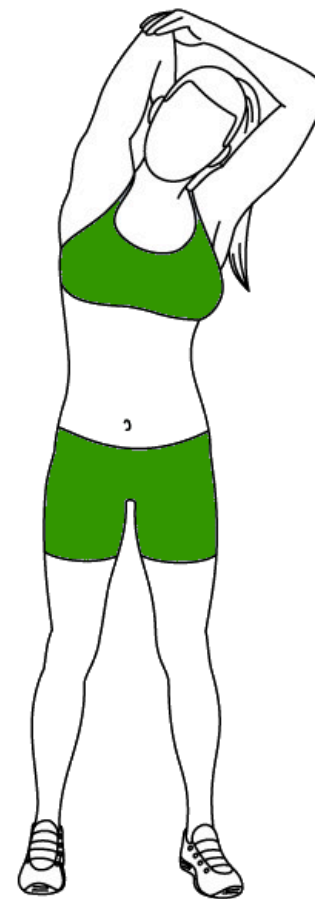
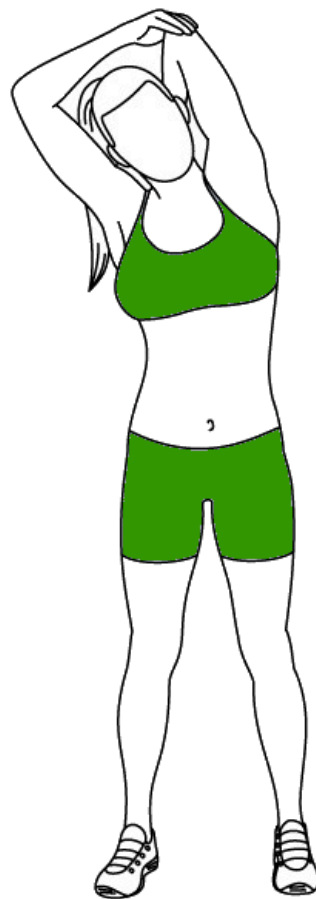
FLAMINGO STRETCH

# RAINBOW ROAD



ARM PULL

# RAINBOW ROAD



BACK SCRATCHER



# RAINBOW ROAD



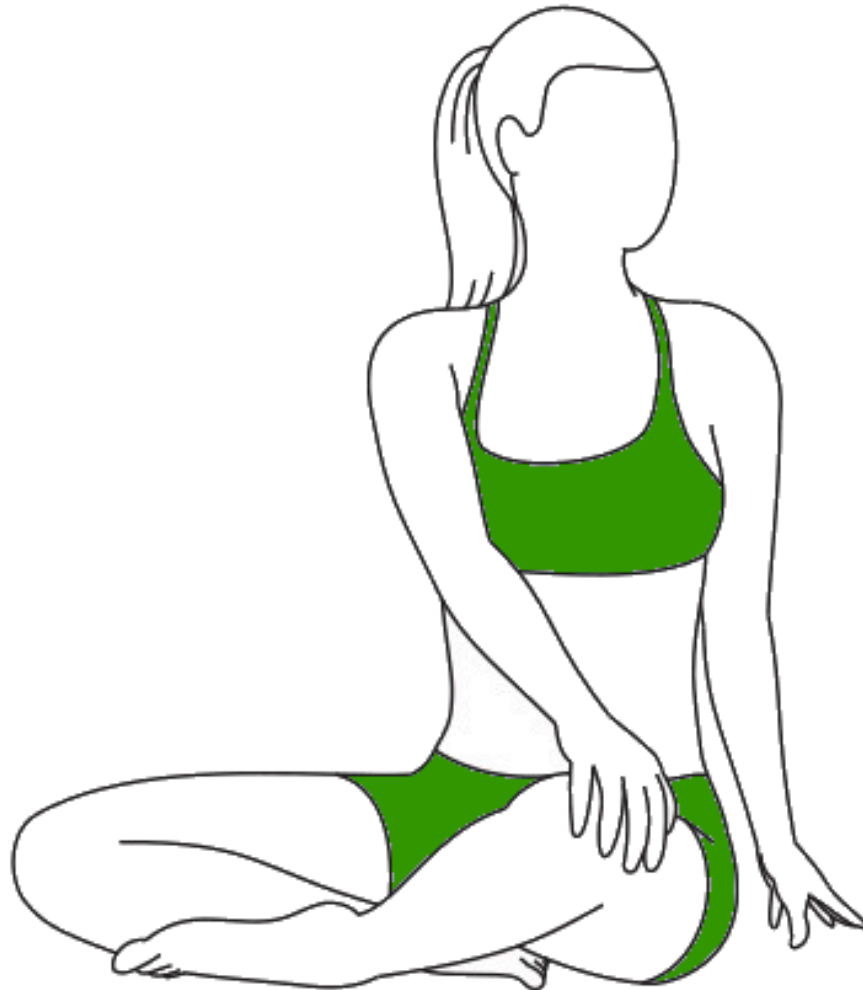
BUTTERFLY

# RAINBOW ROAD



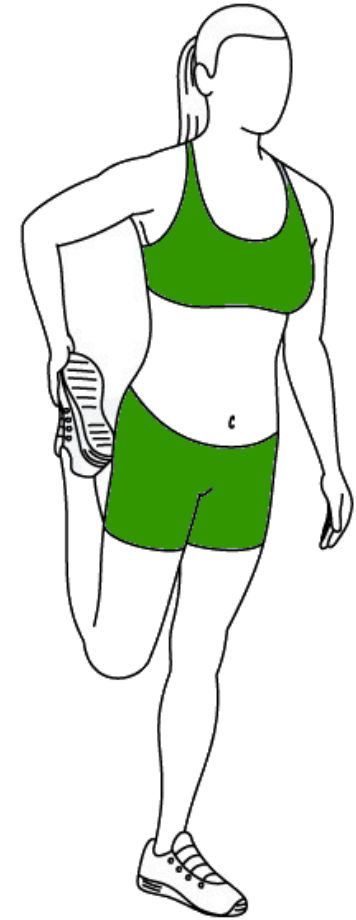
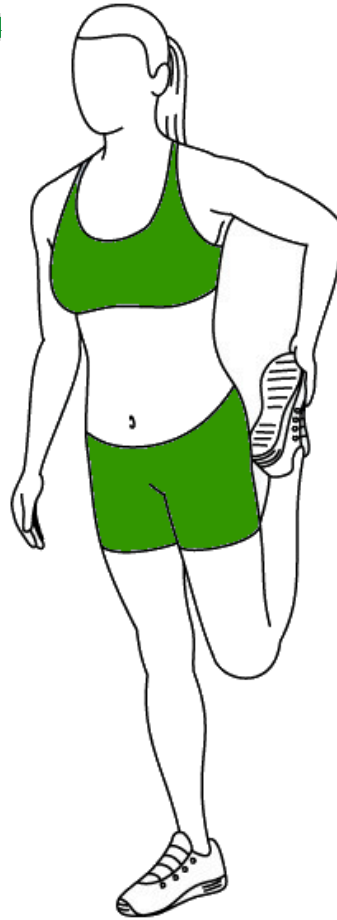
DOWNWARD DOG

# RAINBOW ROAD



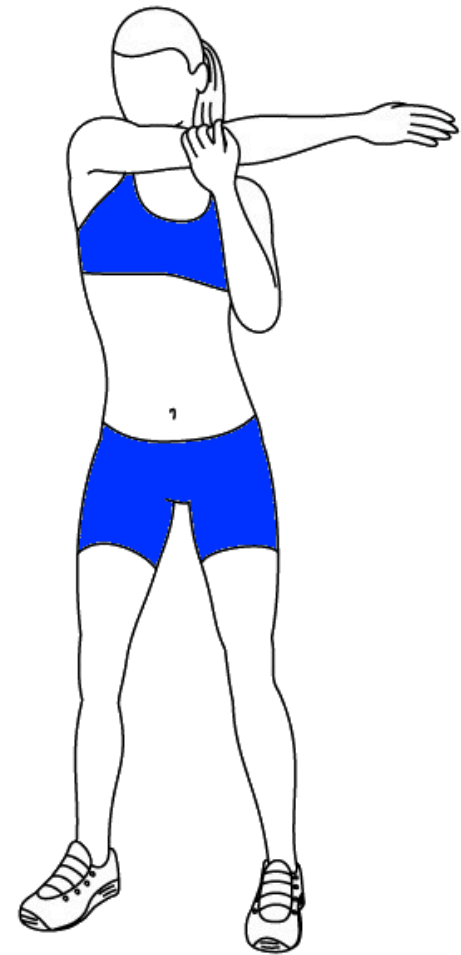
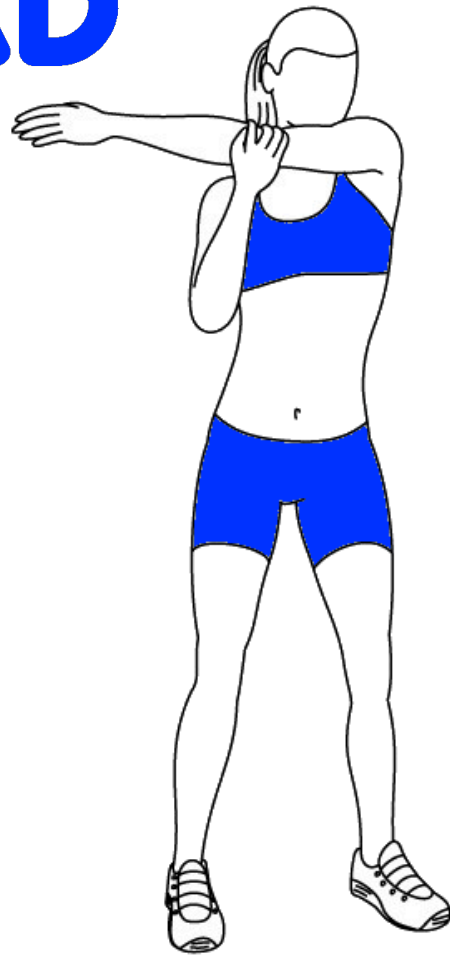
TWISTER STRETCH

# RAINBOW ROAD



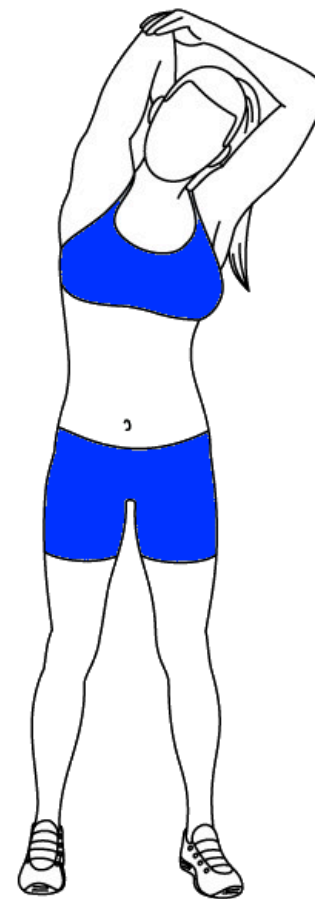
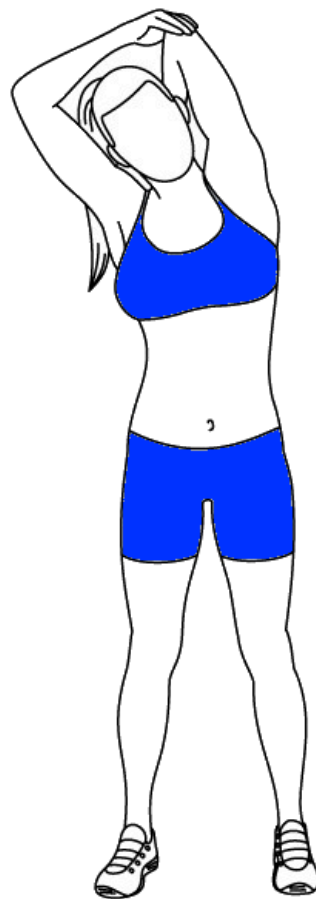
FLAMINGO STRETCH

# RAINBOW ROAD



ARM PULL

# RAINBOW ROAD



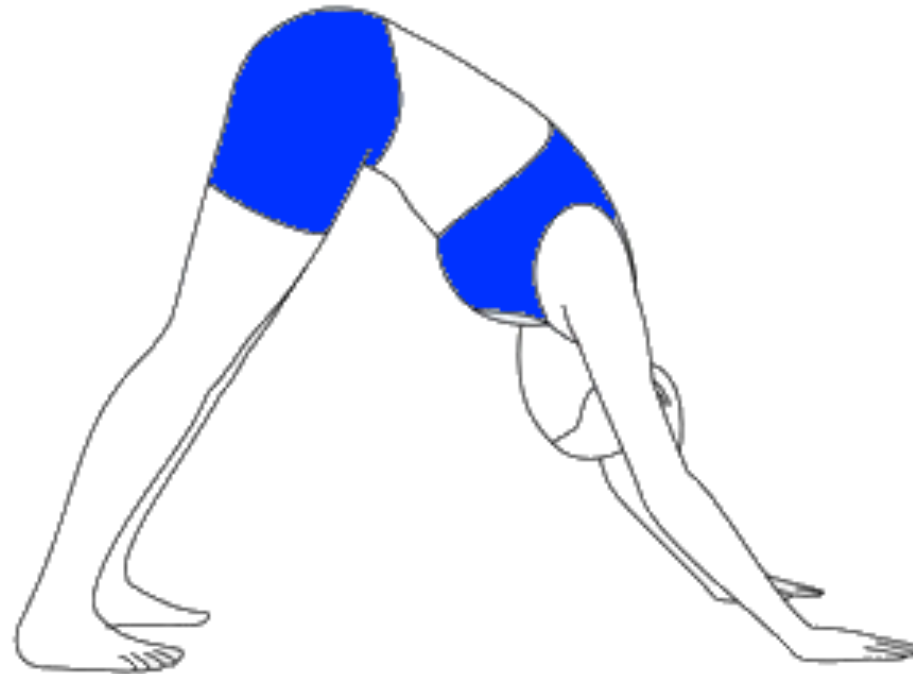
BACK SCRATCHER

# RAINBOW ROAD



BUTTERFLY

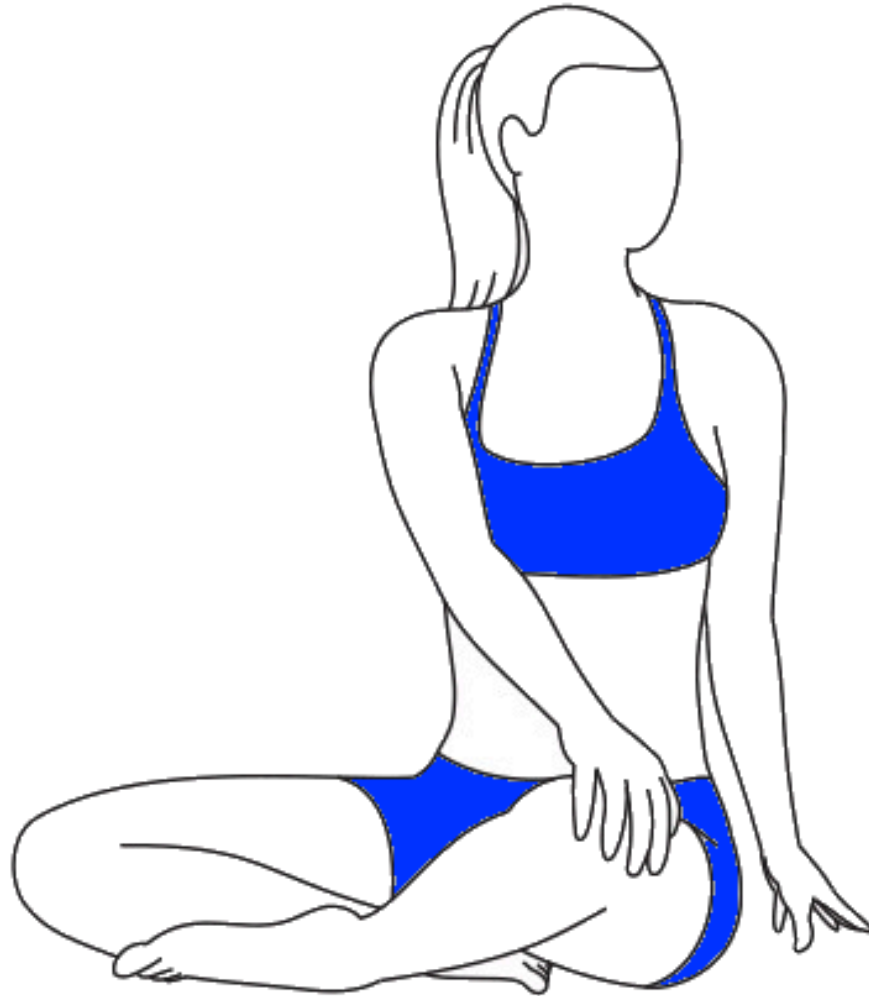
# RAINBOW ROAD



DOWNWARD DOG

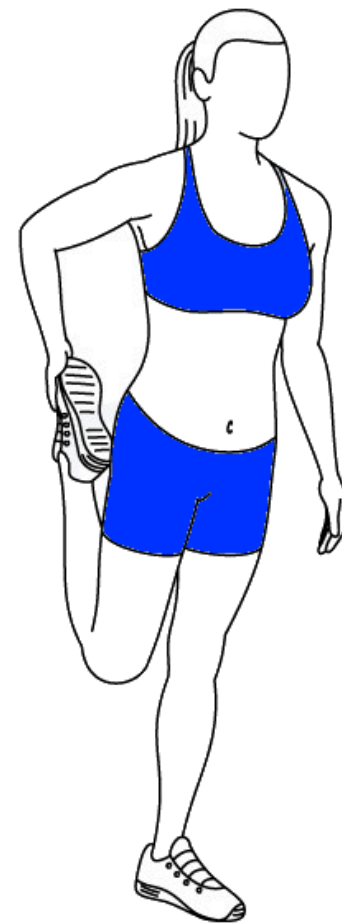
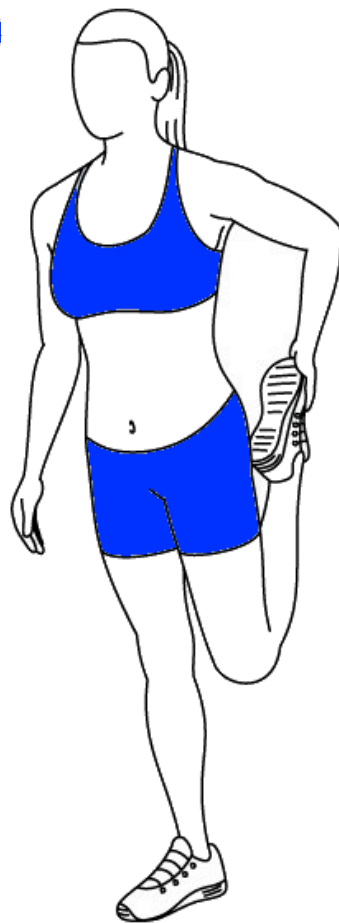


# RAINBOW ROAD



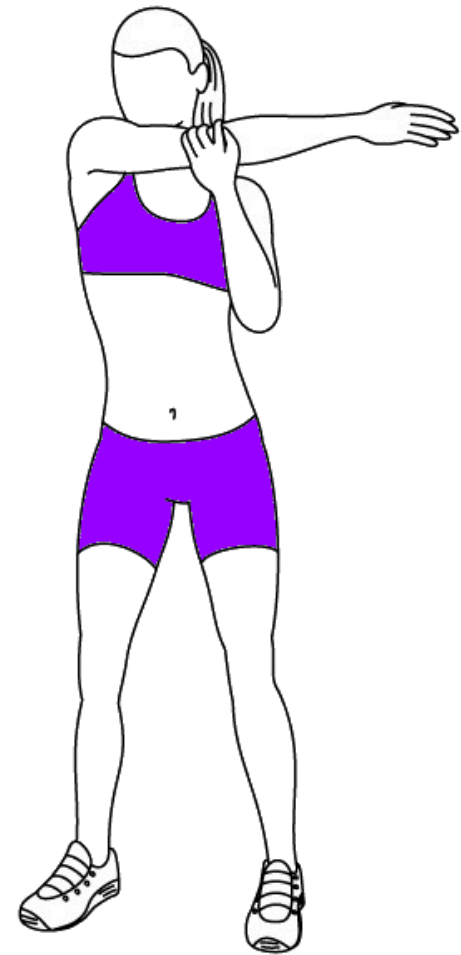
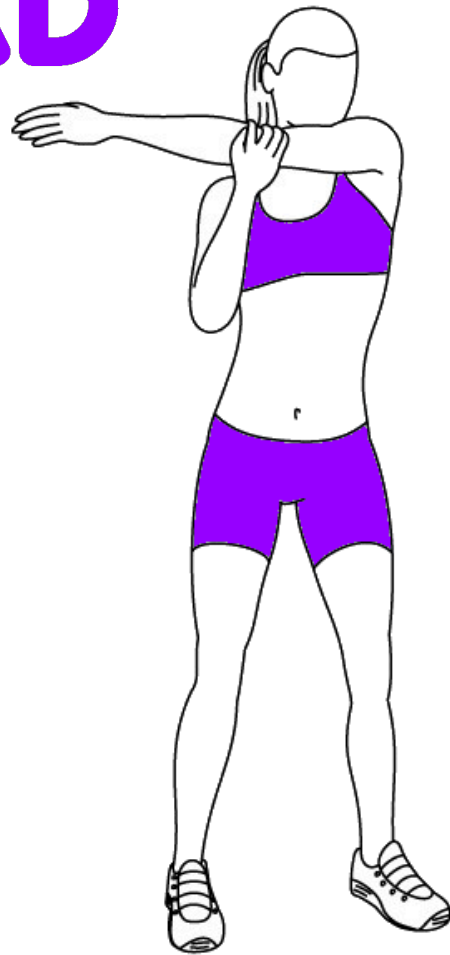
TWISTER STRETCH

# RAINBOW ROAD



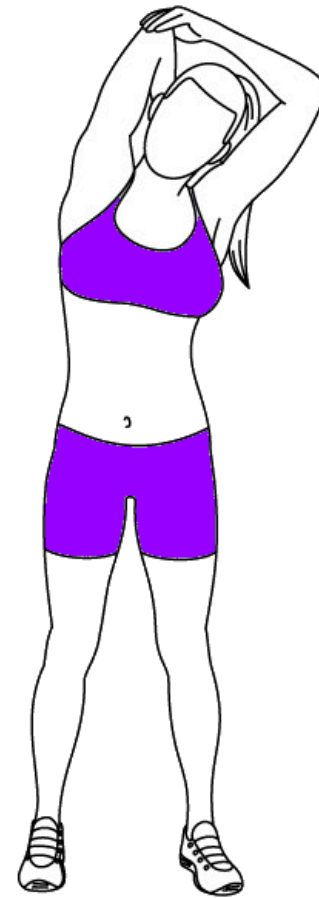
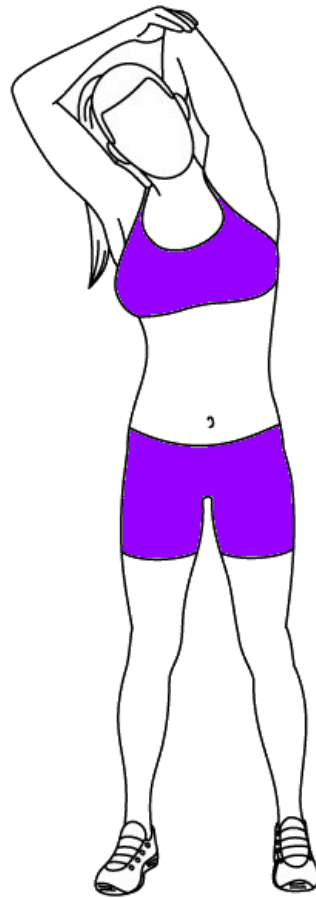
FLAMINGO STRETCH

# RAINBOW ROAD



ARM PULL

# RAINBOW ROAD



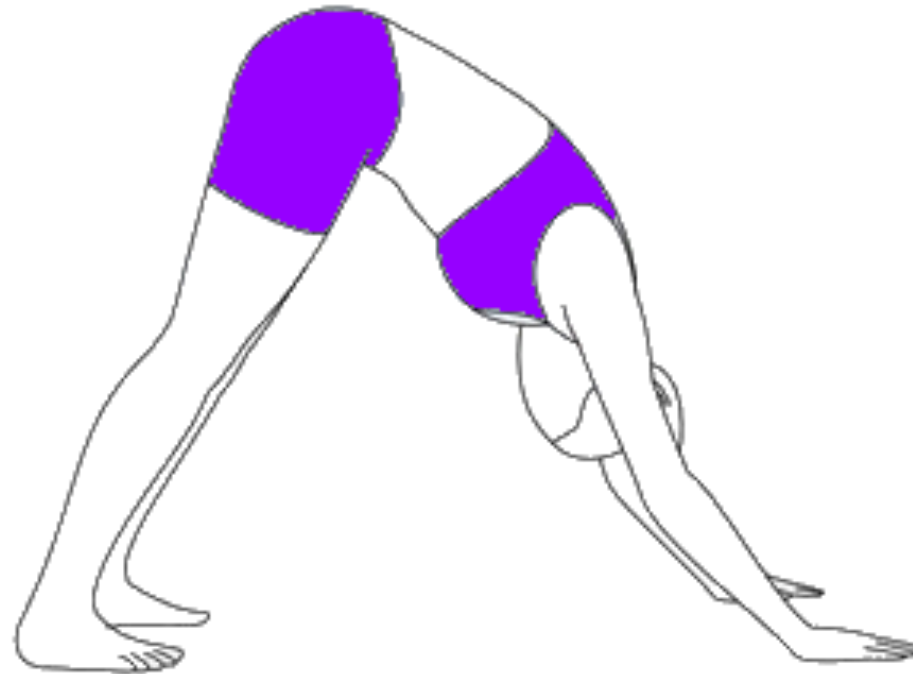
BACK SCRATCHER

# RAINBOW ROAD



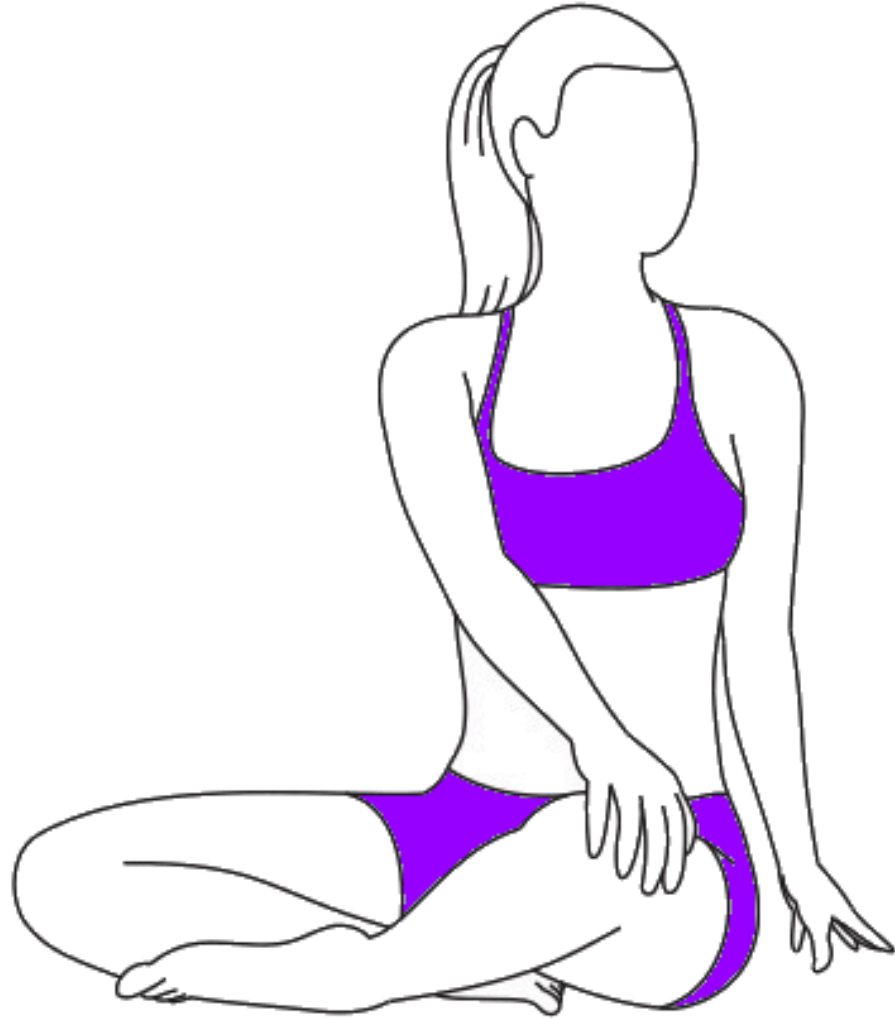
BUTTERFLY

# RAINBOW ROAD



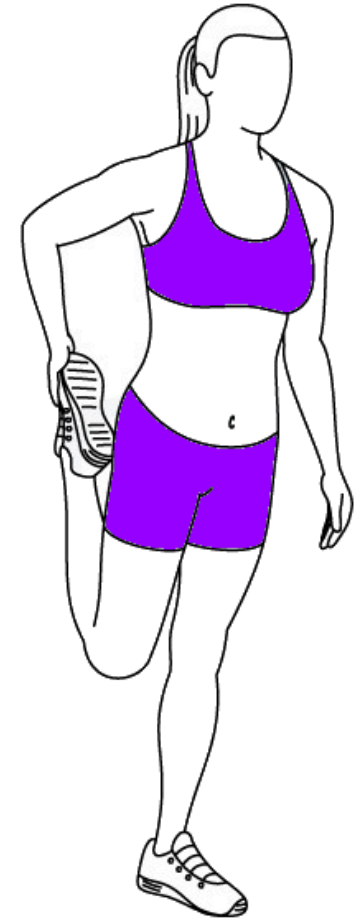
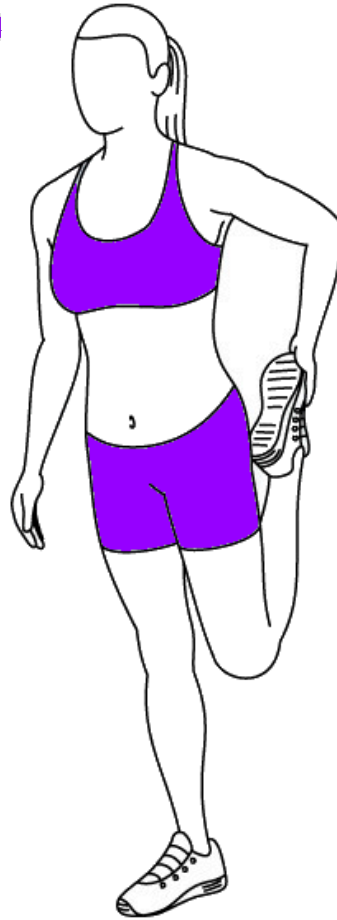
DOWNWARD DOG

# RAINBOW ROAD



TWISTER STRETCH

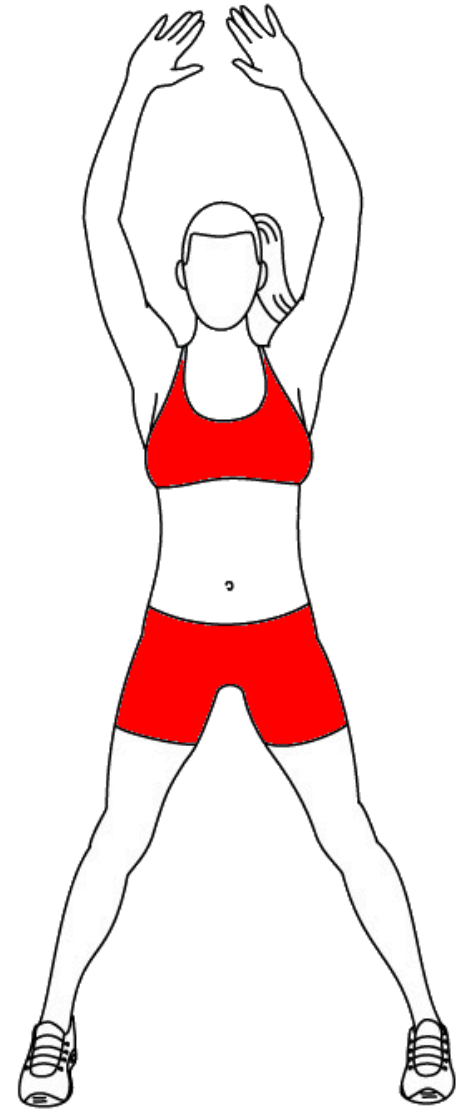
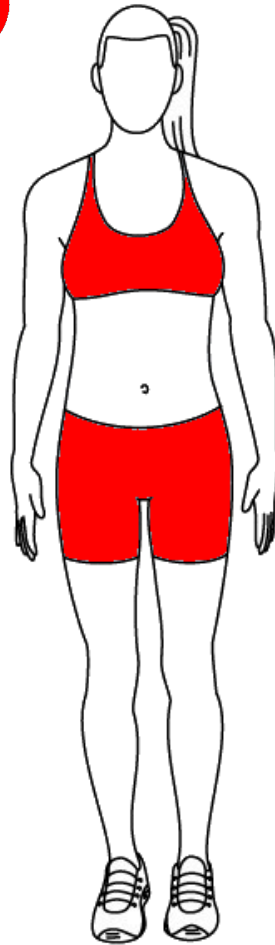
# RAINBOW ROAD



FLAMINGO STRETCH

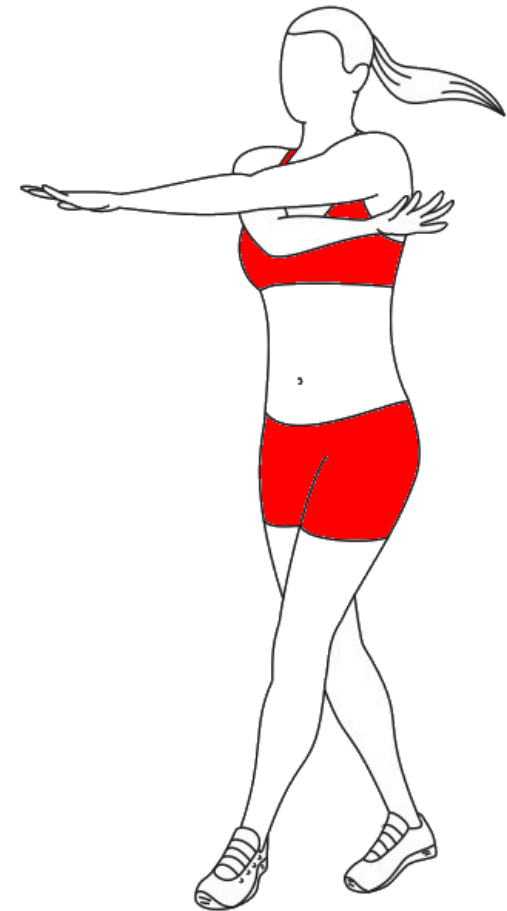
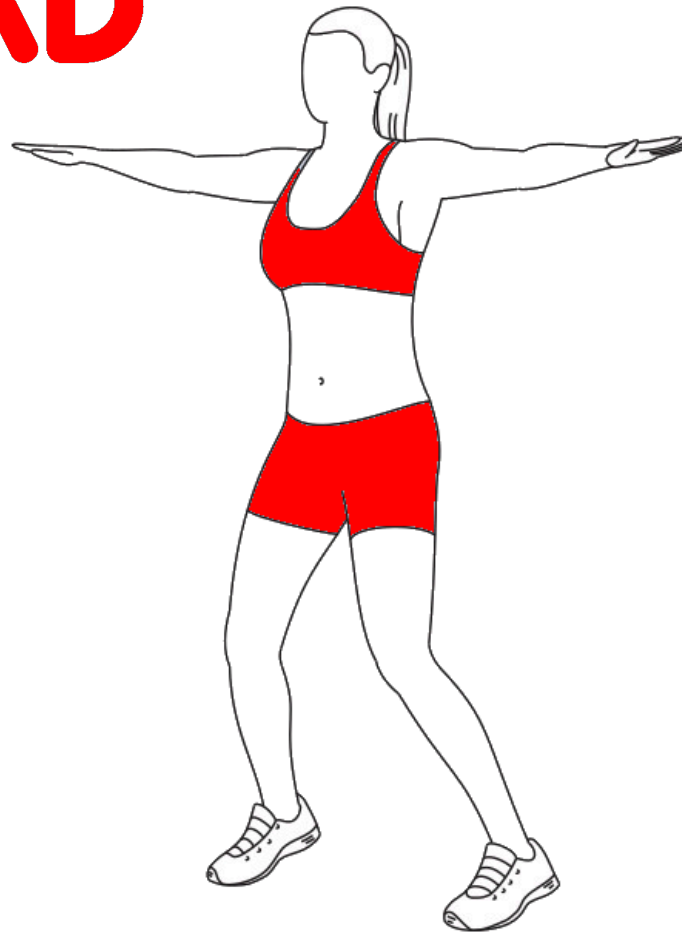


# RAINBOW ROAD



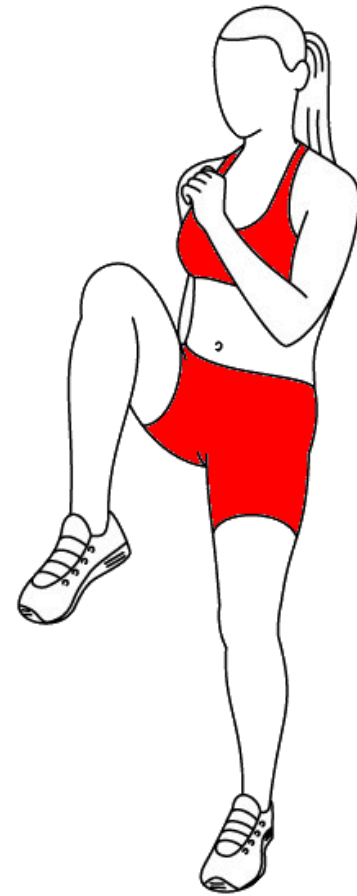
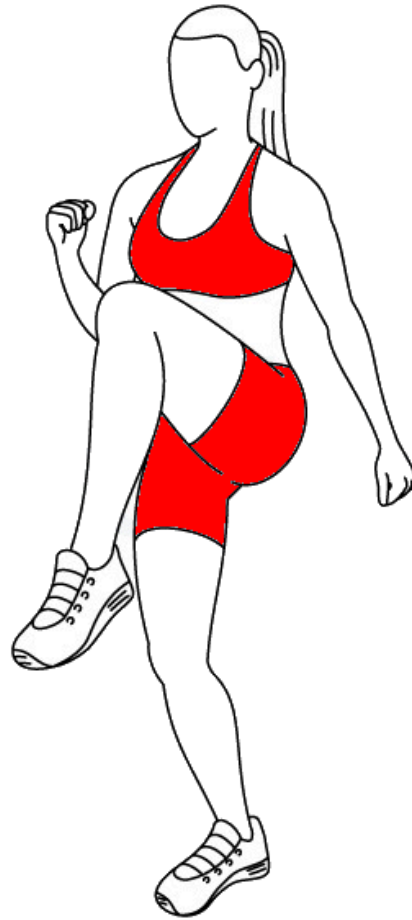
JUMPING JACKS

# RAINBOW ROAD



CROSS JACKS

# RAINBOW ROAD



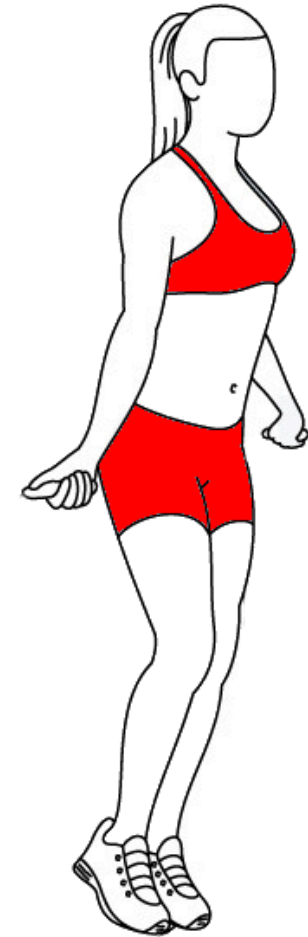
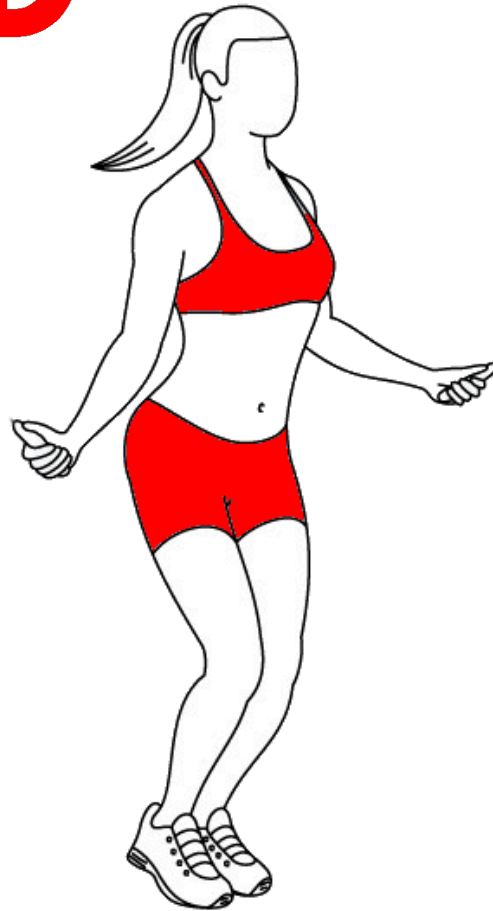
HIGH KNEES

# RAINBOW ROAD



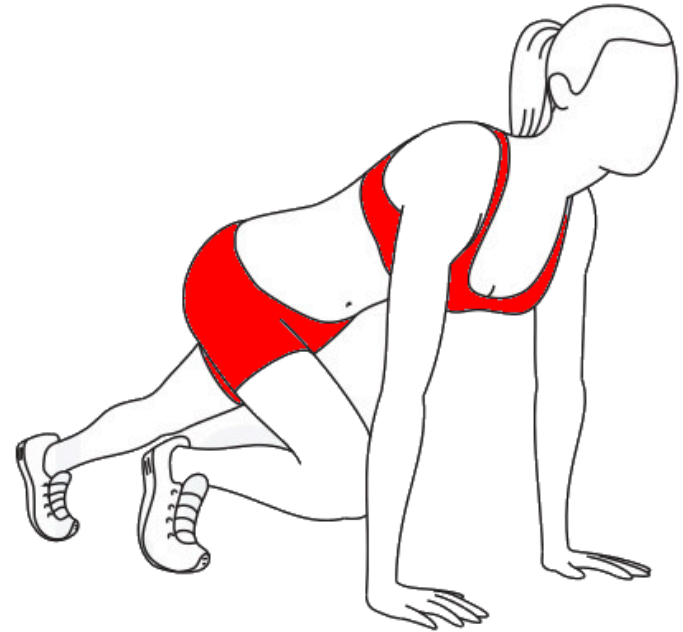
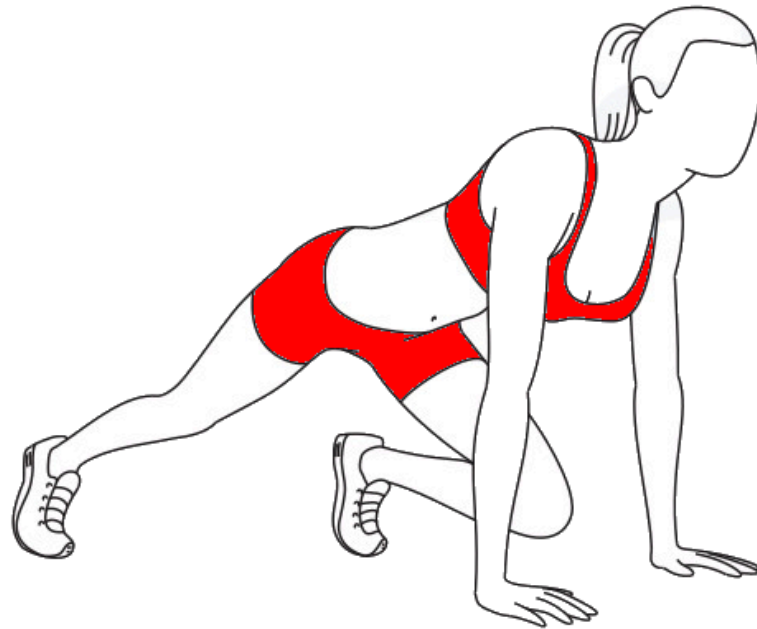
QUICK FEET

# RAINBOW ROAD



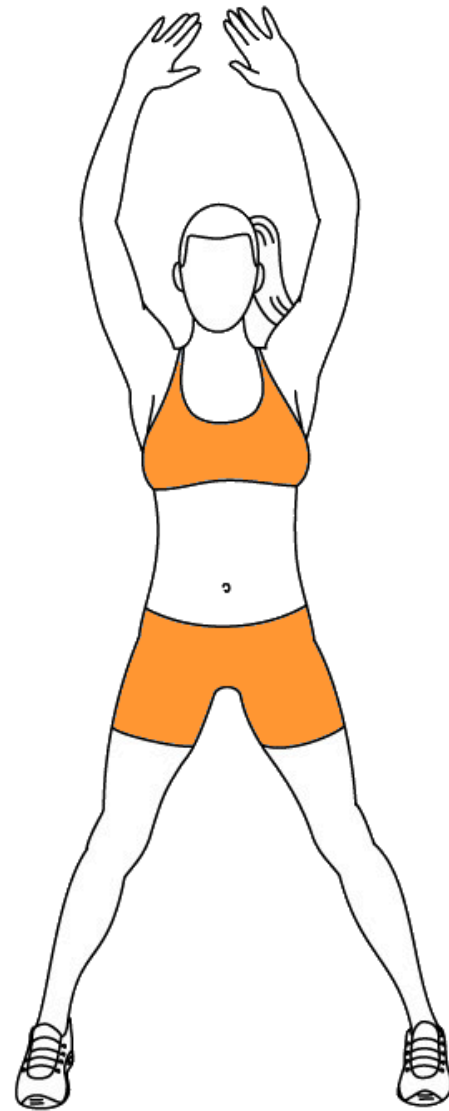
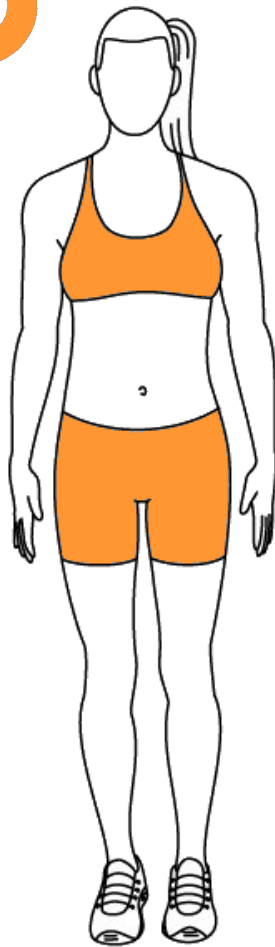
INVISIBLE JUMP ROPE

# RAINBOW ROAD



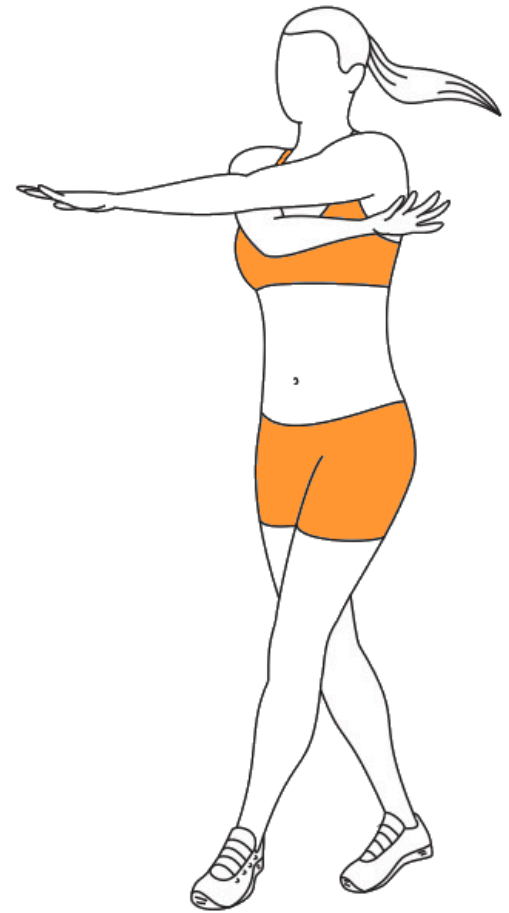
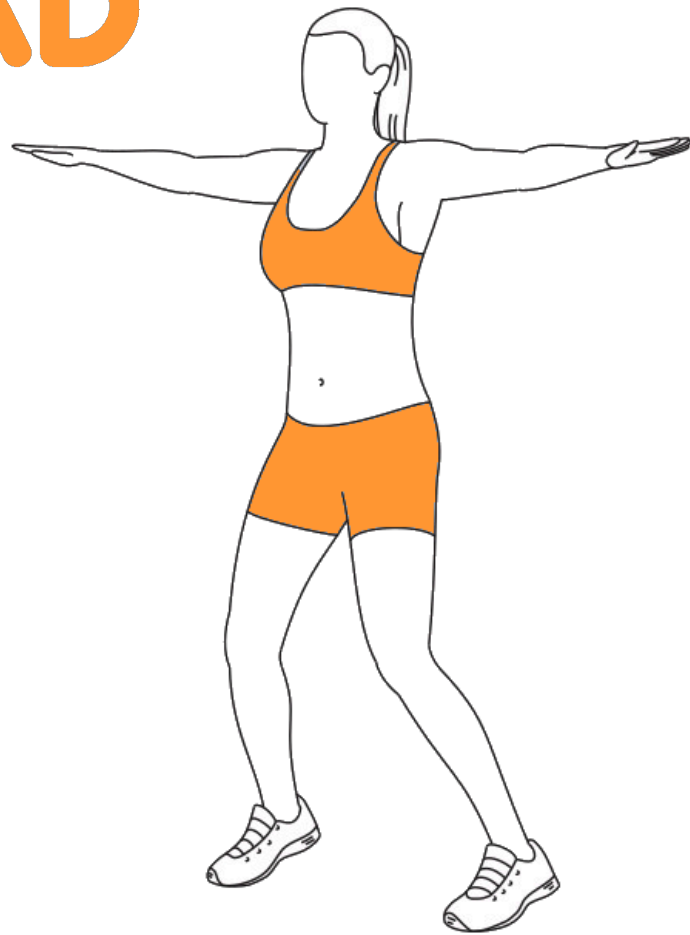
MOUNTAIN CLIMBERS

# RAINBOW ROAD



JUMPING JACKS

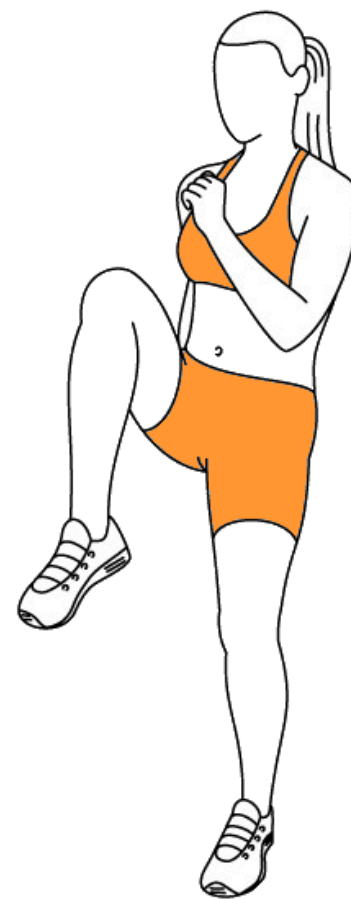
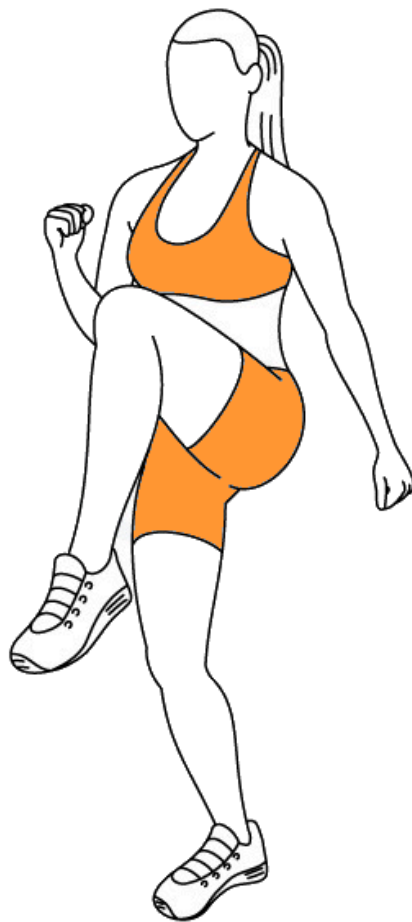
# RAINBOW ROAD



CROSS JACKS

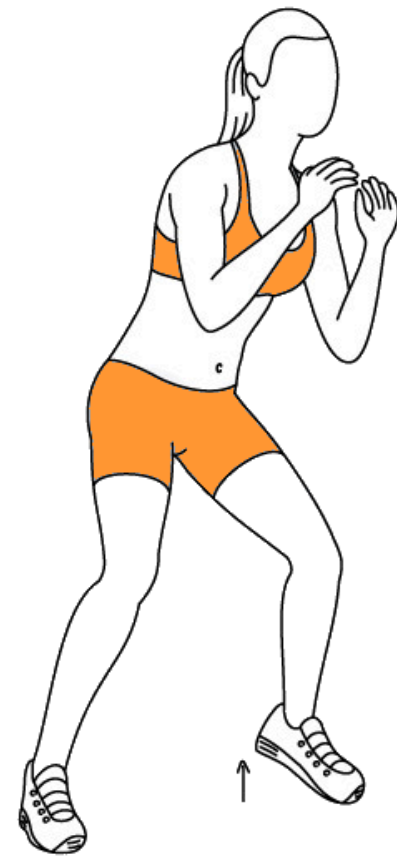


# RAINBOW ROAD



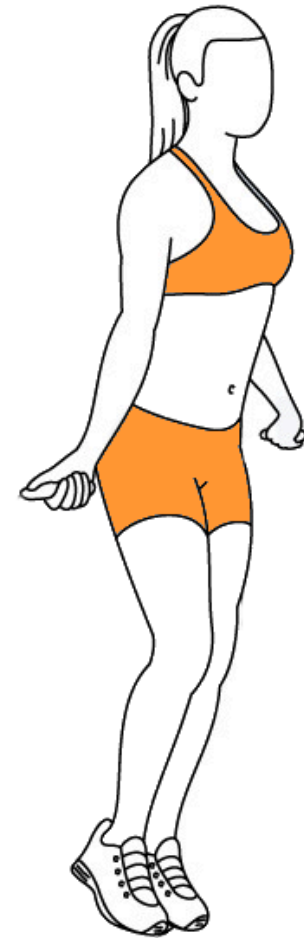
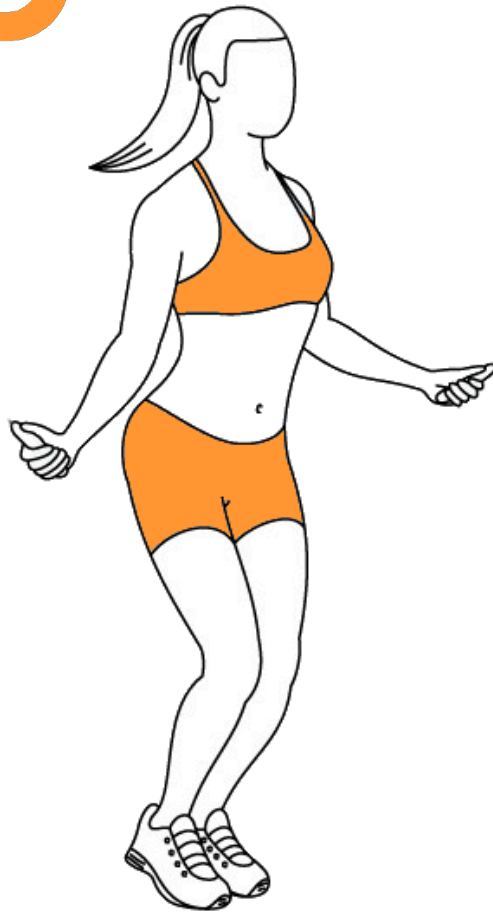
HIGH KNEES

# RAINBOW ROAD



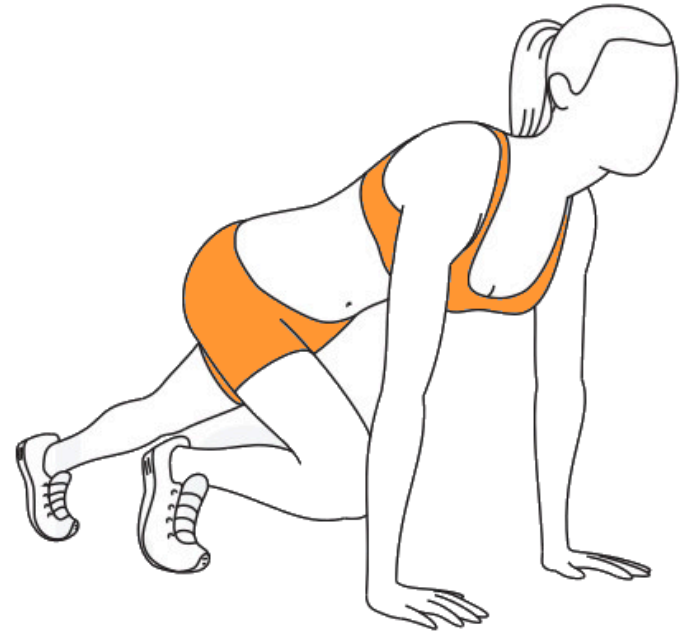
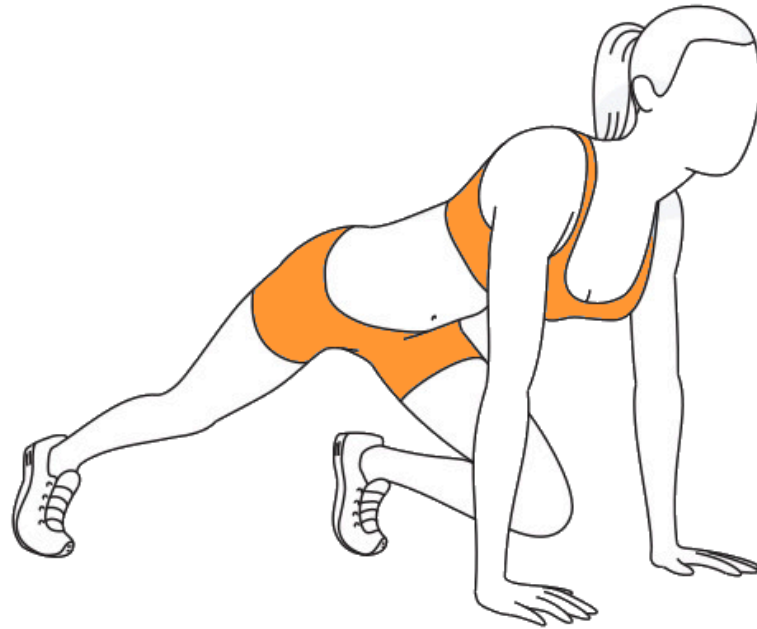
QUICK FEET

# RAINBOW ROAD



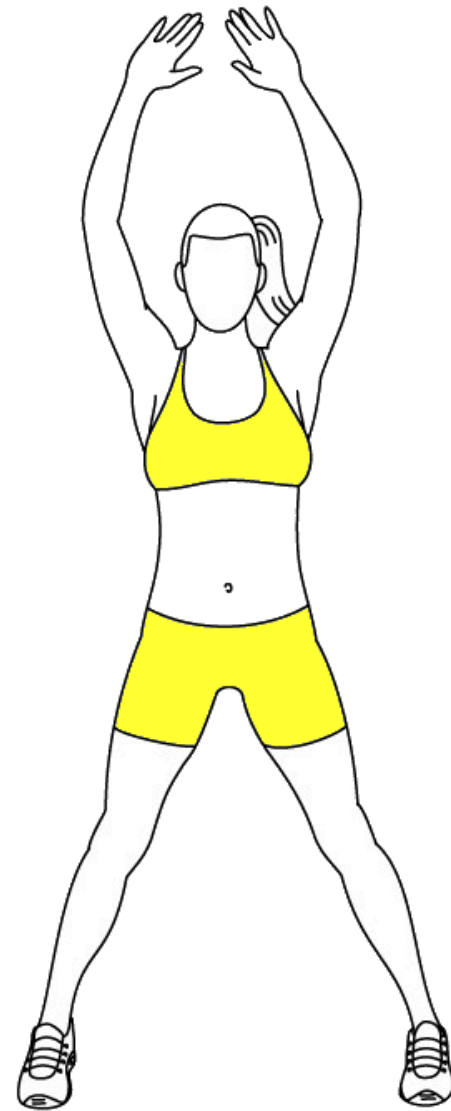
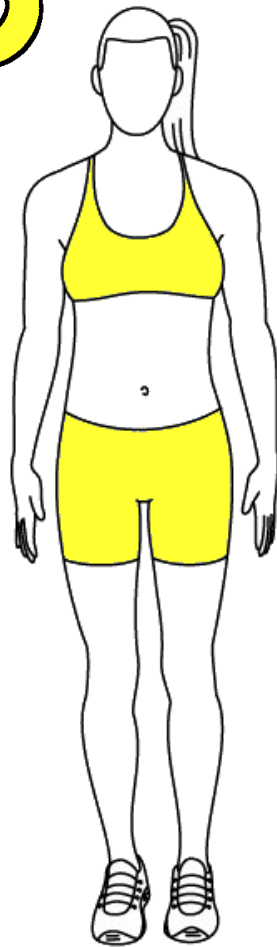
INVISIBLE JUMP ROPE

# RAINBOW ROAD



MOUNTAIN CLIMBERS

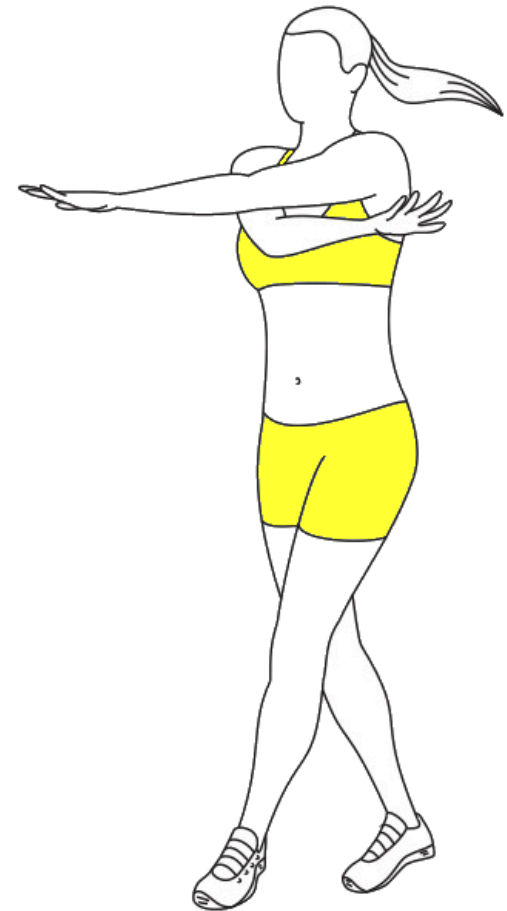
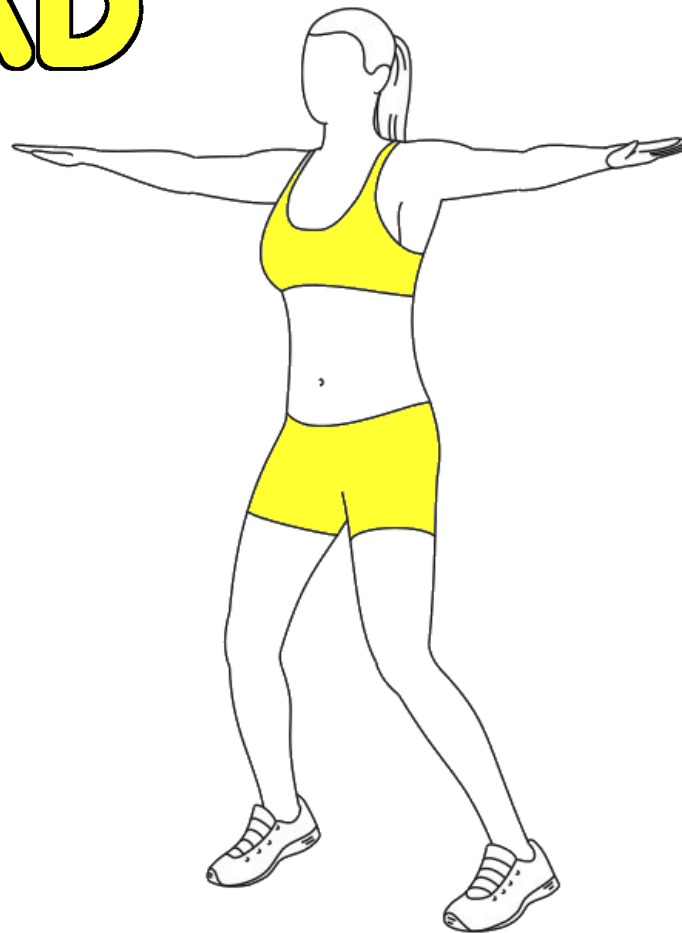
# RAINBOW ROAD



JUMPING

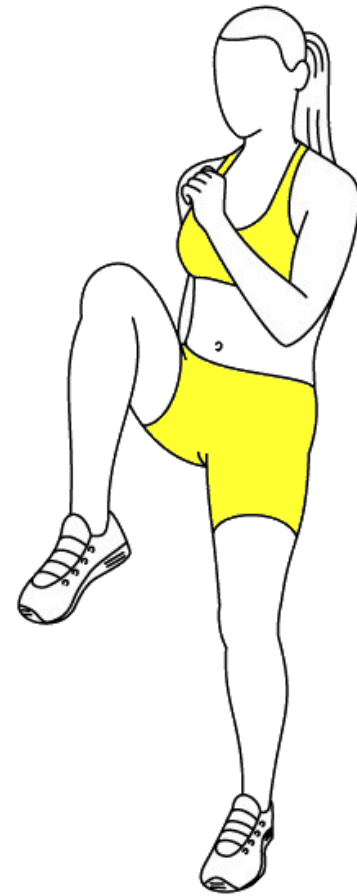
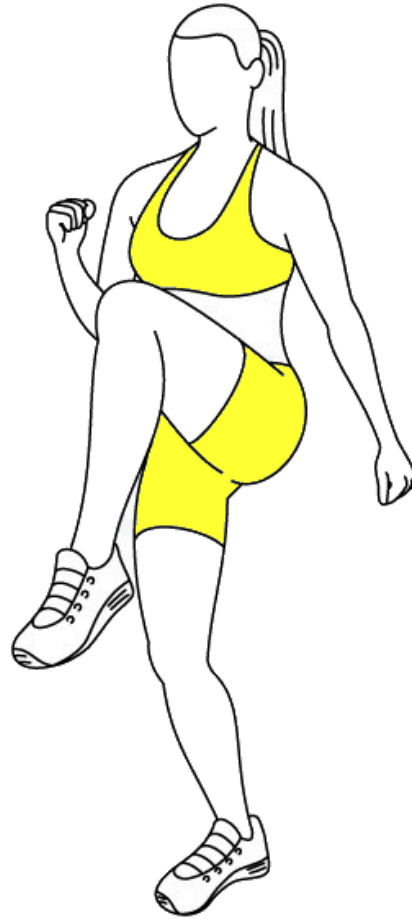
JACKS

# RAINBOW ROAD



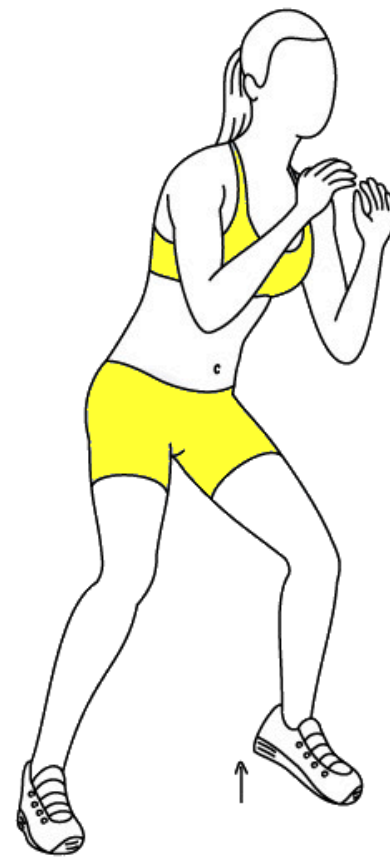
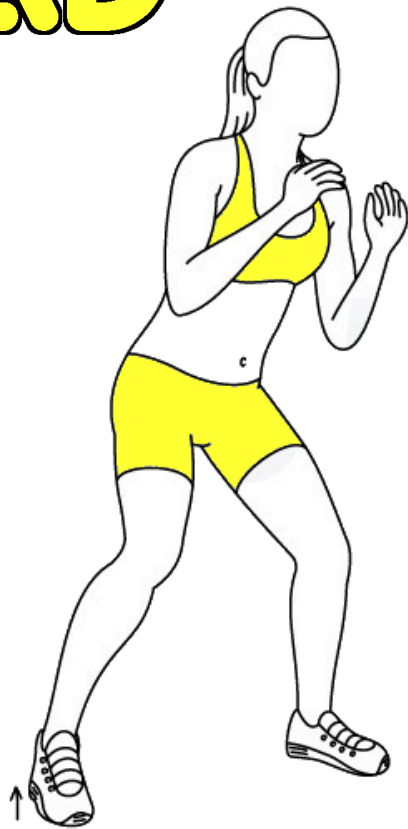
CROSS JACKS

# RAINBOW ROAD



HIGH KNEES

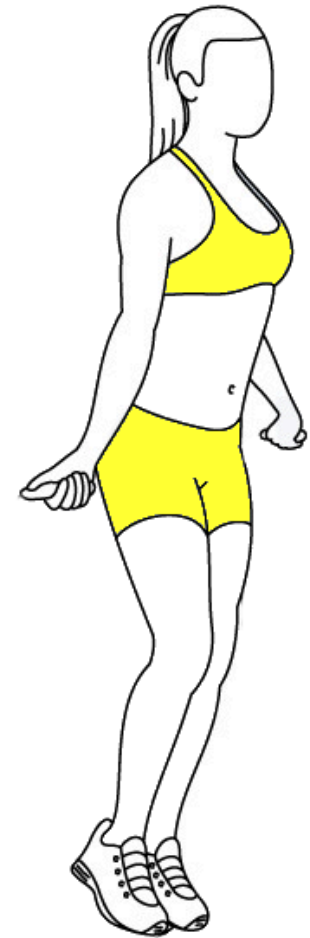
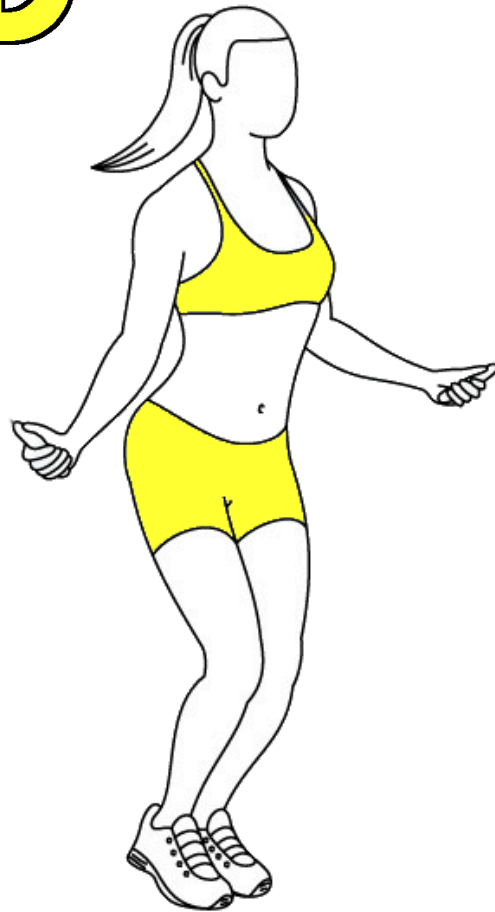
# RAINBOW ROAD



QUICK FEET

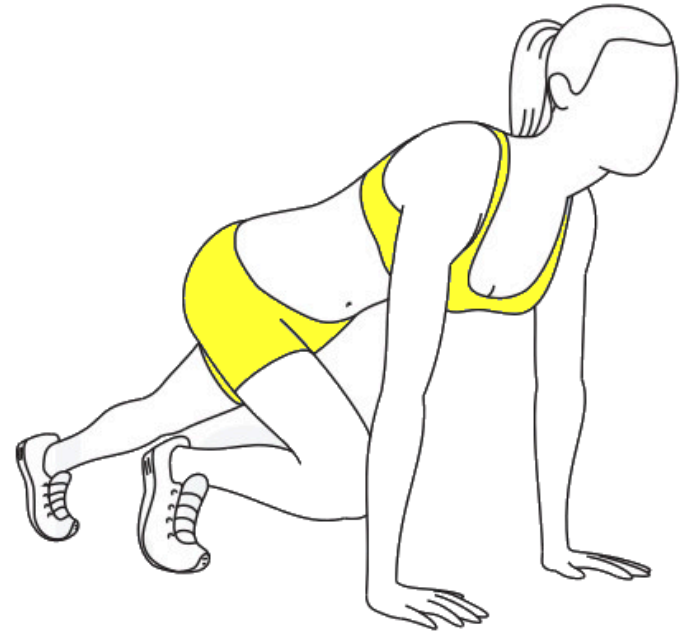
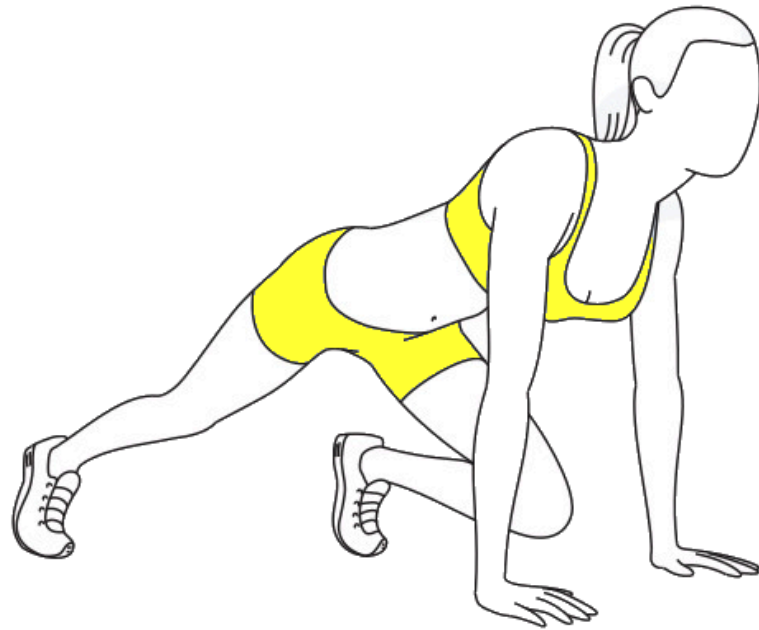


# RAINBOW ROAD



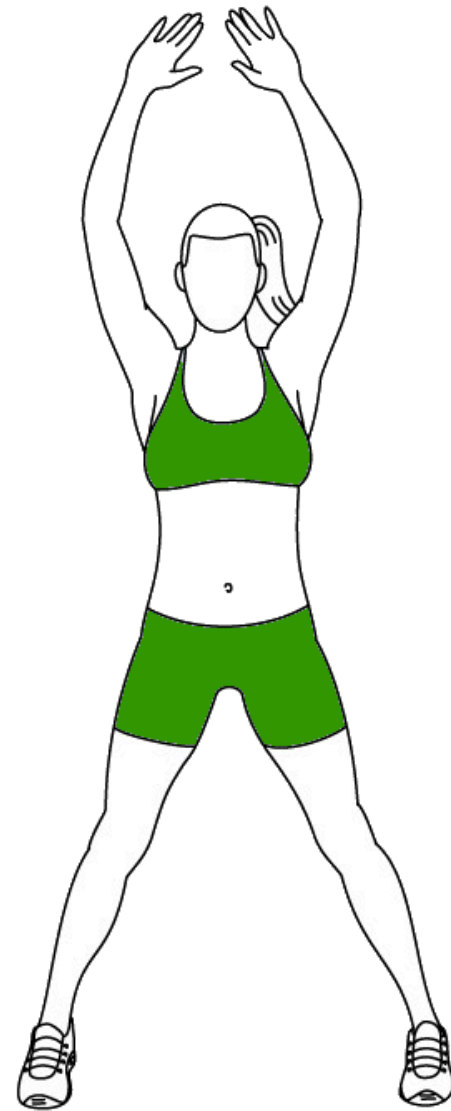
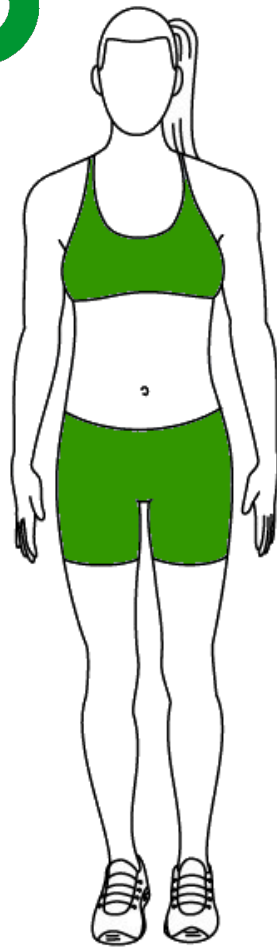
INVISIBLE JUMP ROPE

# RAINBOW ROAD



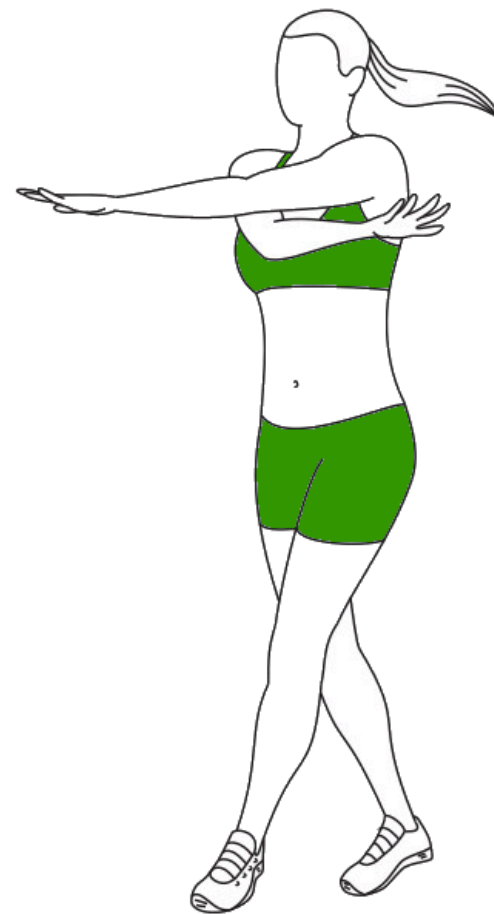
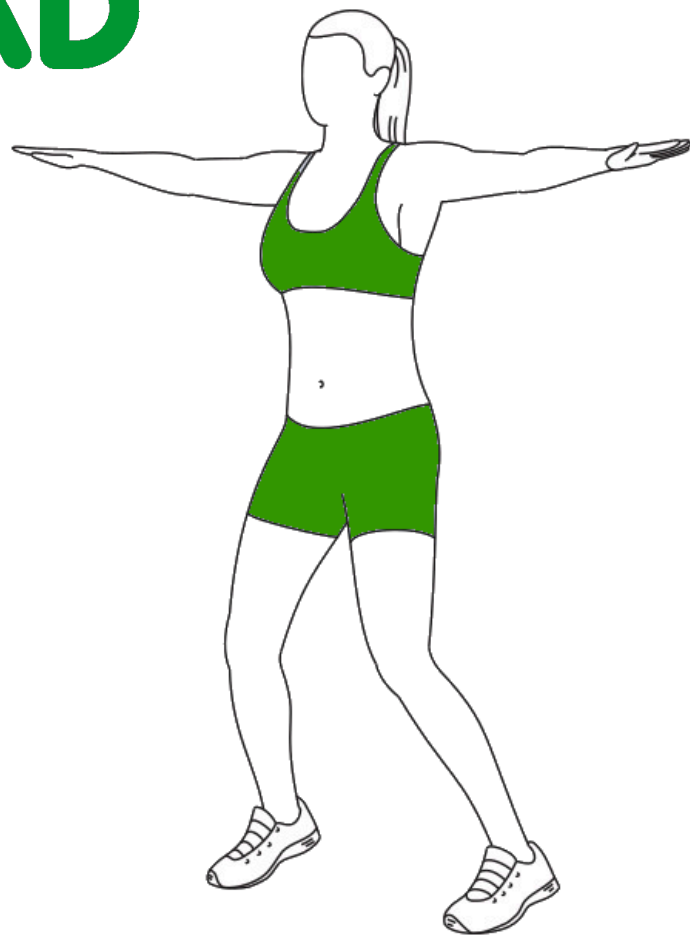
MOUNTAIN CLIMBERS

# RAINBOW ROAD



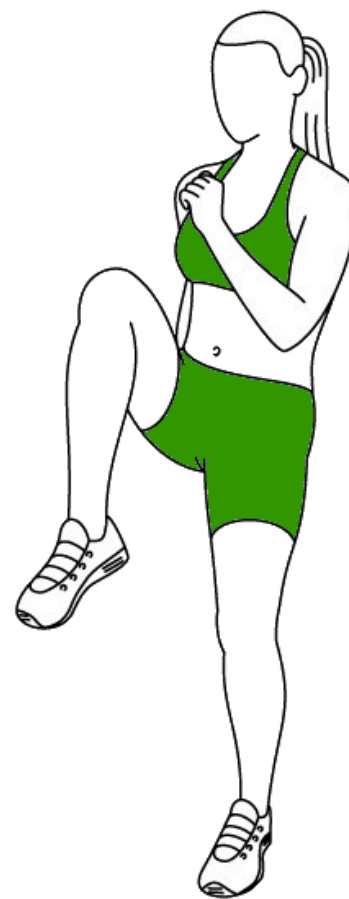
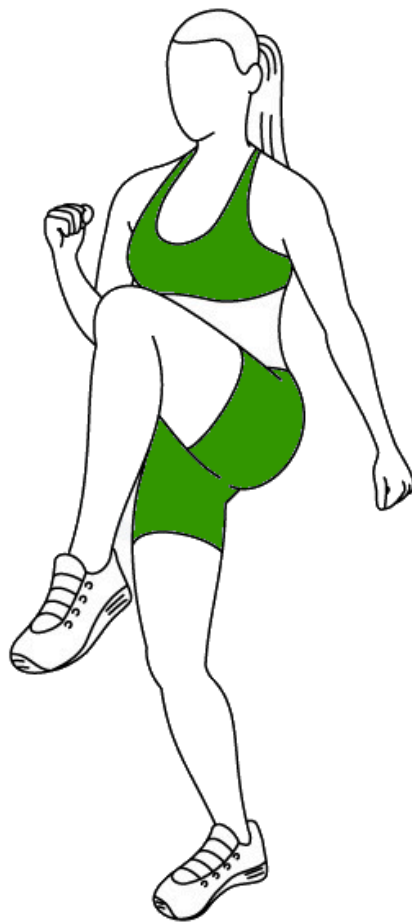
JUMPING JACKS

# RAINBOW ROAD



CROSS JACKS

# RAINBOW ROAD



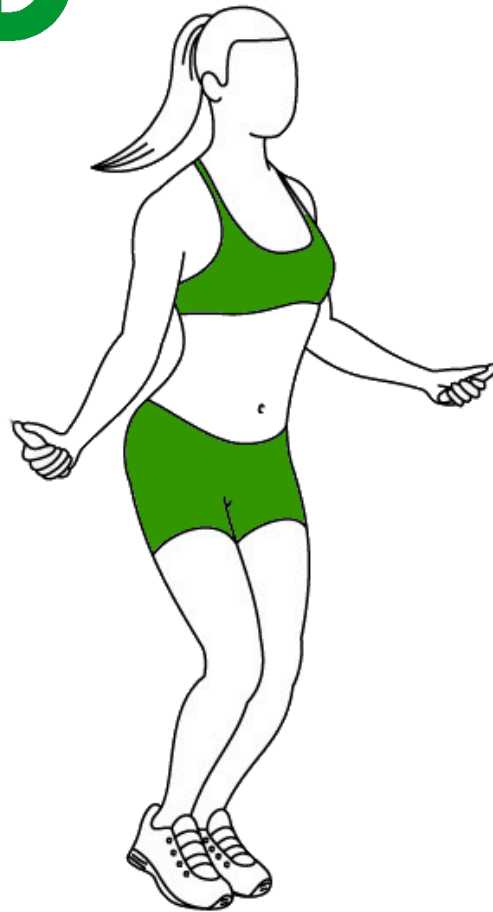
HIGH KNEES

# RAINBOW ROAD



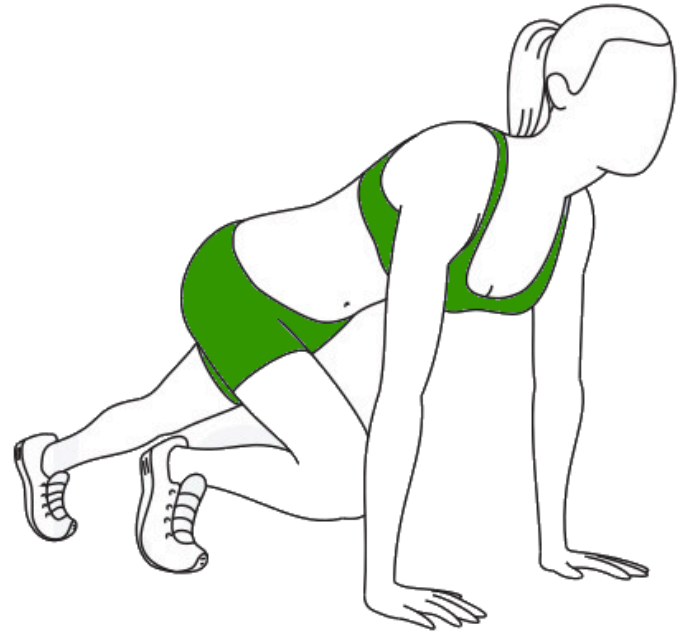
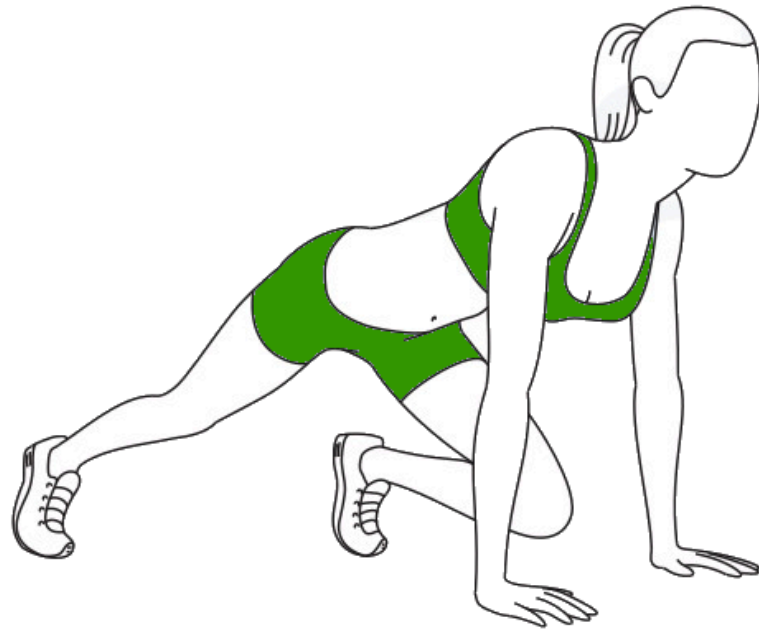
QUICK FEET

# RAINBOW ROAD



INVISIBLE JUMP ROPE

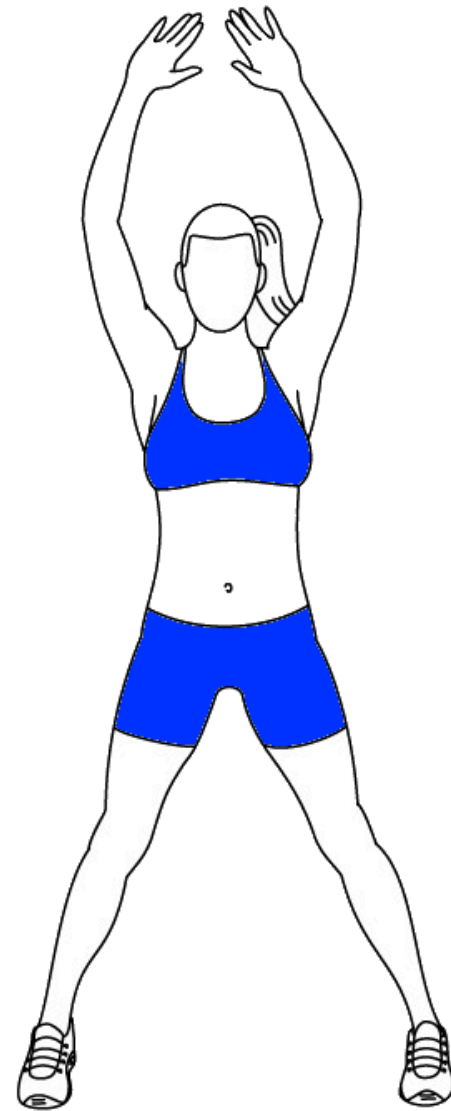
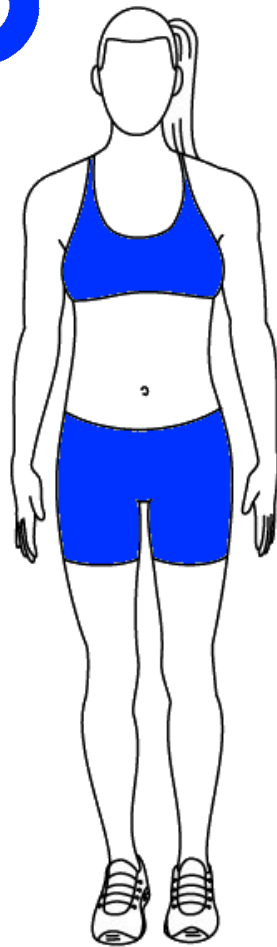
# RAINBOW ROAD



MOUNTAIN CLIMBERS

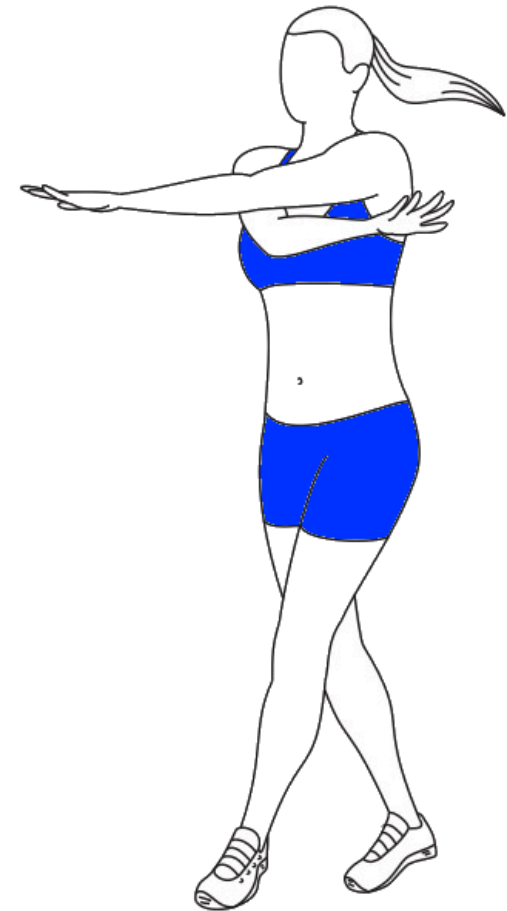
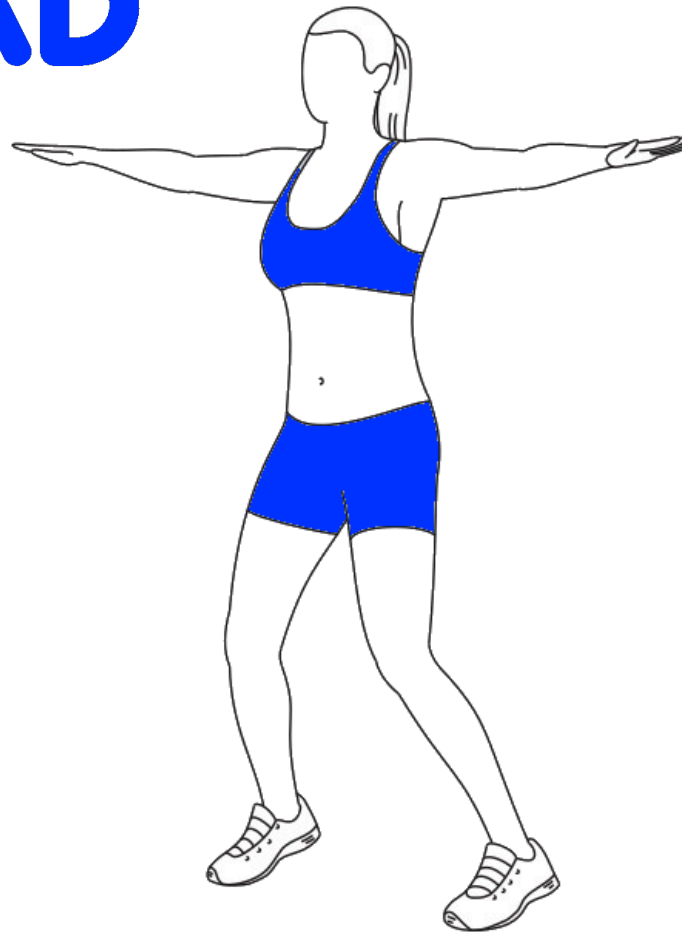


# RAINBOW ROAD



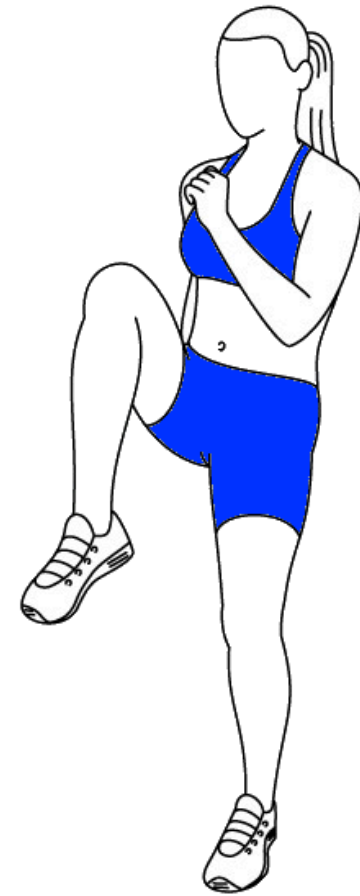
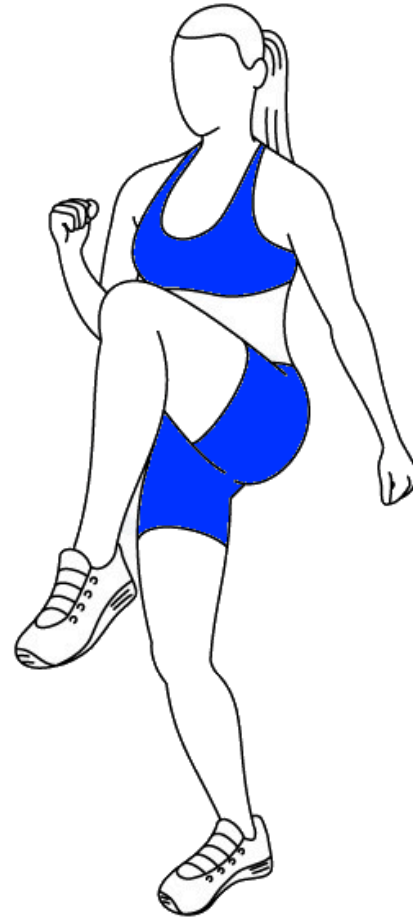
JUMPING JACKS

# RAINBOW ROAD



CROSS JACKS

# RAINBOW ROAD



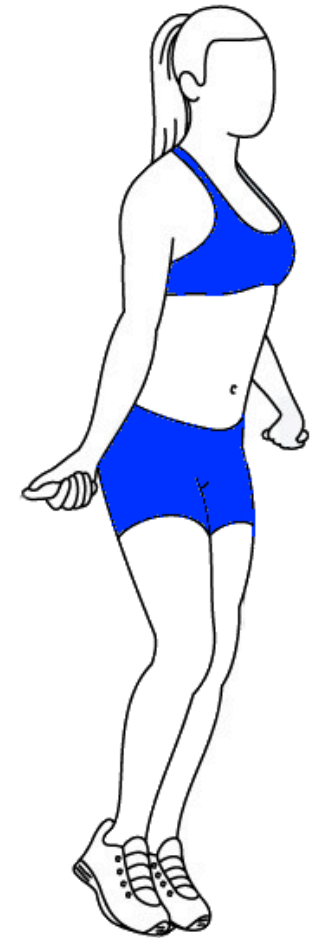
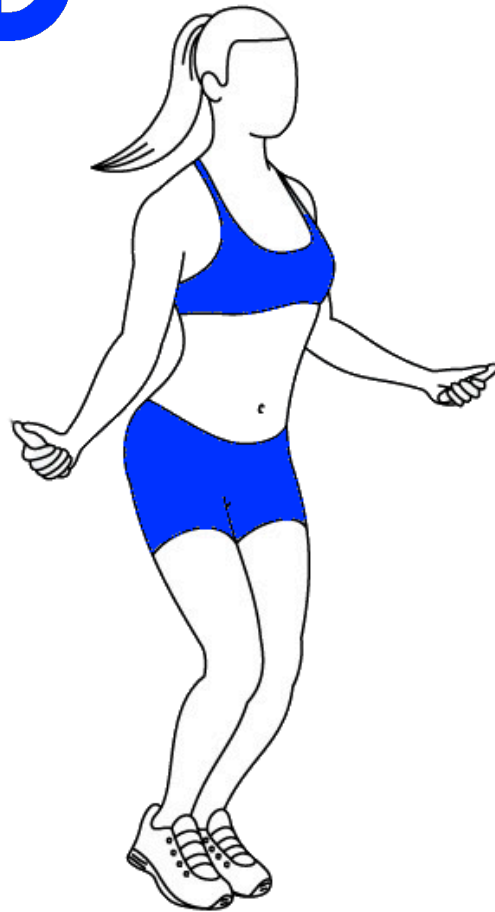
**H I G H   K N E E S**

# RAINBOW ROAD



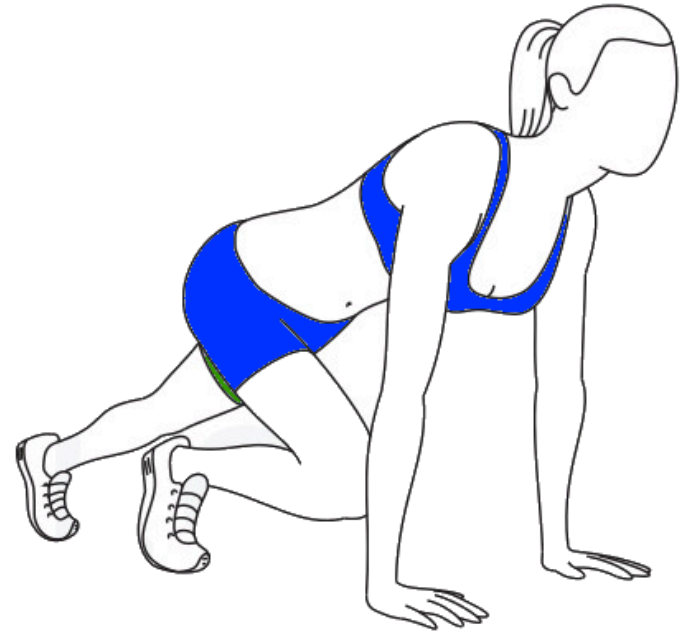
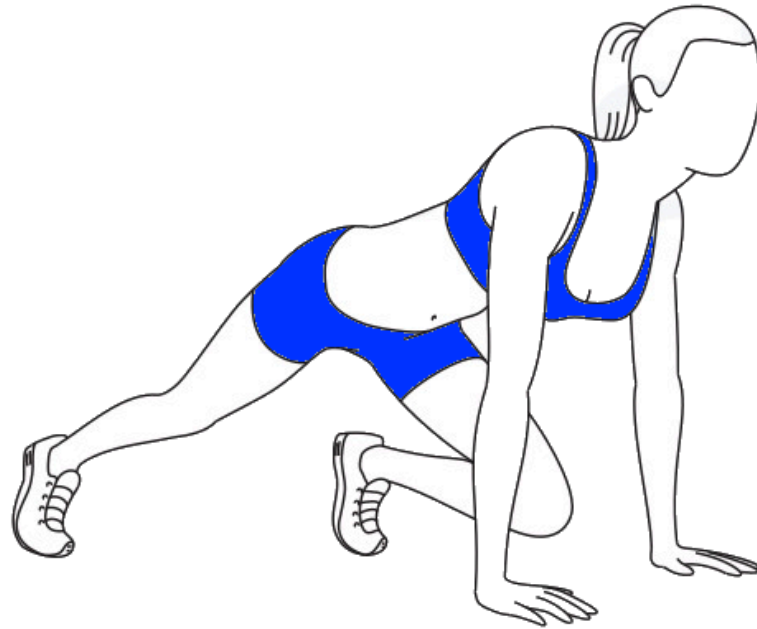
QUICK FEET

# RAINBOW ROAD



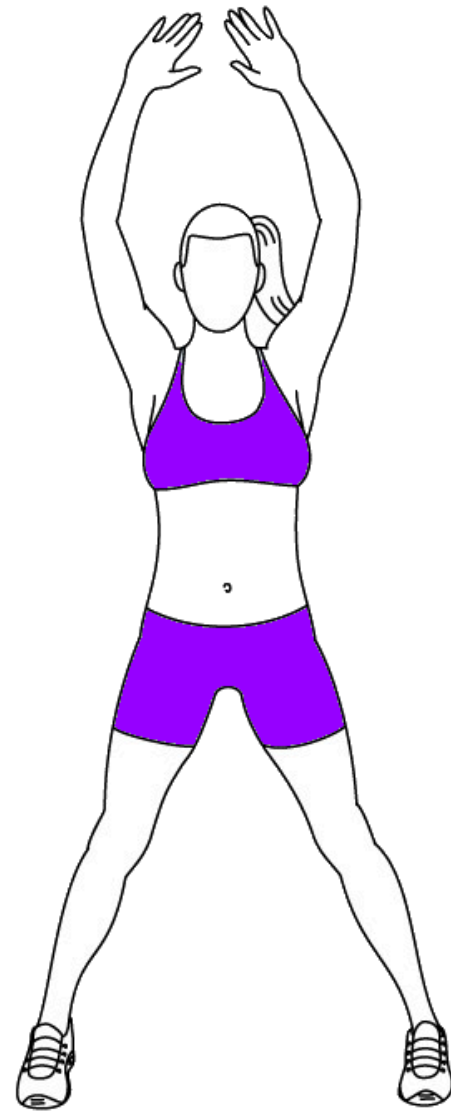
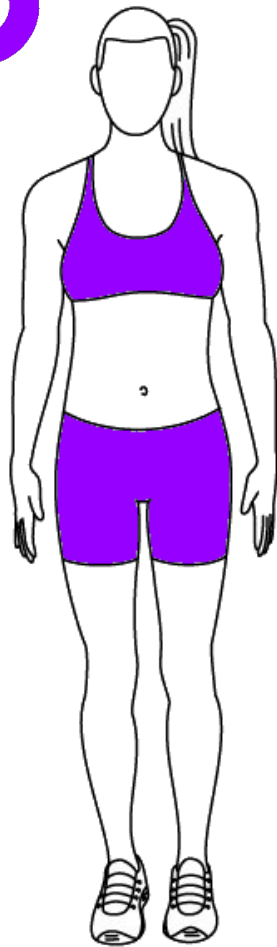
INVISIBLE JUMP ROPE

# RAINBOW ROAD



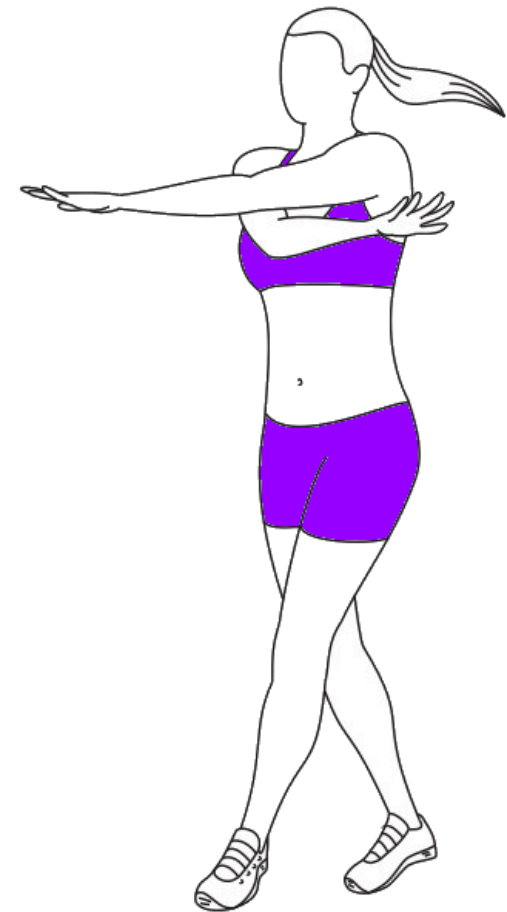
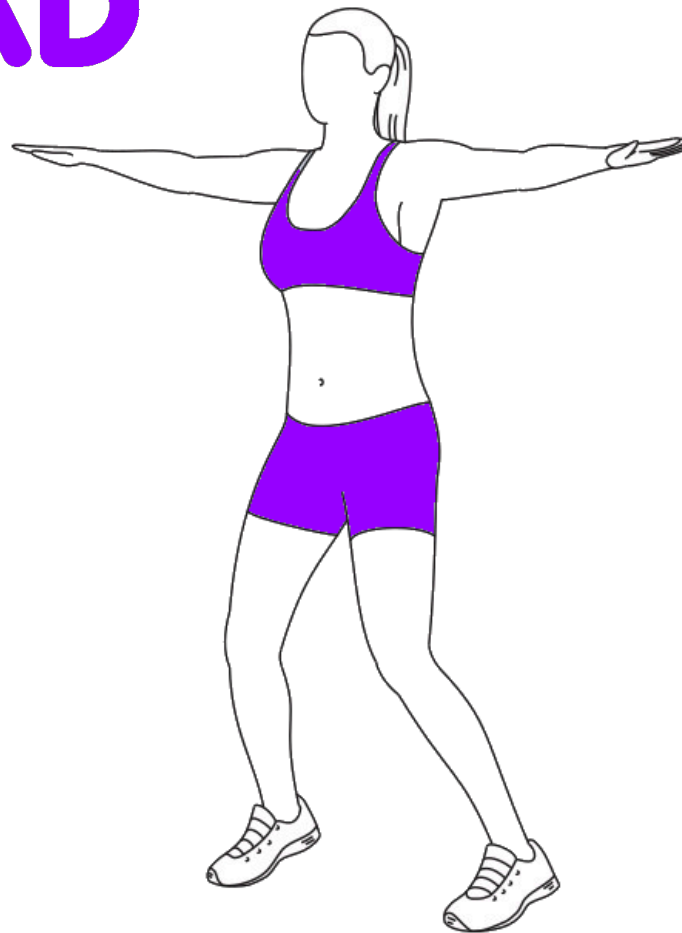
MOUNTAIN CLIMBERS

# RAINBOW ROAD



JUMPING JACKS

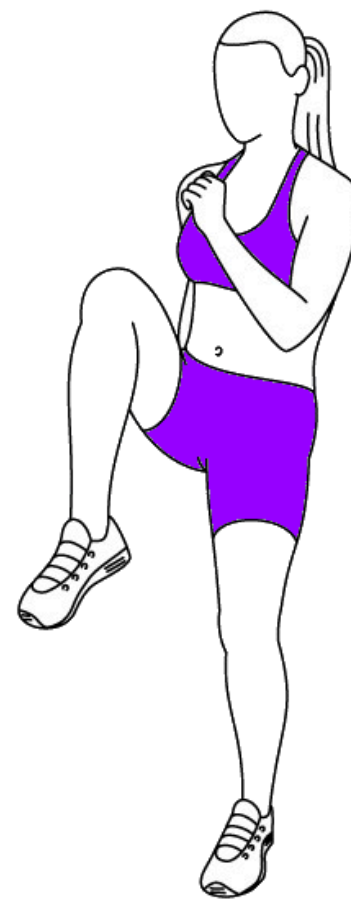
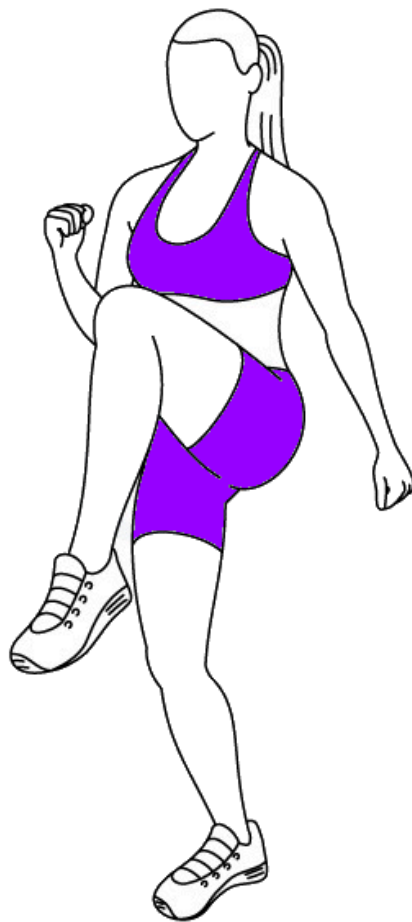
# RAINBOW ROAD



CROSS JACKS



# RAINBOW ROAD



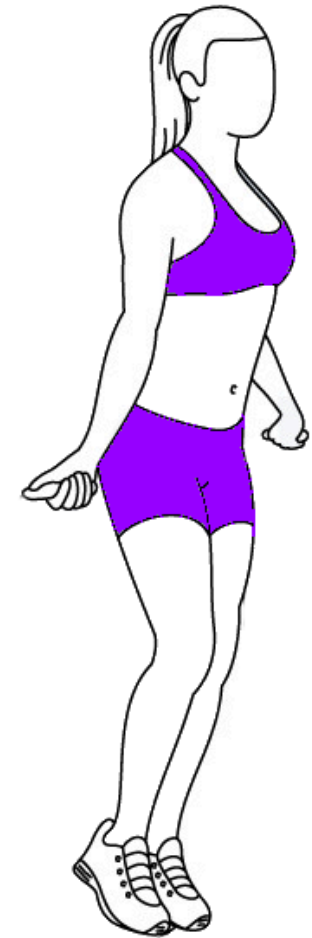
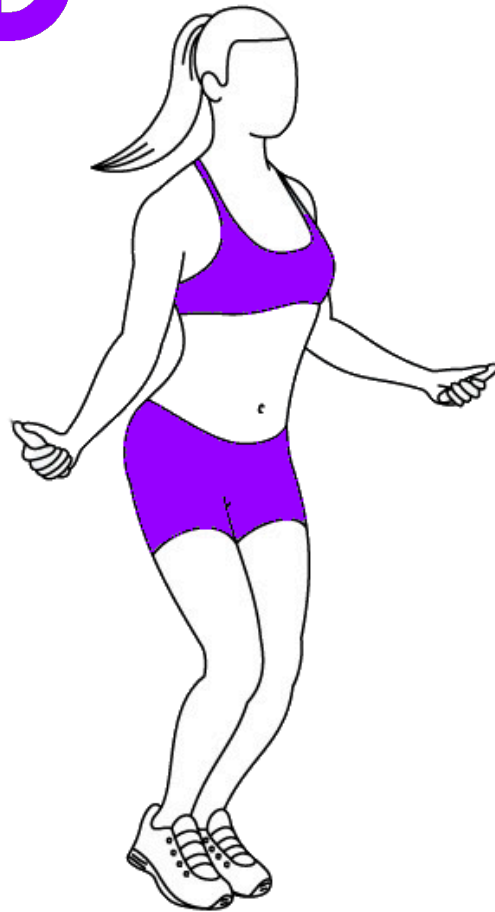
HIGH KNEES

# RAINBOW ROAD



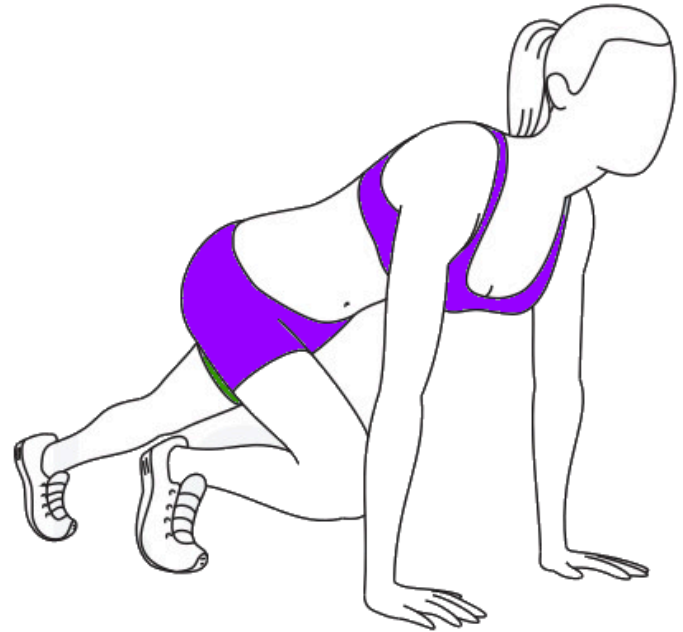
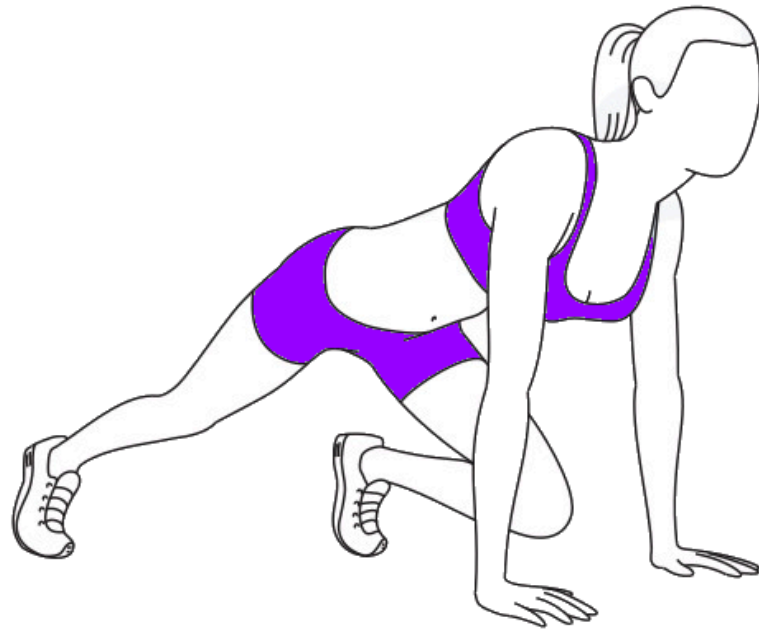
QUICK FEET

# RAINBOW ROAD



INVISIBLE JUMP ROPE

# RAINBOW ROAD



MOUNTAIN CLIMBERS