



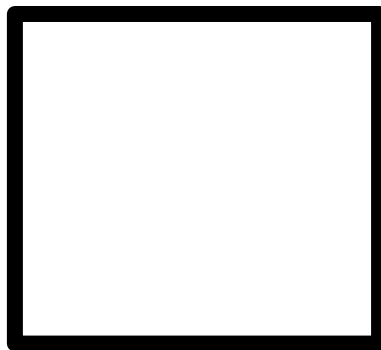
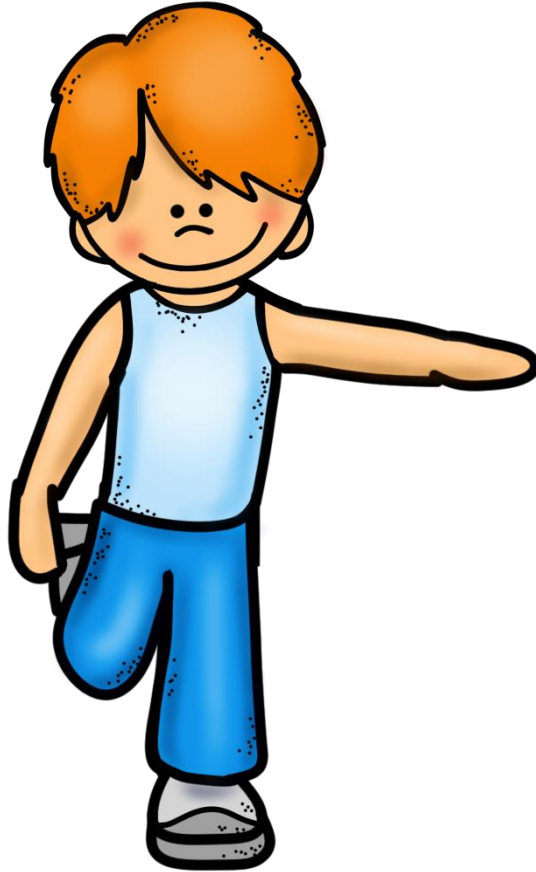
# PE Stations



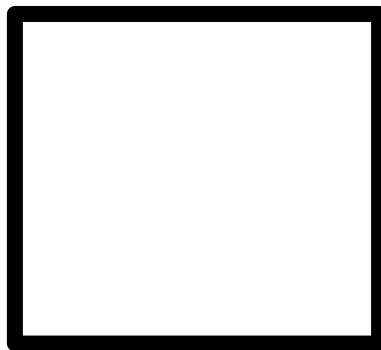
# Knee Bends



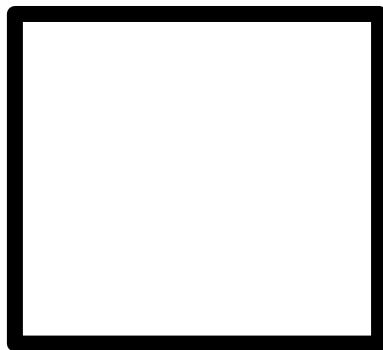
# Quad Stretches



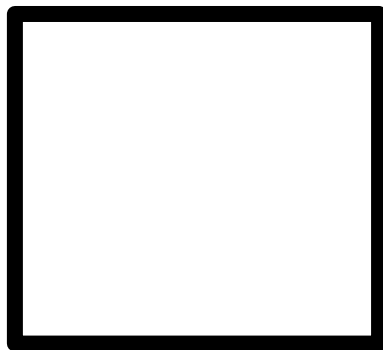
# Push Ups



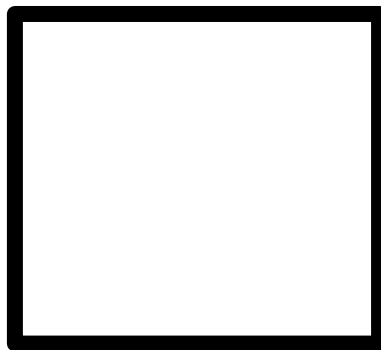
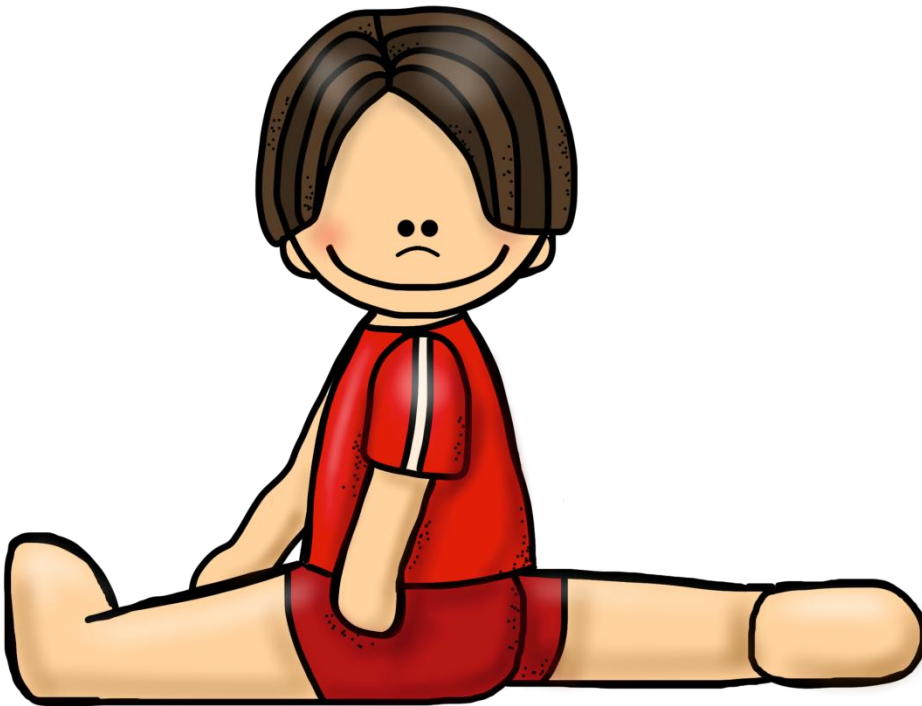
# Side Lunges



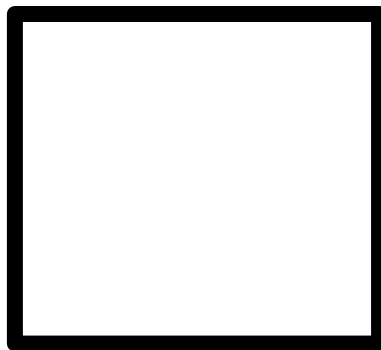
# Overhead Squats



# Splits



# Side Stretches

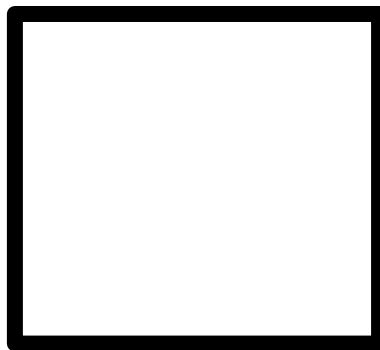




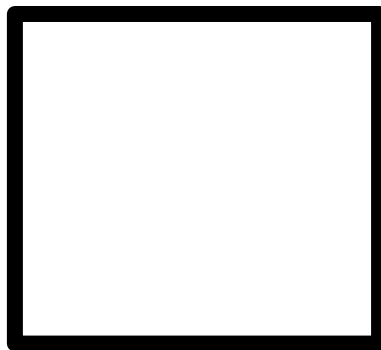
# Leg Stretches



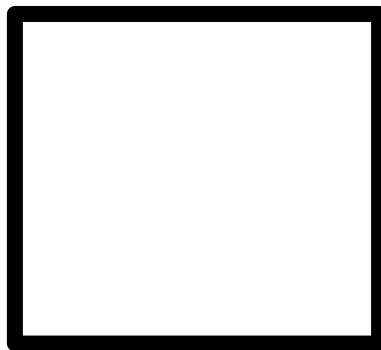
# Star Jumps



# Leg Lifts



# Sumo Squats



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