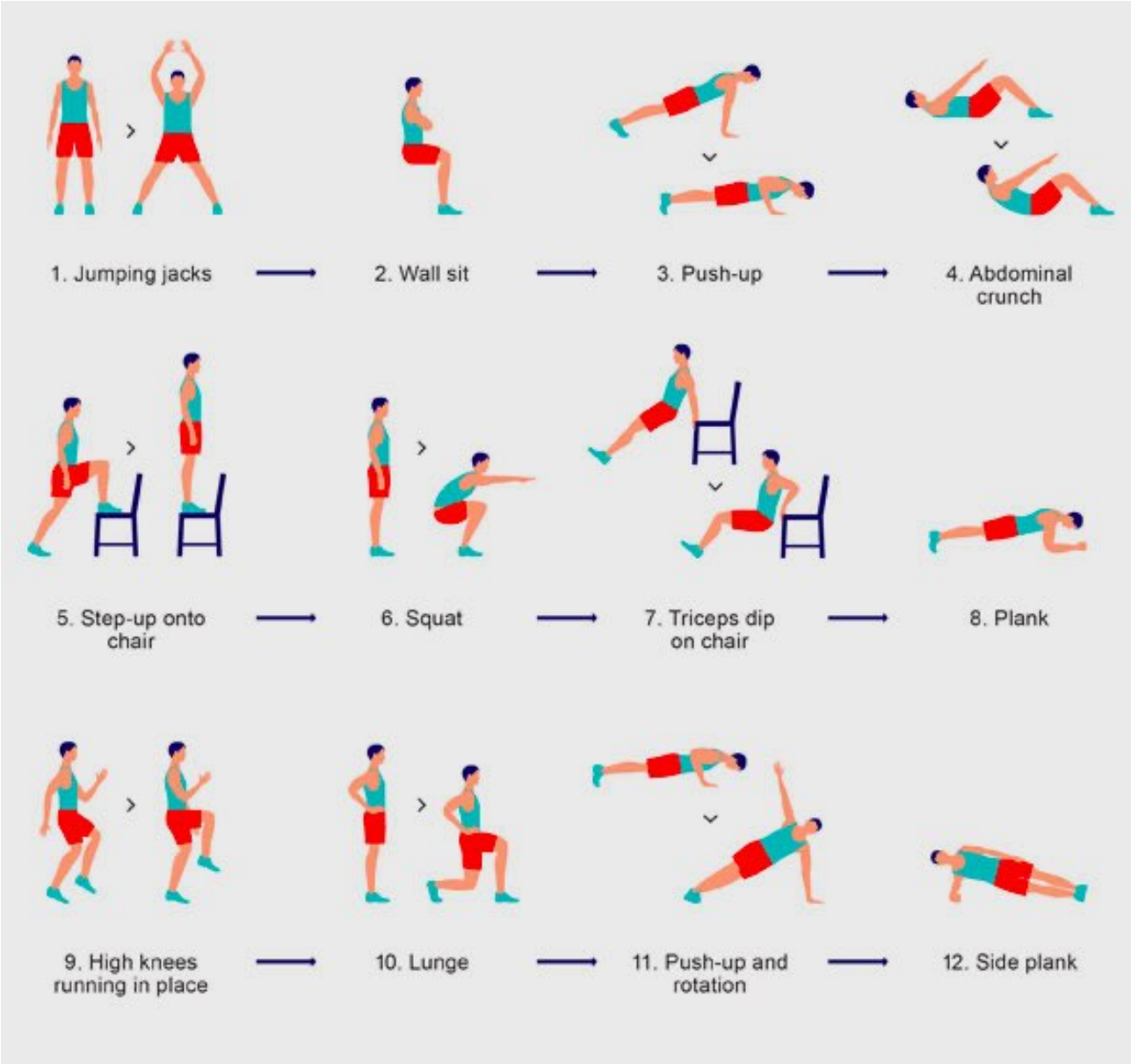
1. Jumping jacks
2. Wall sit
3. Push-up
4. Abdominal crunch
5. Step-up onto chair
6. Squat
7. Triceps dip on chair
8. Plank
9. High knees running in place
10. Lunge
11. Push-up and rotation
12. Side plank