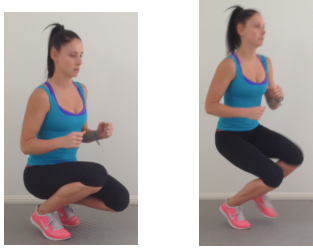



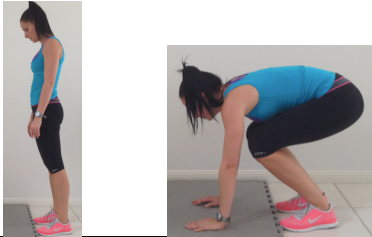









# Primal Instinct

Exercise	Starting	Finish
A1- Duck Walk		
A2- Bird Dog		
A3- Inchworm		
A4- Seal Jumps		
A5- Frog Jumps		
A6- Bear Crawl		
A7- Emu Diving	