



PHYSICAL EDUCATION WARM UP CIRCUIT



STAR JUMPS



JOG ON THE SPOT



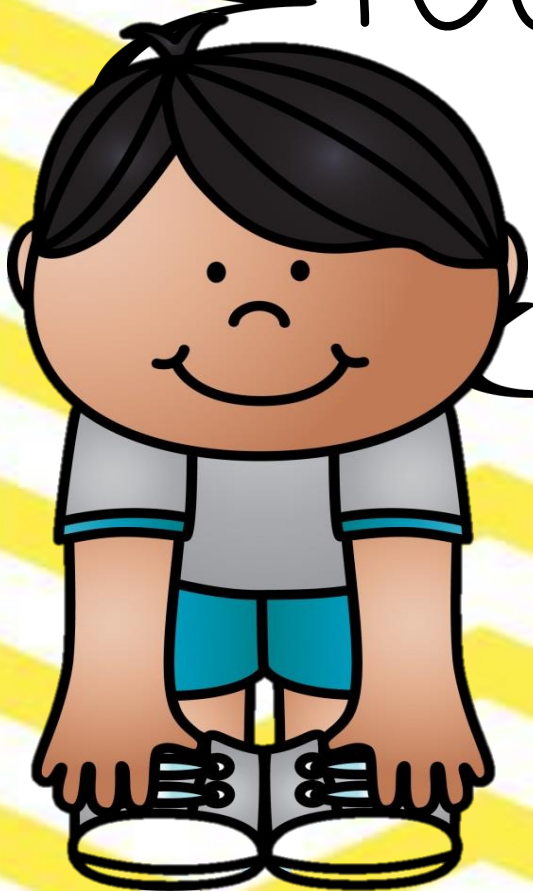
PUSH-UPS



SIT-UPS



TOUCH YOUR TOES



HOP ON ONE FOOT



thanks

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credits

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