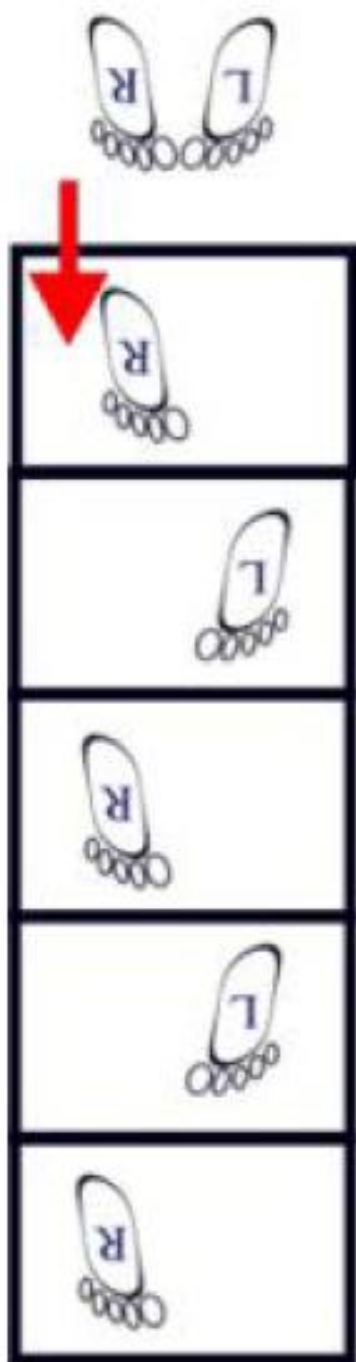


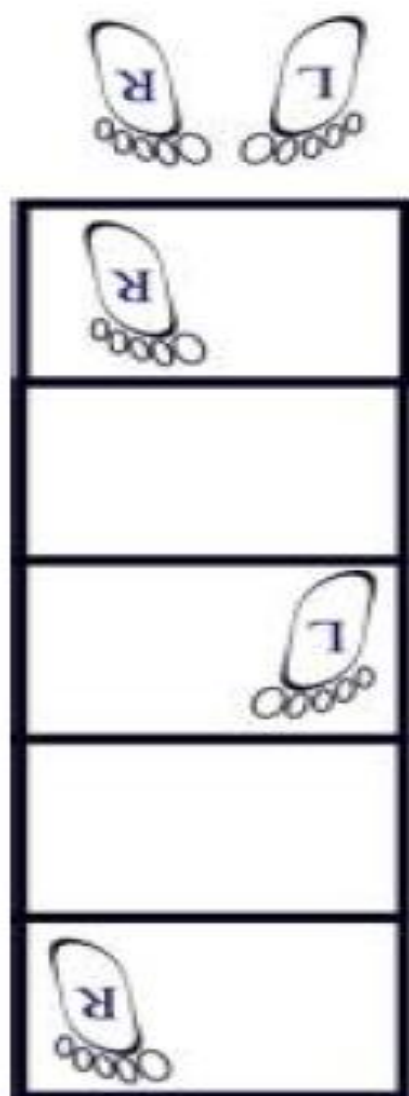
XLathlete.com



1 Foot In – Forward and Backward 2 times

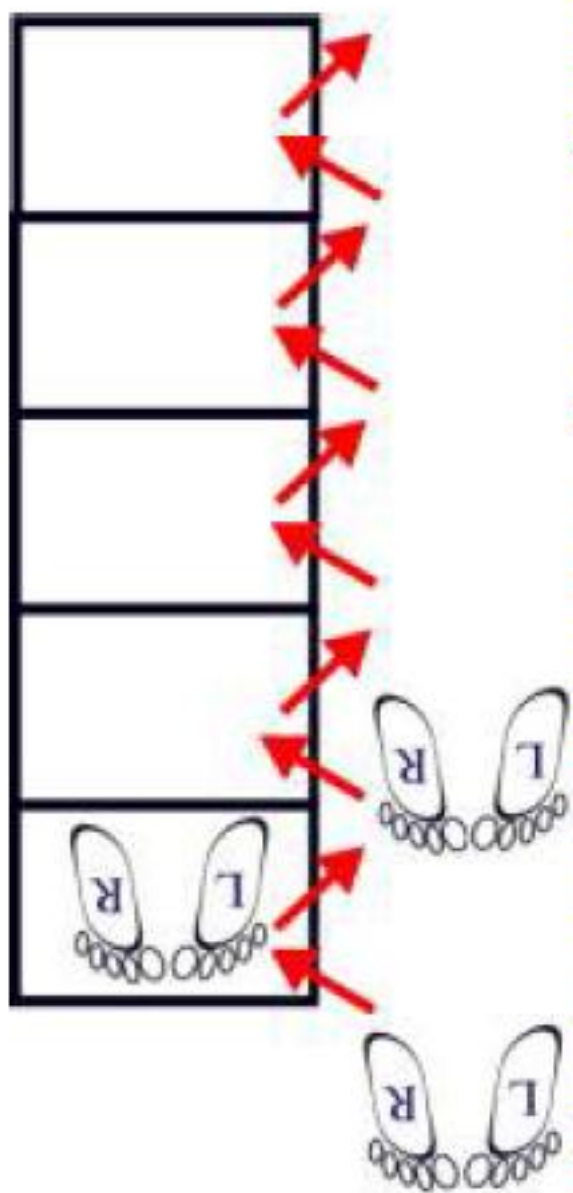
XLathlete.com

One Foot Every Other Square - Forward and Backward

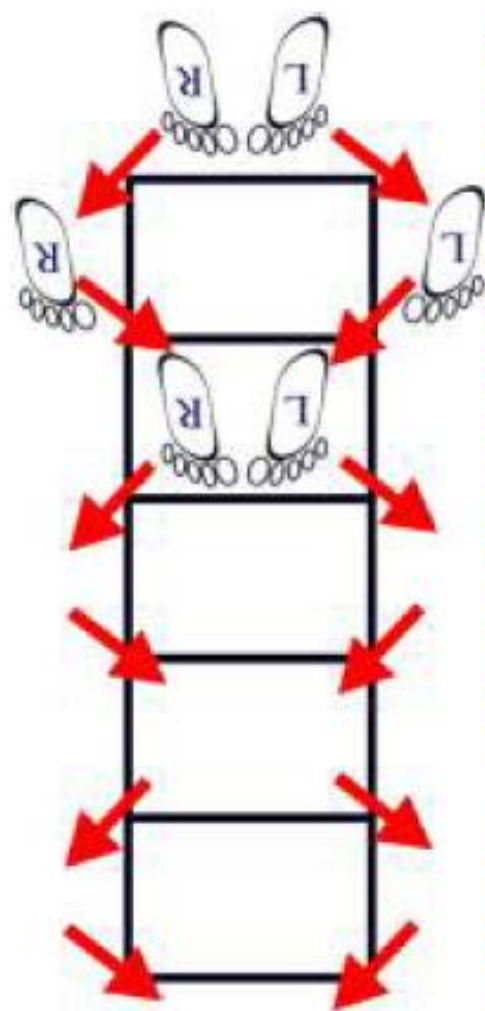


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2 In 2 Out (Left Side) – Backward and Forward

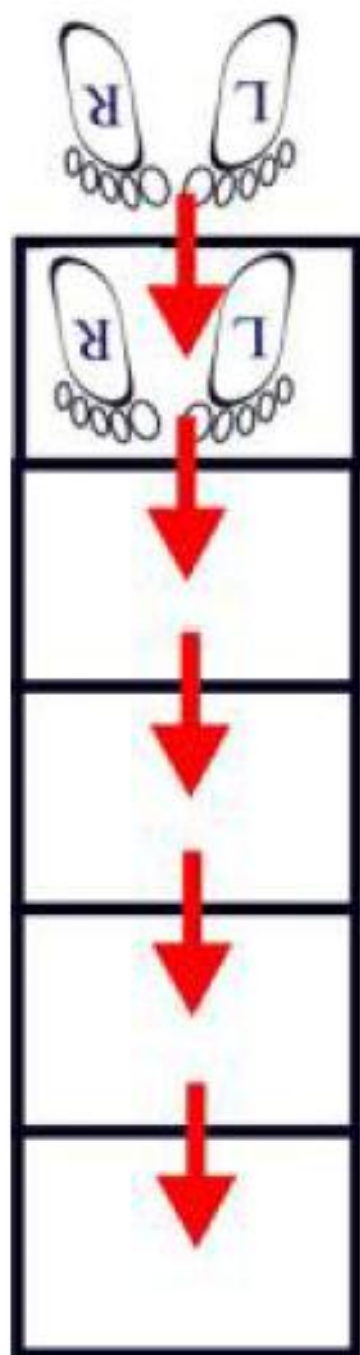


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3) Jumping Jacks For Power – Forward and Backward

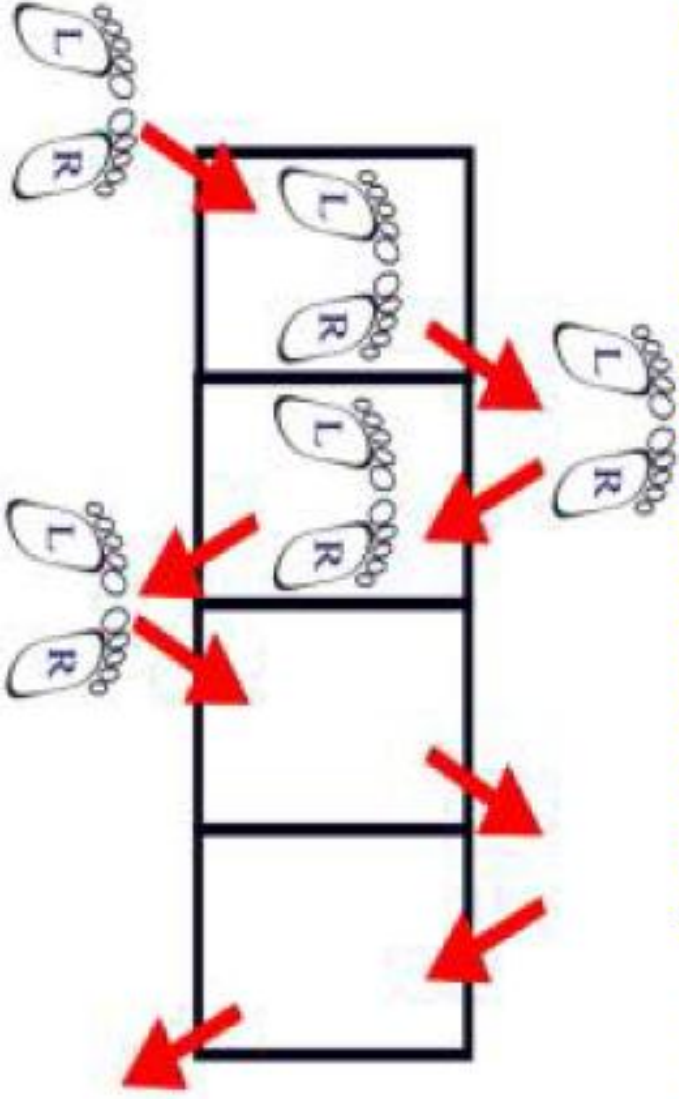
XLathlete.com



Two Feet Every Square – Forward and Backward

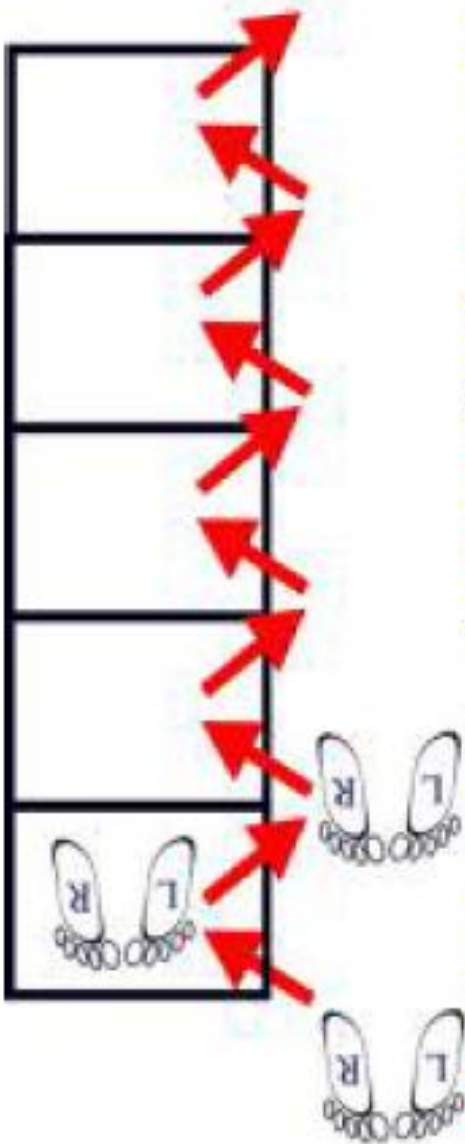
XLathlete.com

) 2 In 2 Out (Forward/Backward) – Left and Right

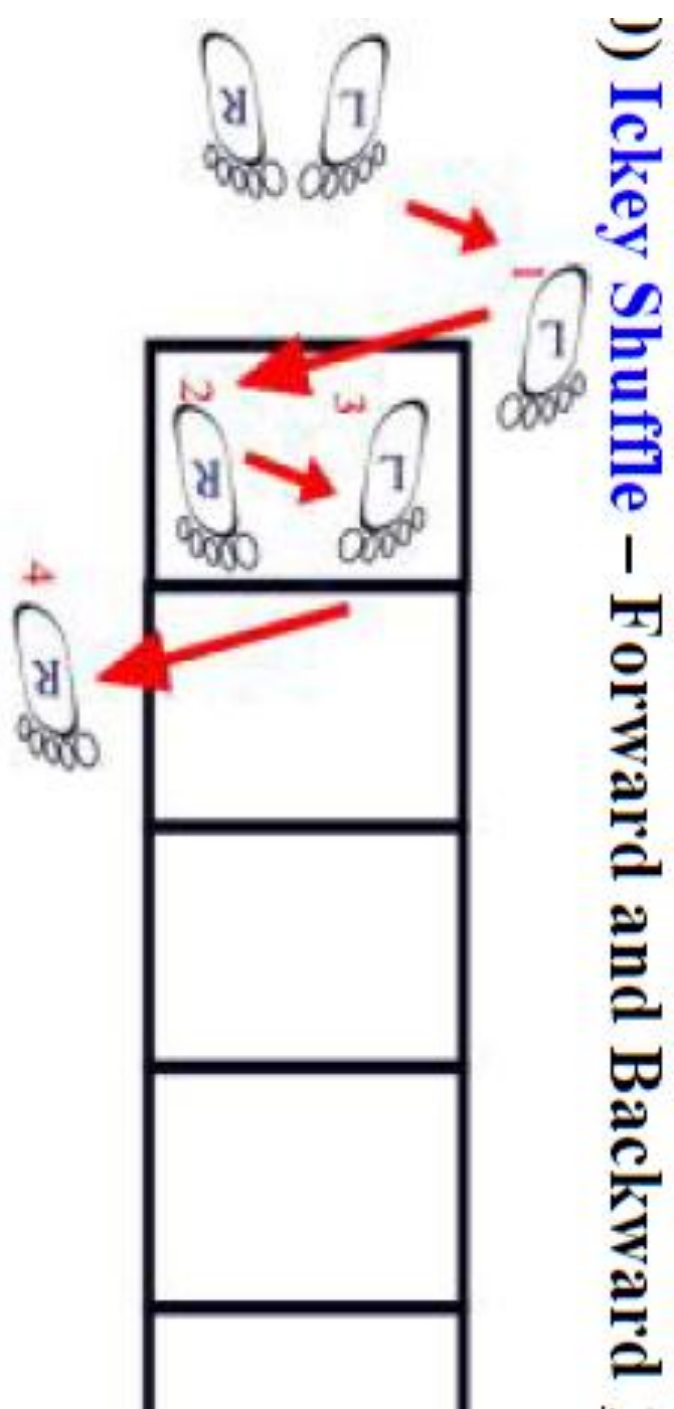


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2 In 2 Out (Right Side) - Backward and Forward

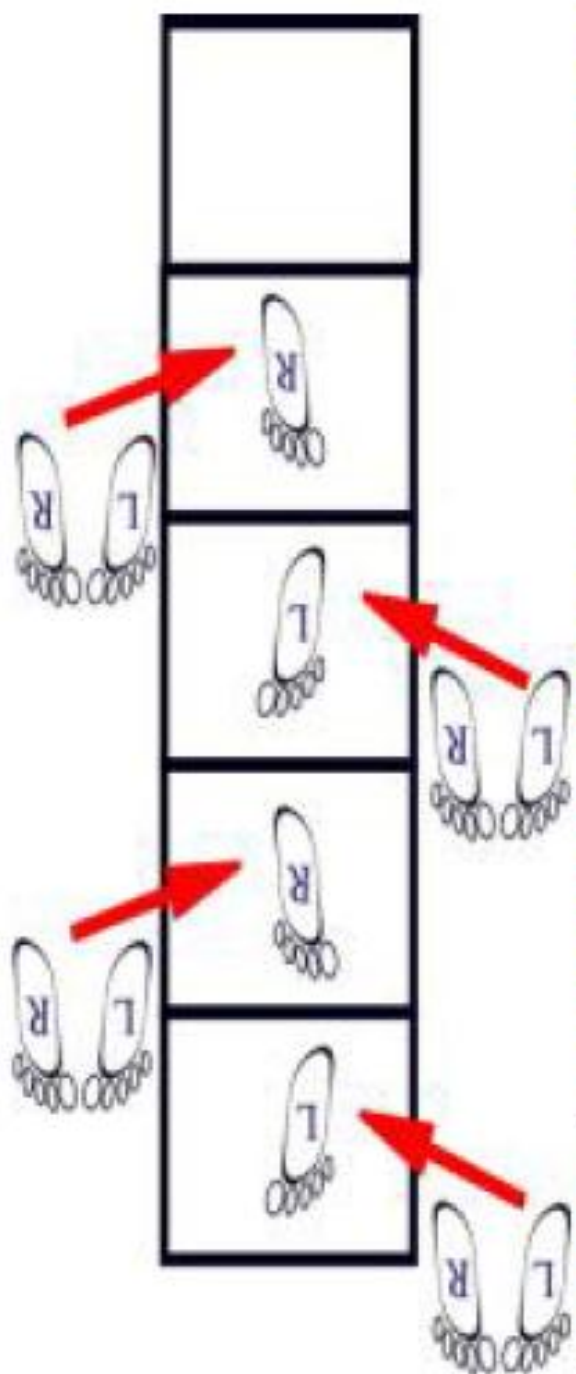


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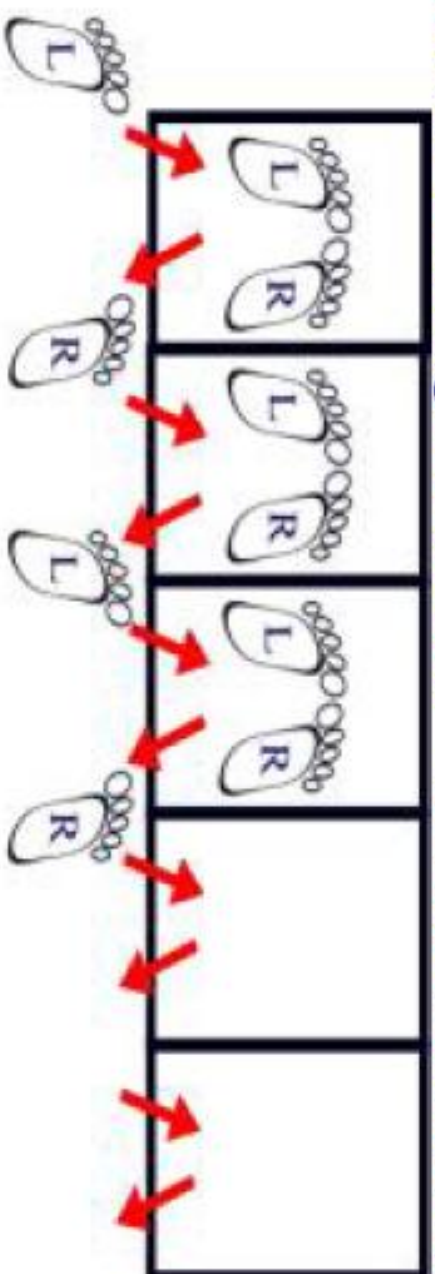
XLathlete.com

Outside Foot In Behind – Backward 2 Times

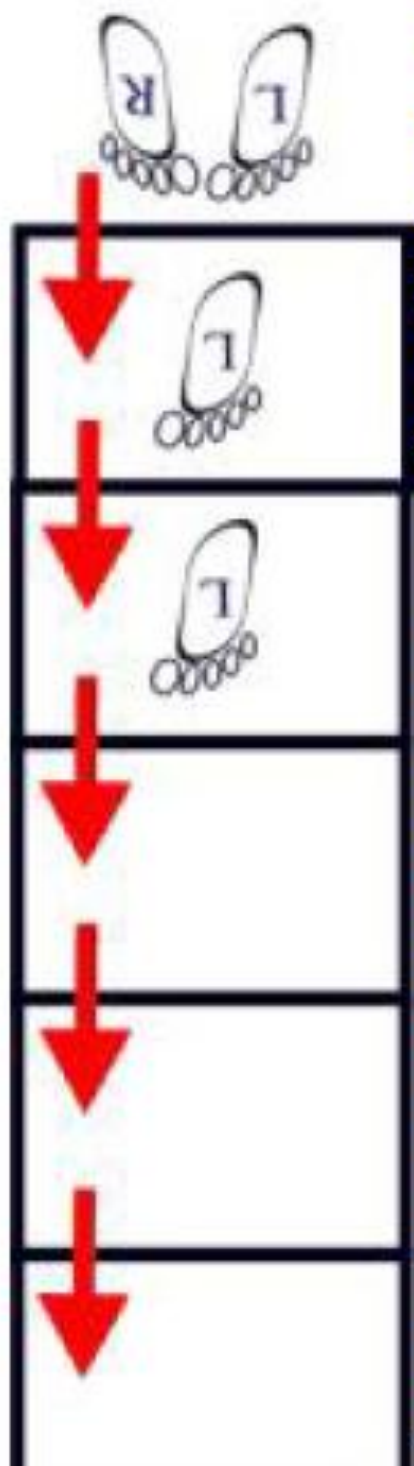


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) 2 In 1 Out Right and Left – Forward and Backward

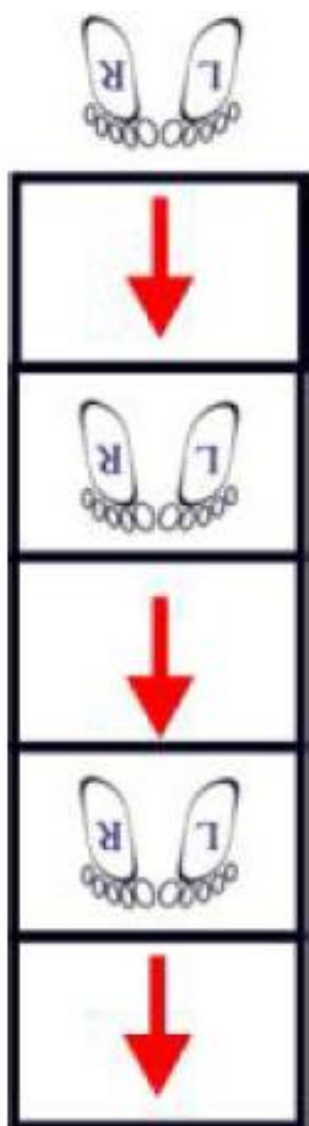


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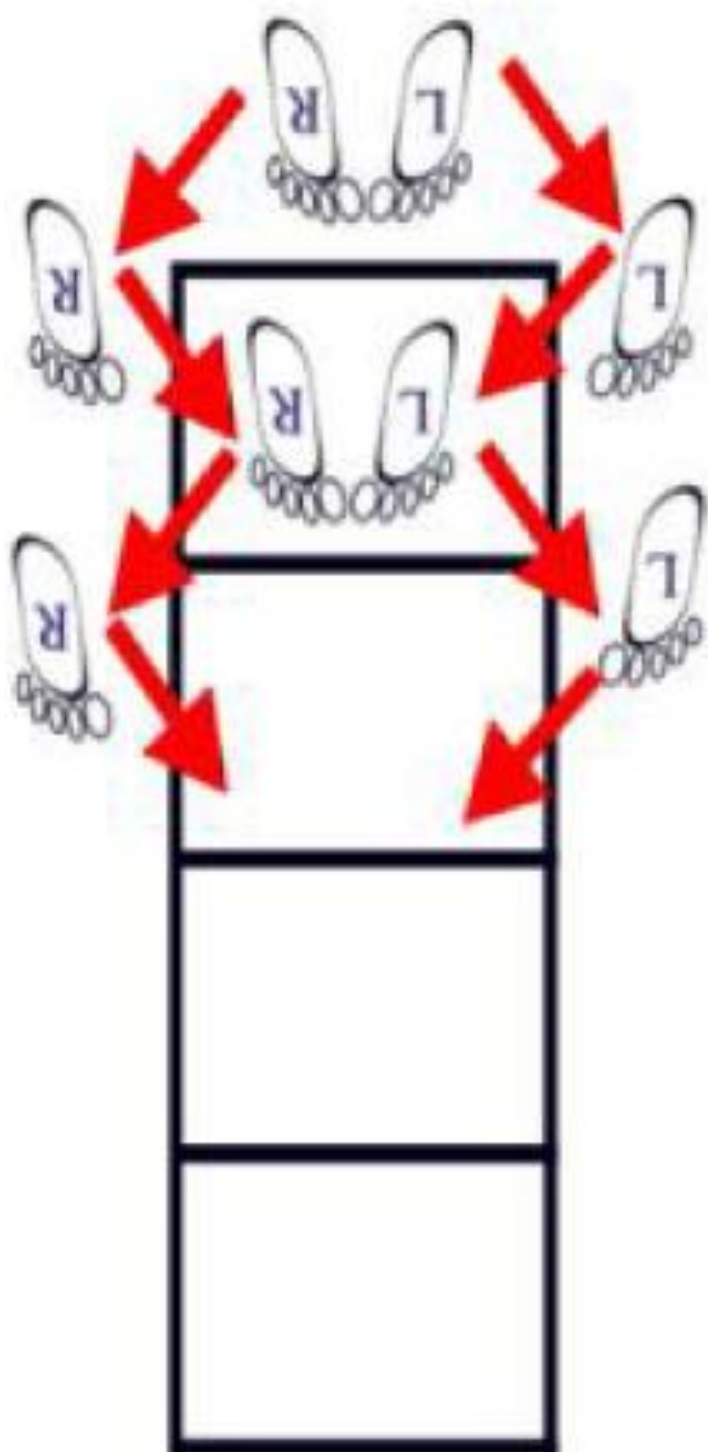
One Leg Hops – Forward and Backward,

XLathlete.com



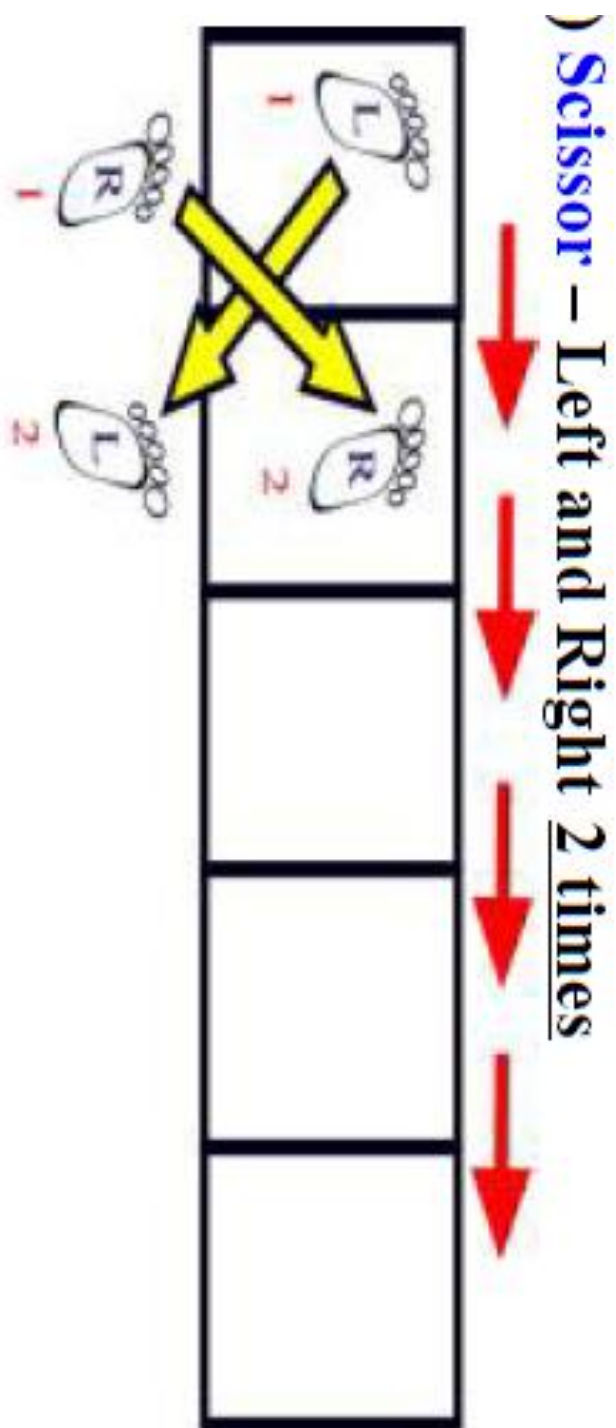
) 2 Feet Every Other Square – Forward and Backward

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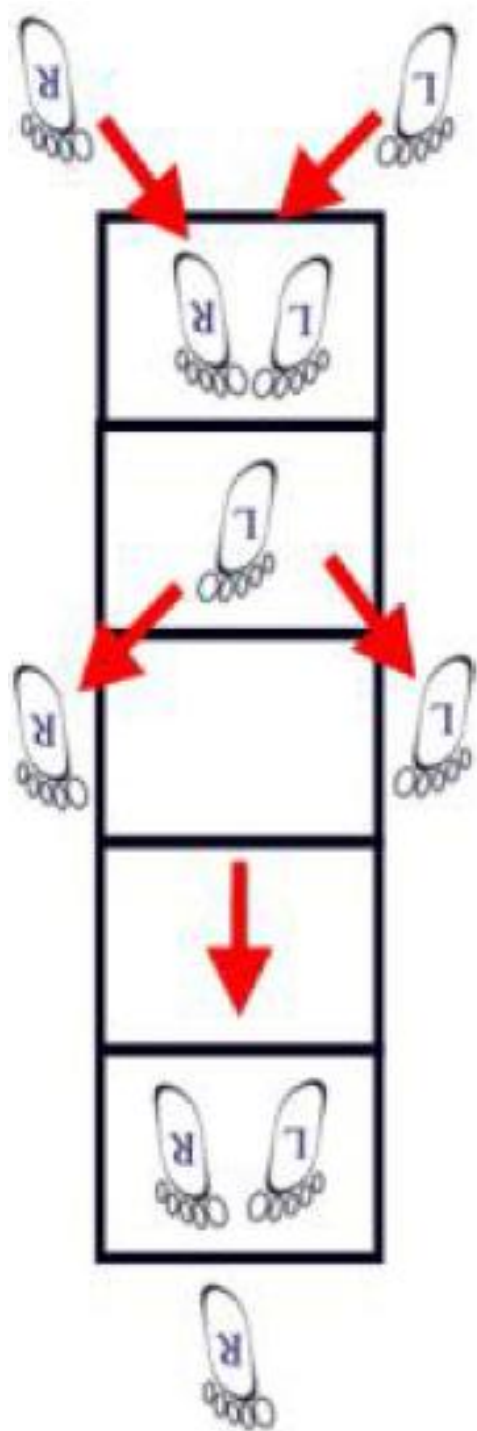


) In and Out – Forward and Backward

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3) Hop Scotch – Backward and Forward 2 Times

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