



Philip Phalange

Warm Up

Exercise One

Exercise Two

Exercise Three

Cool Down



Philip Phalange

Warm Up

Body Stretches

High Kicks

Jumping Jacks

START



Warrior Pose

1.30

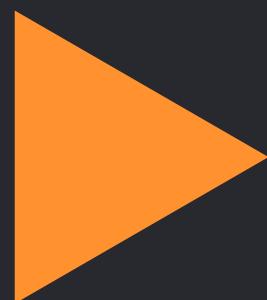


Complete 5 Reps or Continue
for 30 Seconds



Body Stretches

.30



Complete 5 Reps or Continue
for 30 Seconds