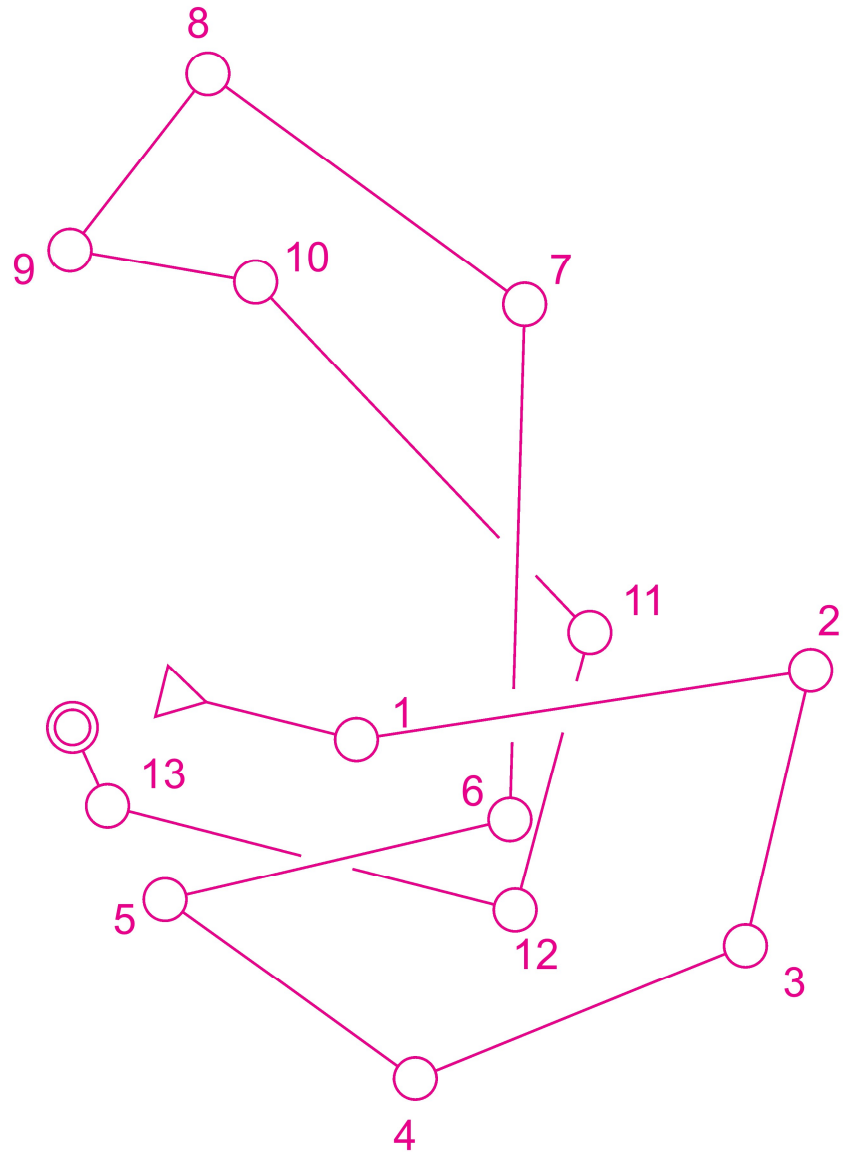


Leg	Exercize
Δ-1	10 lunges
1-2	5 push-ups
2-3	30 seconds high knees
3-4	10 crunches
4-5	10 squats
5-6	20 jumping jacks
6-7	5 tricep dips
7-8	10 bicycle crunches
8-9	10 calf raises
9-10	30 second wall sit
10-11	10 sit-ups
11-12	5 burpies
12- 13	30 second plank
13- ©	15 mountain climbers



Sumas Mountain - Advanced

