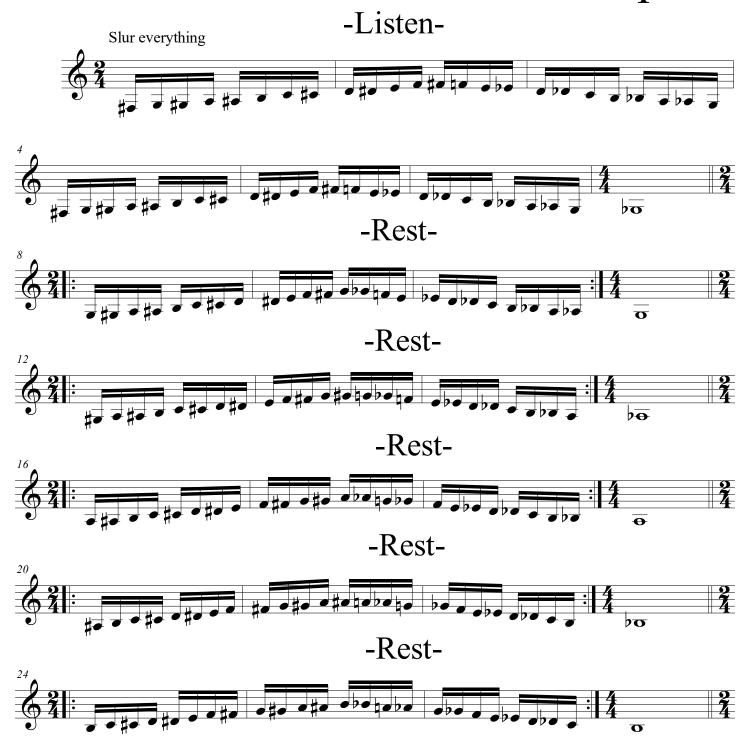
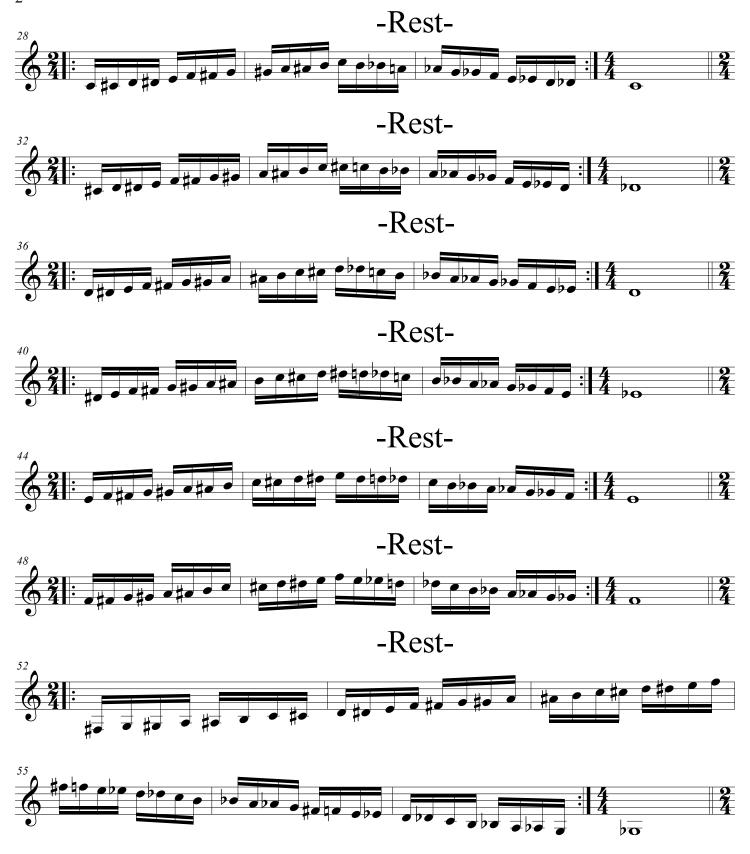
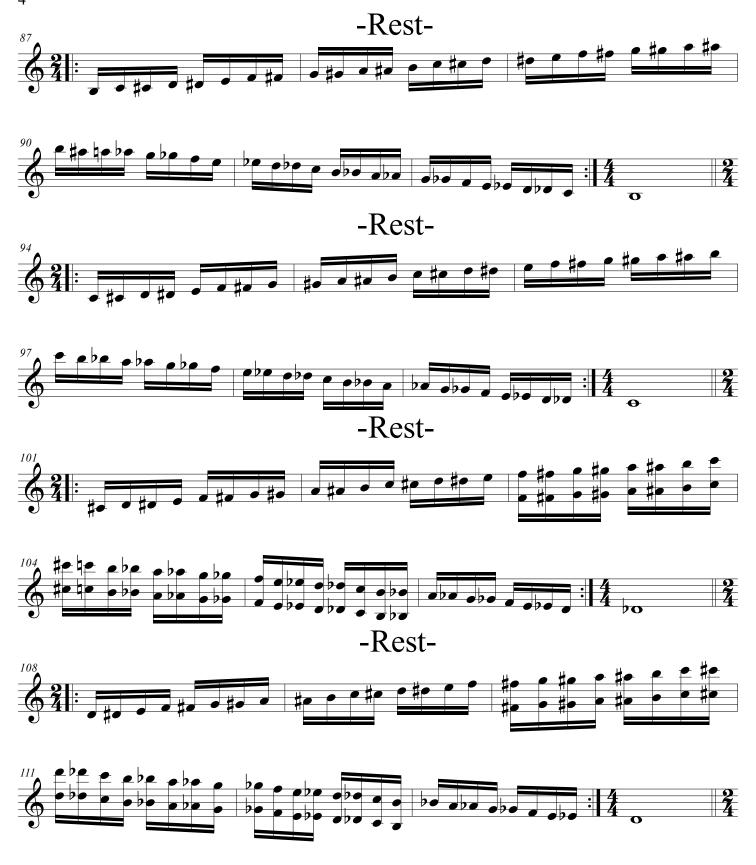
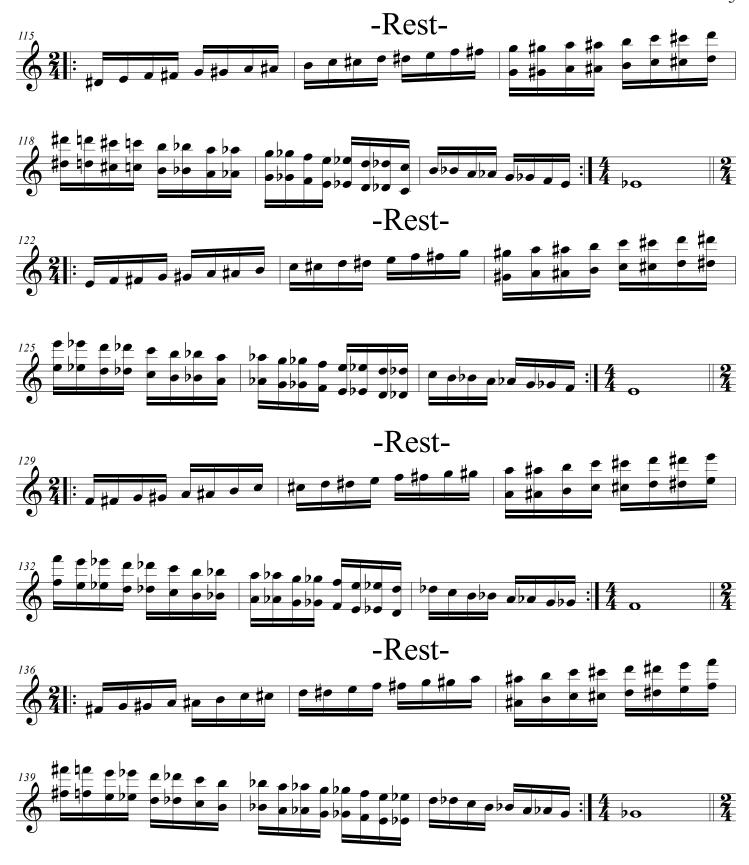
Revised 20 Minute Warm-Up













Retrace to the beginning.