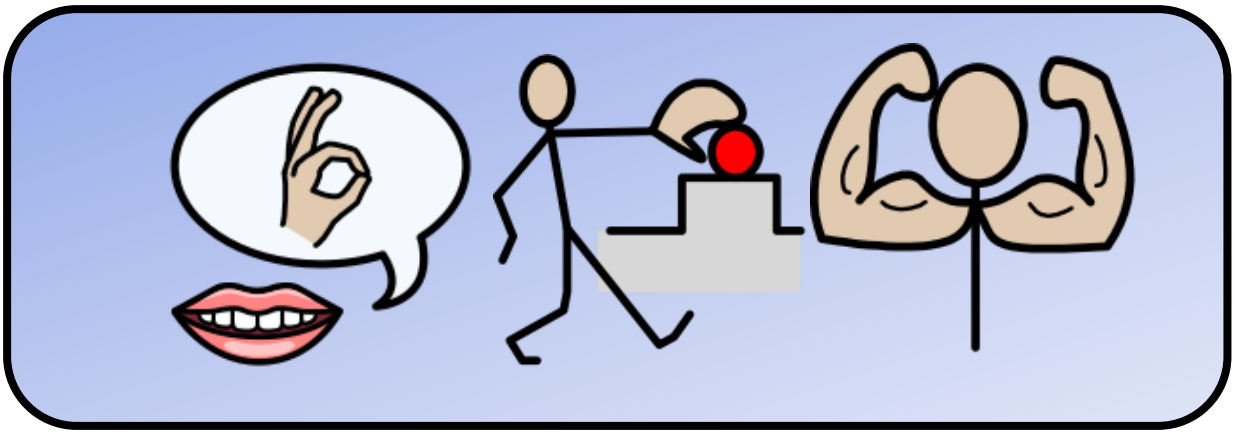
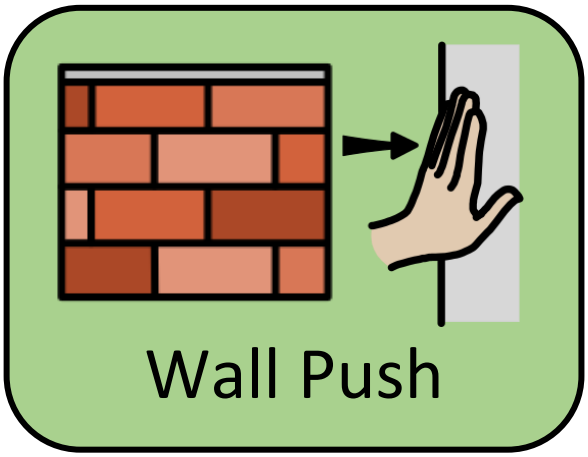
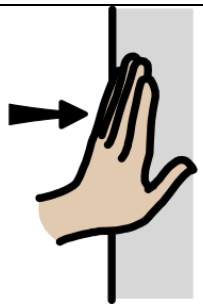
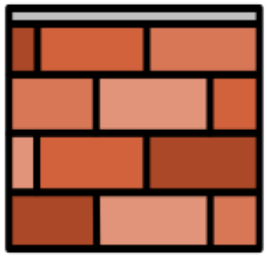
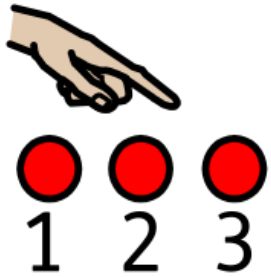
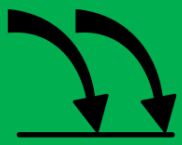
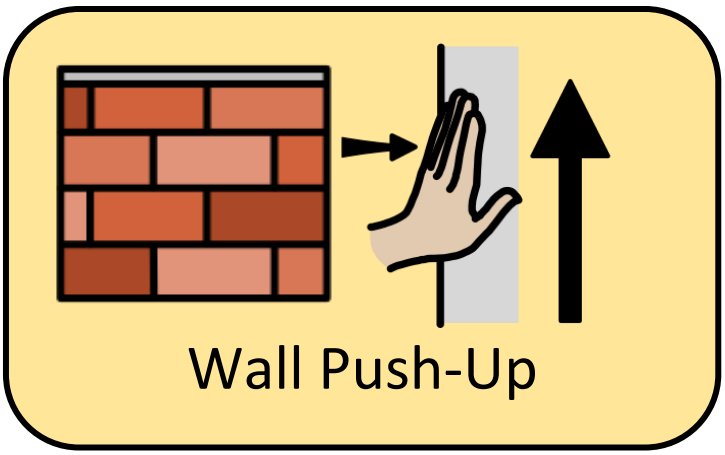
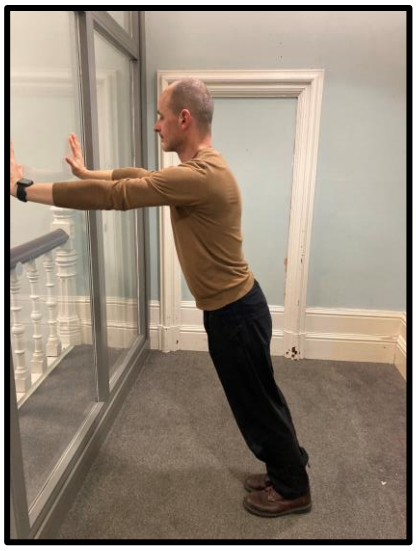
Let's Get Strong!

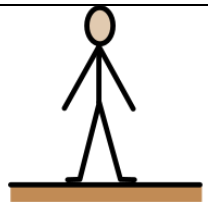
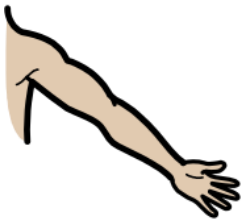
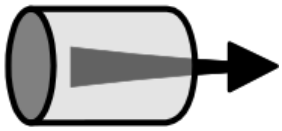
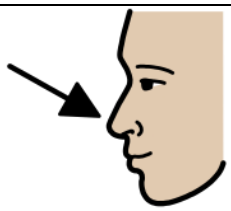
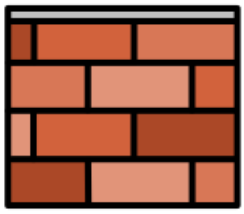
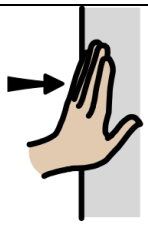
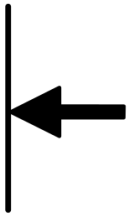
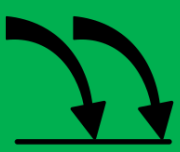


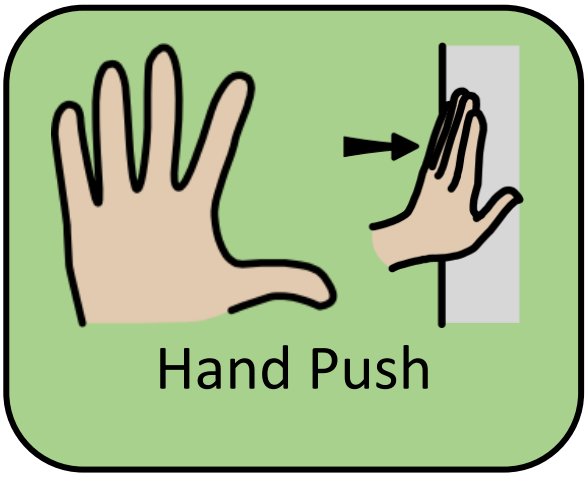


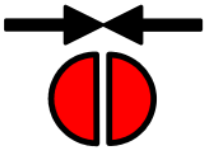
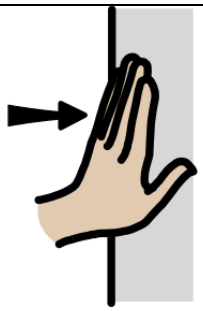
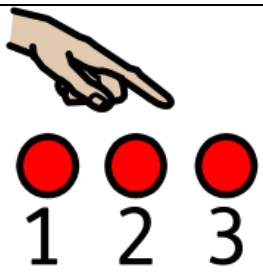
 push	 wall
 count	10 10
 again	

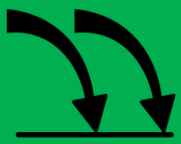


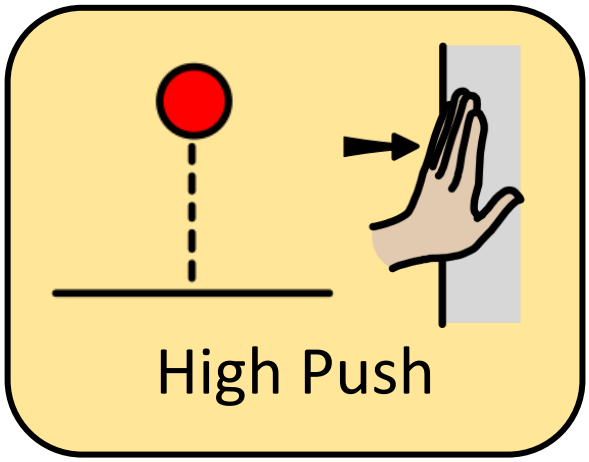


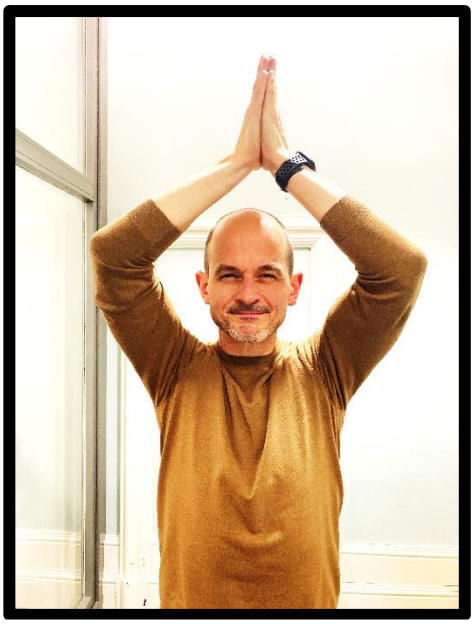
 stand	spot
 arms	 out
 nose	 wall
 push	 back
 again	

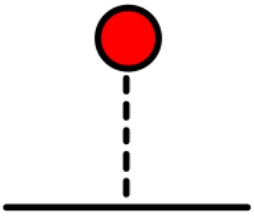
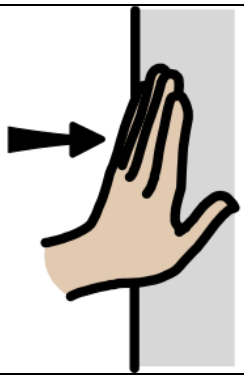
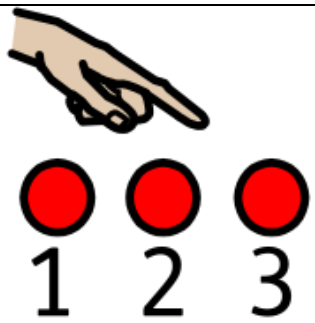
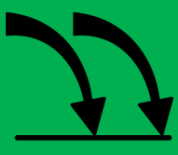


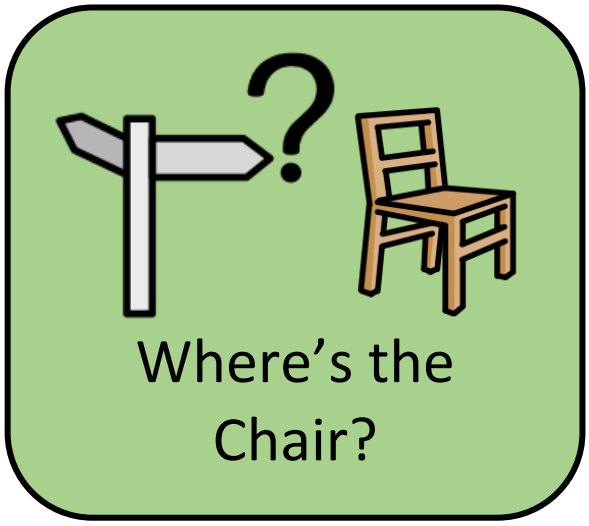
hands	 together
 push	hard
 count	10 10

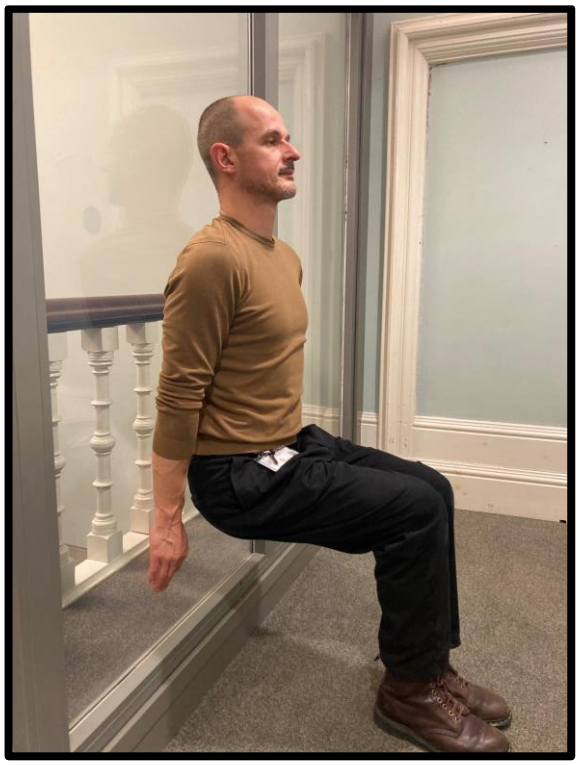

again

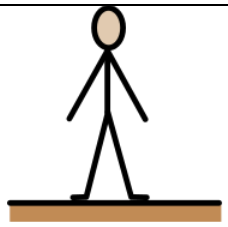
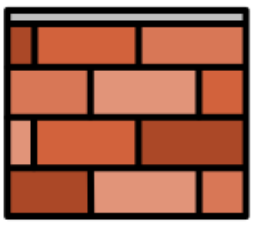
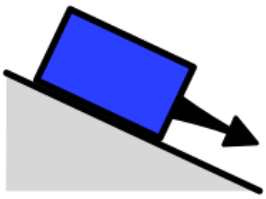
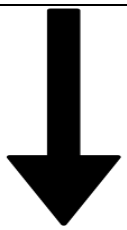
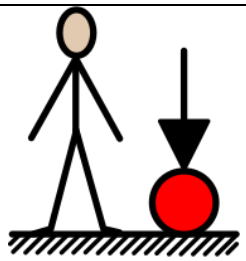


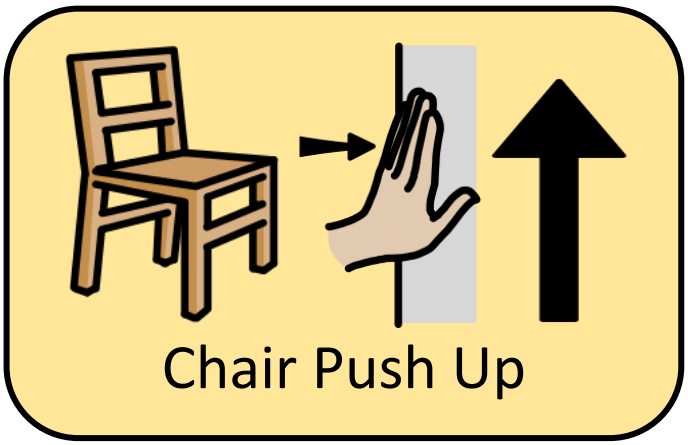


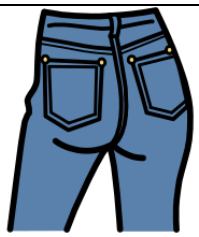
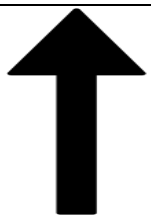
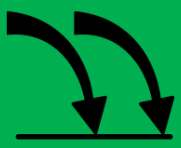
	
hands	high
	
push	together
	10
count	10
 again	





 stand	 wall
 slide	 down
 stay	still
how	long



sit	down
hold	chair
 bum	 up
bum	down
 again	