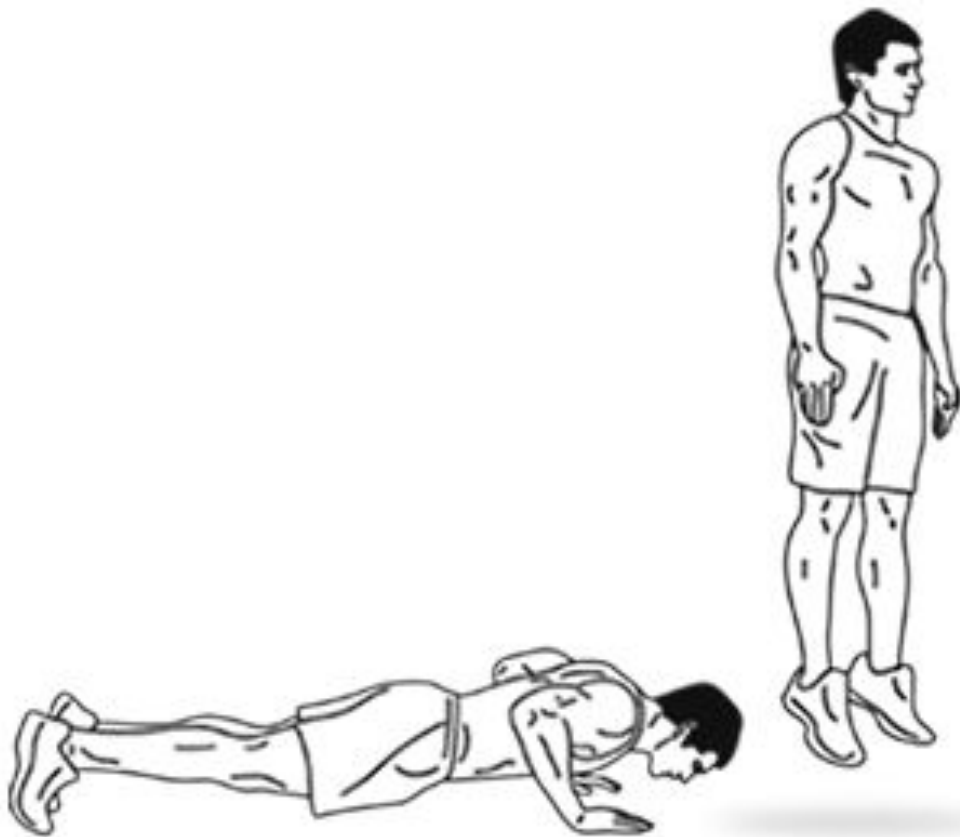




# EVOLVE

YOUTH FITNESS TRAINING

# BURPEES





# EVOLVE

YOUTH FITNESS TRAINING

# HIGH KNEES





# EVOLVE

YOUTH FITNESS TRAINING

# SPIDERMAN PLANK





# EVOLVE

YOUTH FITNESS TRAINING

# MOUNTAIN CLIMBERS







# EVOLVE

YOUTH FITNESS TRAINING

# PLANK SHOULDER TAPS

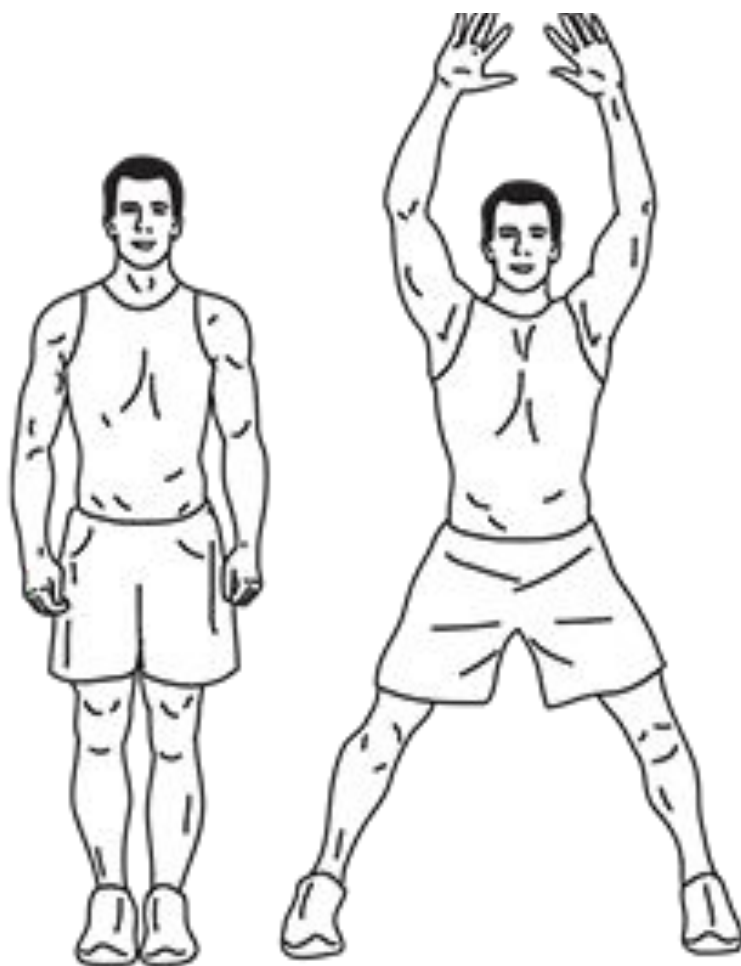




# EVOLVE

YOUTH FITNESS TRAINING

# JUMPING JACKS

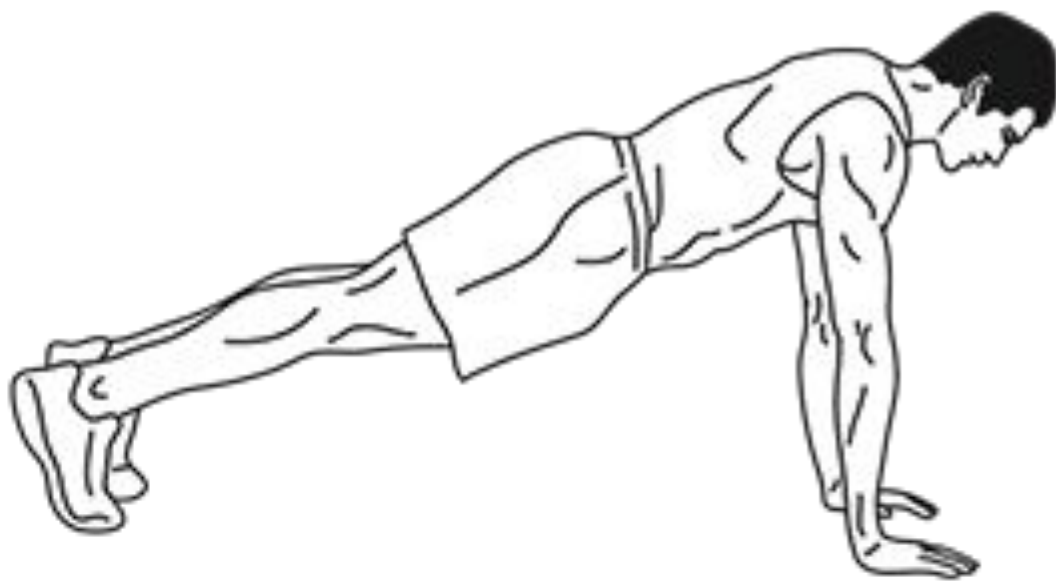




# EVOLVE

YOUTH FITNESS TRAINING

# PUSH-UPS

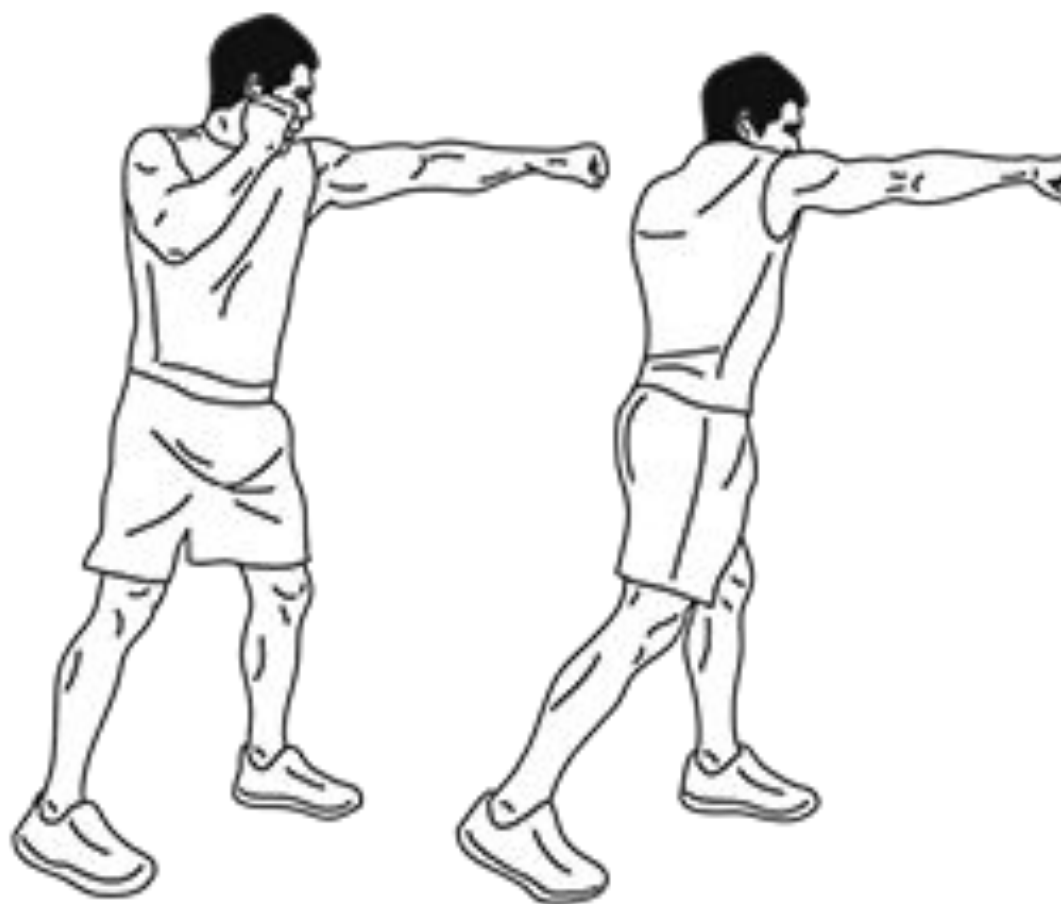




# EVOLVE

YOUTH FITNESS TRAINING

# FORWARD PUNCHES







# EVOLVE

YOUTH FITNESS TRAINING

# SQUATS

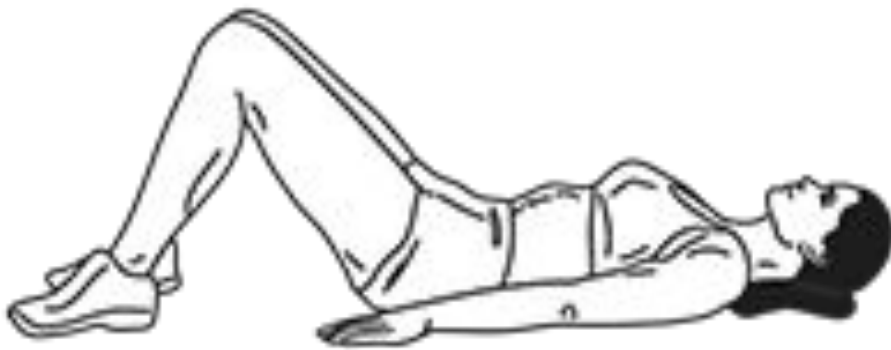




# EVOLVE

YOUTH FITNESS TRAINING

# GLUTE BRIDGES

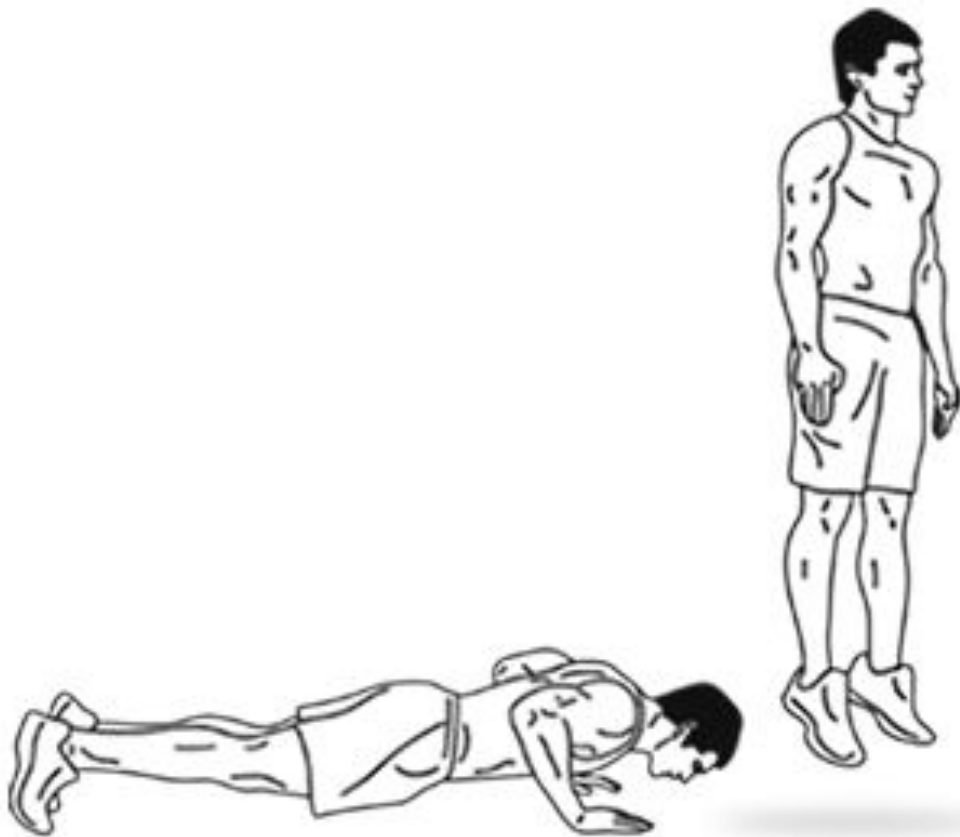




# EVOLVE

YOUTH FITNESS TRAINING

# BURPEES





# EVOLVE

YOUTH FITNESS TRAINING

# HIGH KNEES







# EVOLVE

YOUTH FITNESS TRAINING

# SPIDERMAN PLANK





# EVOLVE

YOUTH FITNESS TRAINING

# MOUNTAIN CLIMBERS





# EVOLVE

YOUTH FITNESS TRAINING

# PLANK SHOULDER TAPS

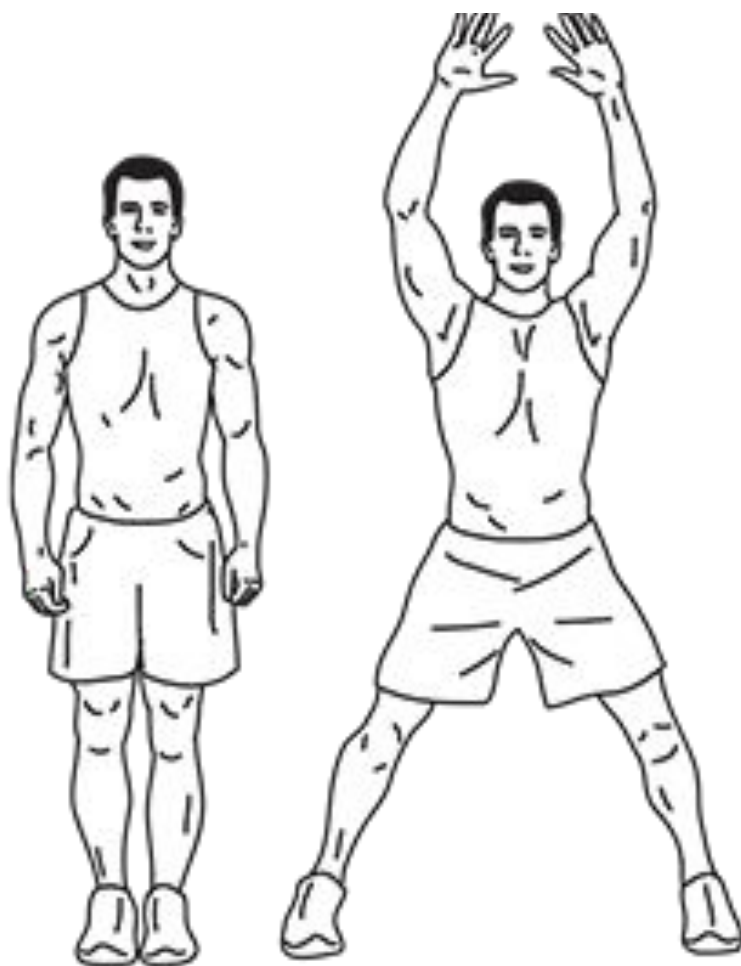




# EVOLVE

YOUTH FITNESS TRAINING

# JUMPING JACKS



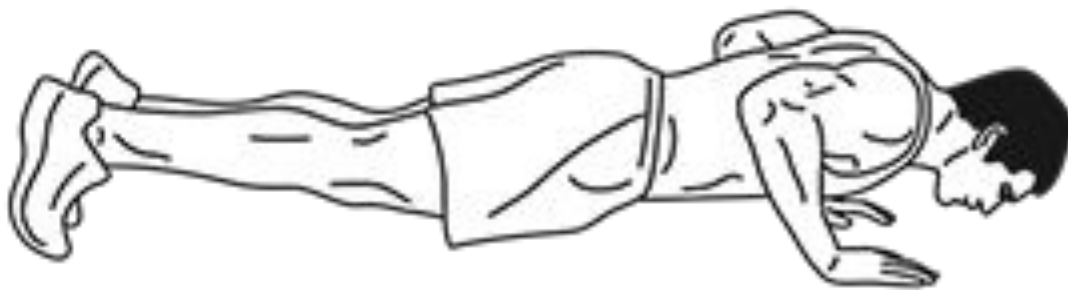
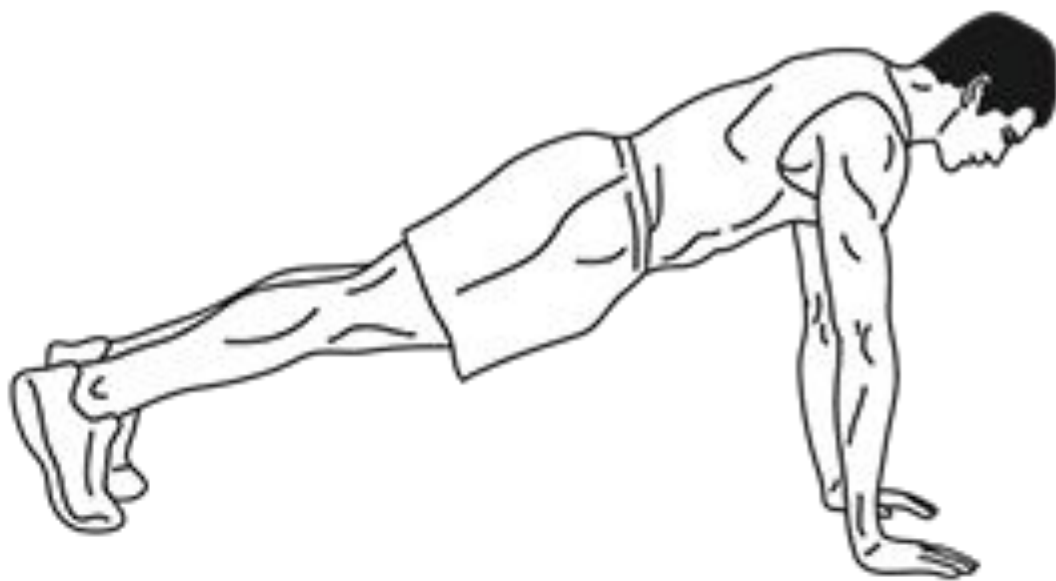




# EVOLVE

YOUTH FITNESS TRAINING

# PUSH-UPS

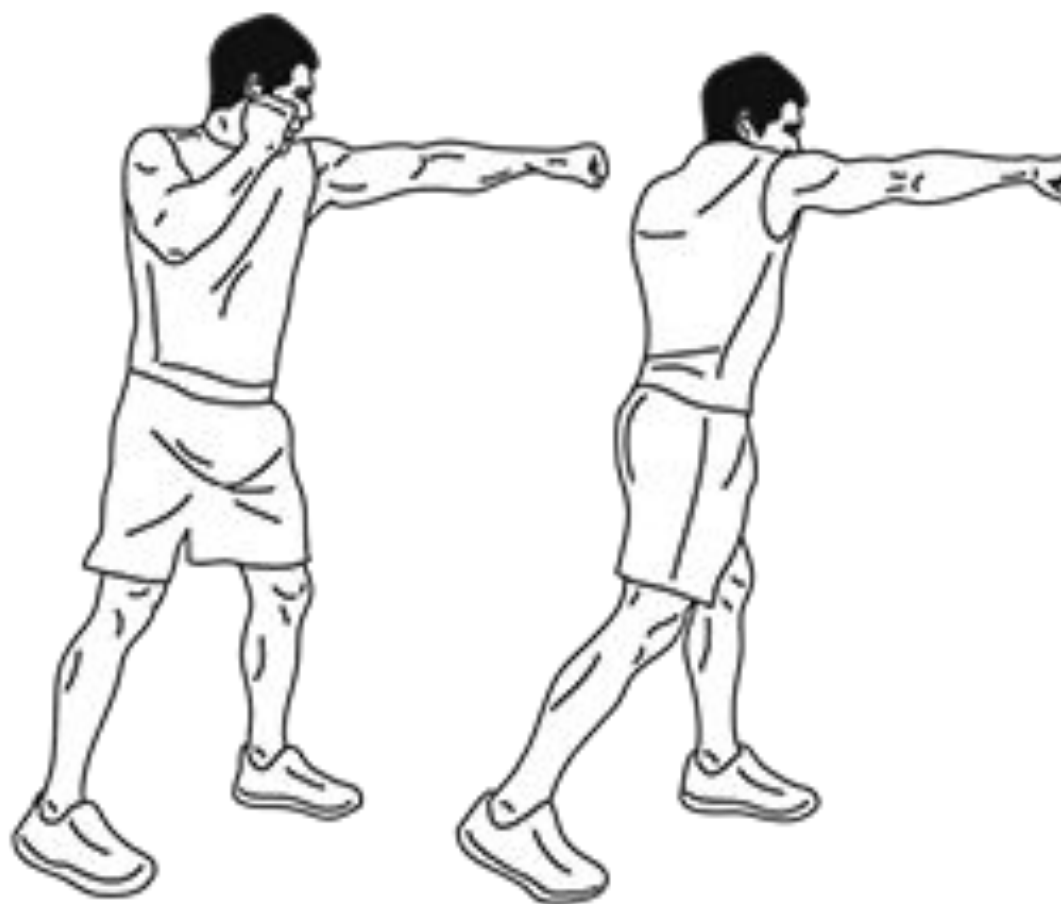




# EVOLVE

YOUTH FITNESS TRAINING

# FORWARD PUNCHES

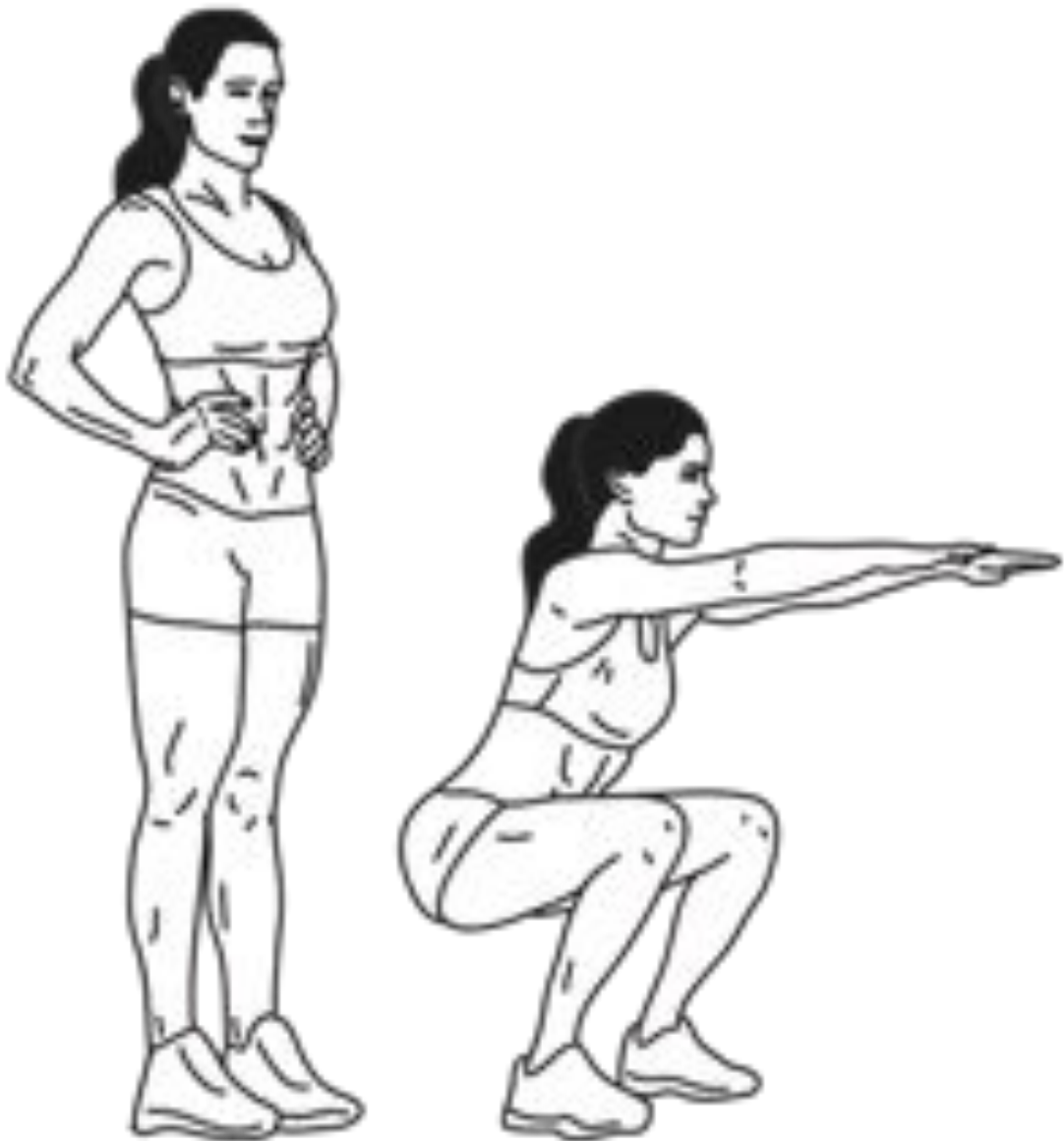




# EVOLVE

YOUTH FITNESS TRAINING

# SQUATS





# EVOLVE

YOUTH FITNESS TRAINING

# GLUTE BRIDGES

