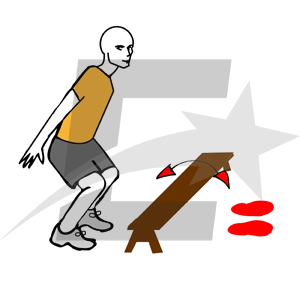
**STEPS**

**SECTION ONE:**

**We have to do some crunches over the mats**

**SECTION TWO:**

**We have to jump from bank to bank**

****

**SECTION THREE:**

**You have to jump rope**

****

**SECTION FOUR:**

**We have to do squats**

****

**SECTION FIVE:**

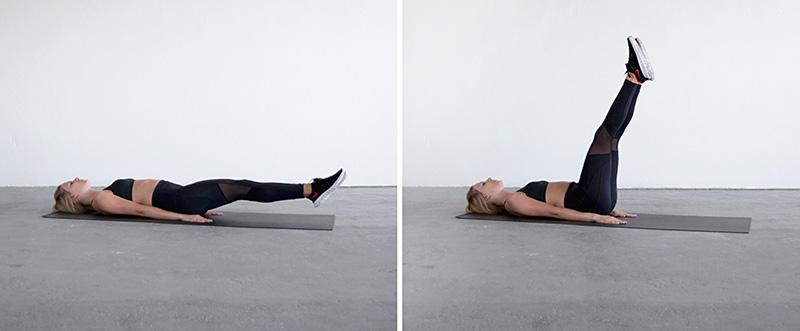
**We have to do ironing**

****

**SECTION SIX:**

**We have to take the medicinal ball and throw it into the air and then take it**

**SECTION SEVEN:**

**Lie on the ground and raise your feet**

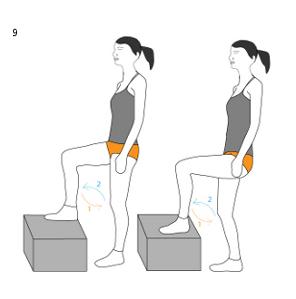
**SECTION EIGHT:**

**You do crunches**

****

**SECTION NINE:**

**You have to raise the bench with one leg and the other**

****

**SECTION TEN:**

**You have to stretch on the floor and you have to raise your back**

****

**SECTION ELEVEN:**

**You have to stretch on the floor and raise your arms and feet up**

****

**SECTION TWELVE:**

**He has to stretch out on the ground and make the bicycle**

****