**STEPS**

**SECTION ONE:**

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

**SECTION TWO:**

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

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**SECTION THREE:**

**You have to jump rope**

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**SECTION FOUR:**

**We have to do squats**

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**SECTION FIVE:**

**We have to do ironing**

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**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**

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**SECTION NINE:**

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

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**SECTION TEN:**

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

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**SECTION ELEVEN:**

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

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**SECTION TWELVE:**

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

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