

RED AREA: EXERCISES

1. Front step-ups

2. Arm curls

3. Sprints

4. Sit-ups

BLUE AREA EXERCISES

5. Squats

6. Side step-ups

7. Power walk

8. Box press-ups

YELLOW AREA EXERCISES

9. Skips

10. Gentle jog

11. Arm dips

12. Trunk lift