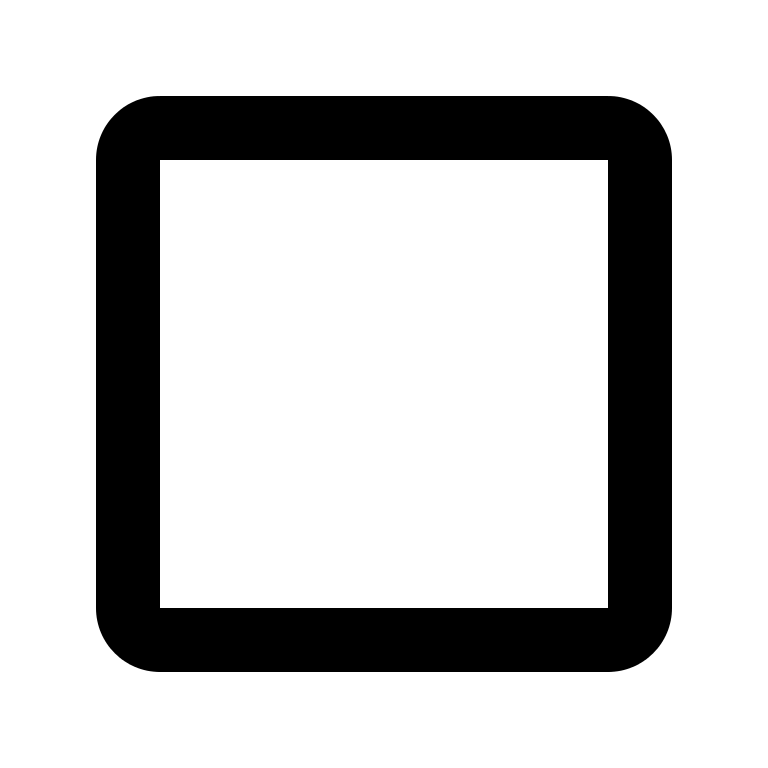
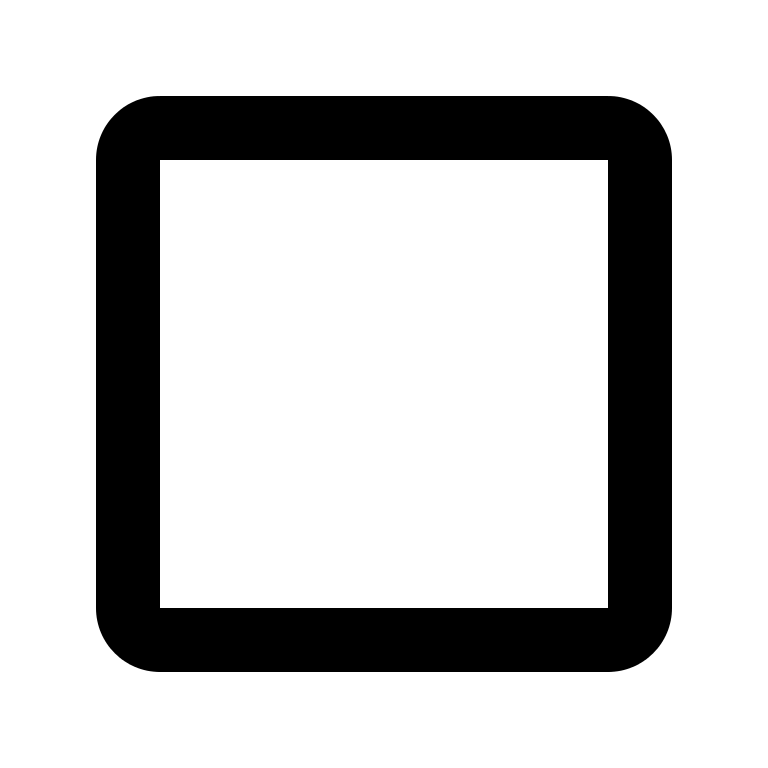
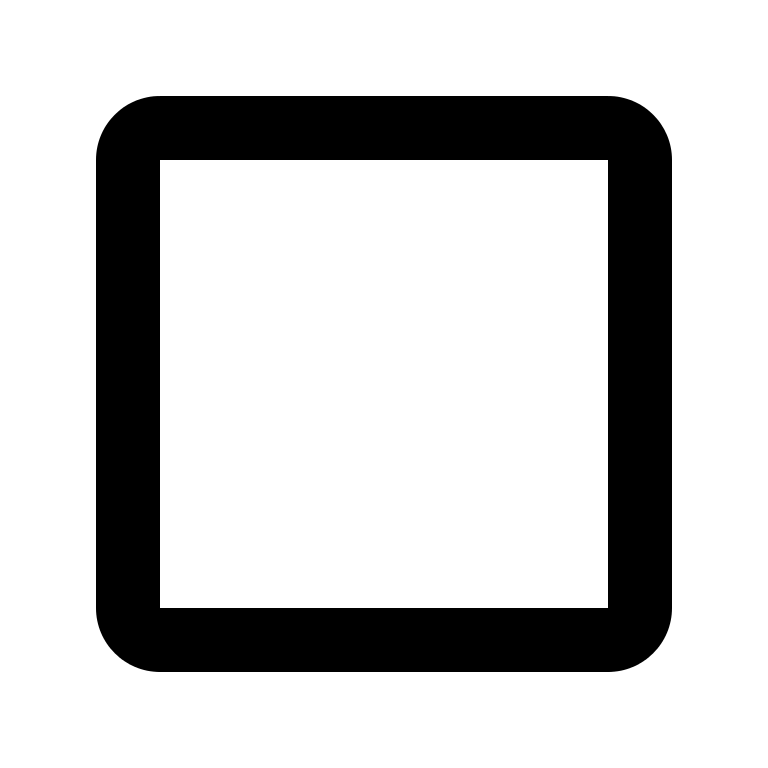
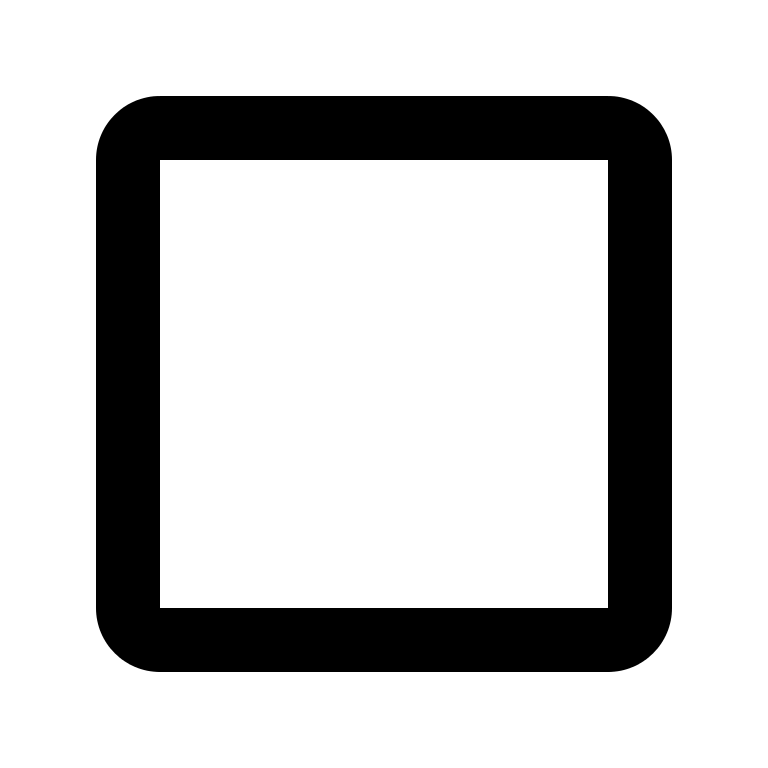
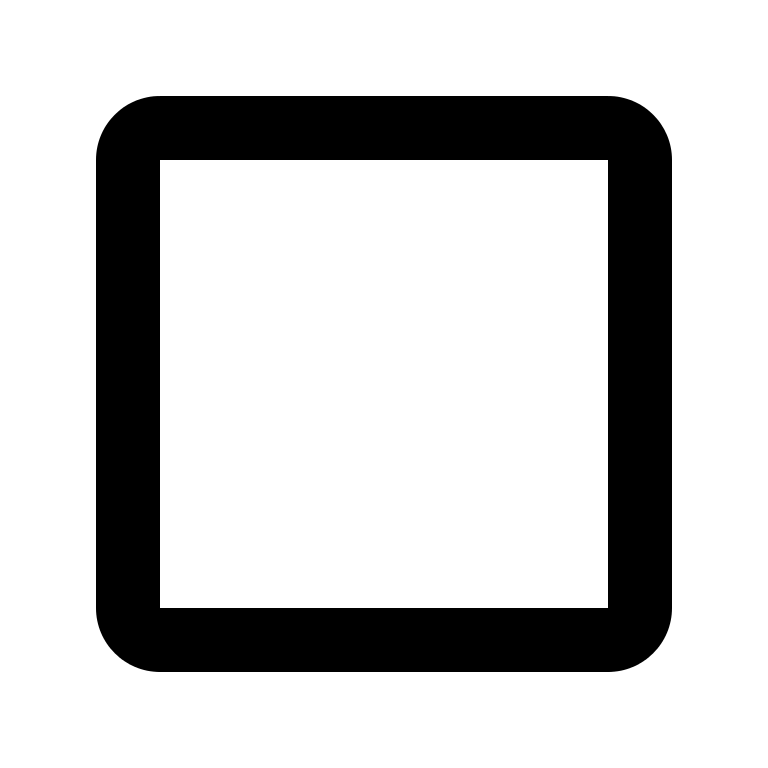
1 lap to warm up

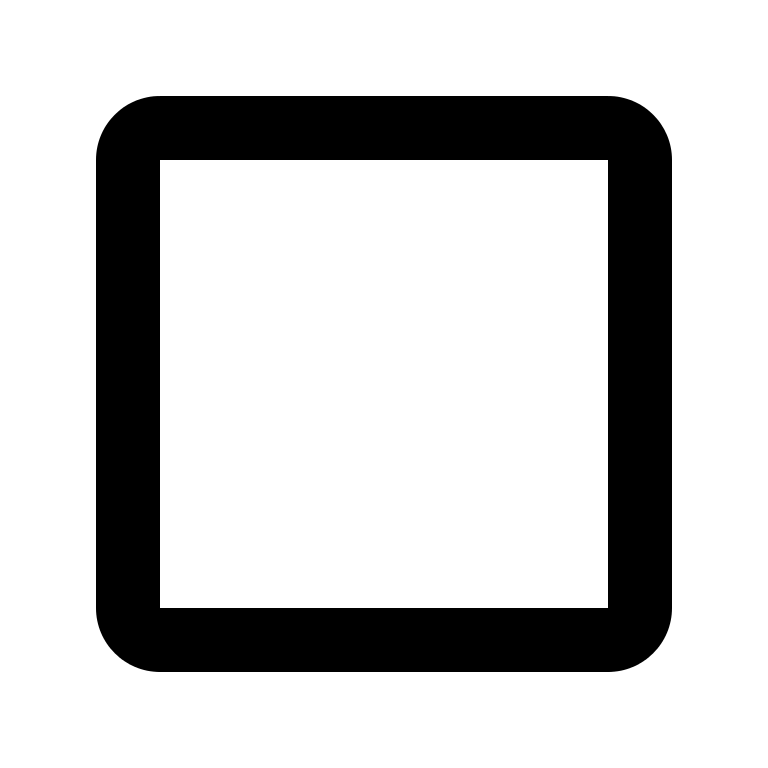
A set of 5 hills

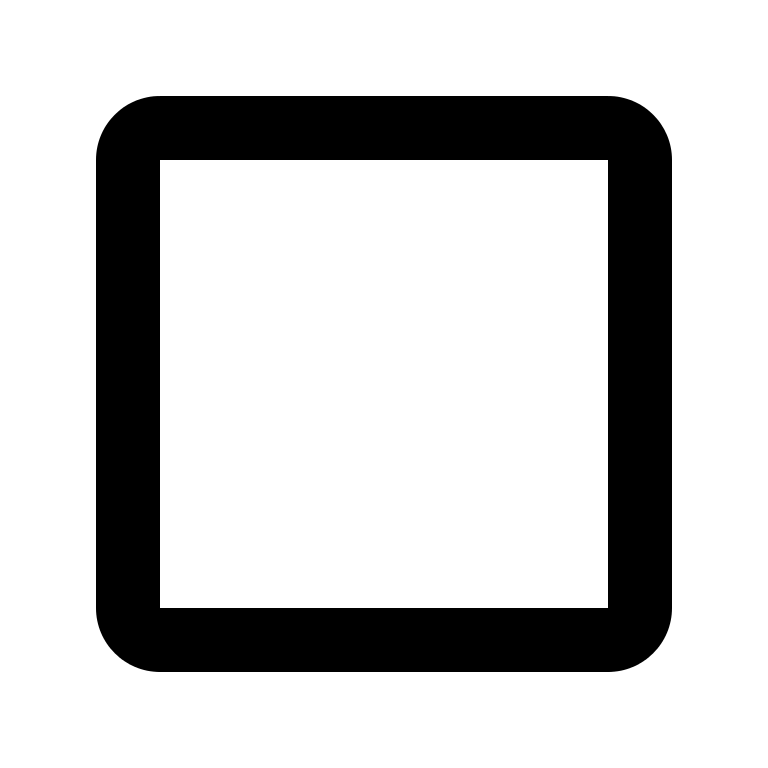
25 jumping jacks

5 Stretches

A set of 3 stairs

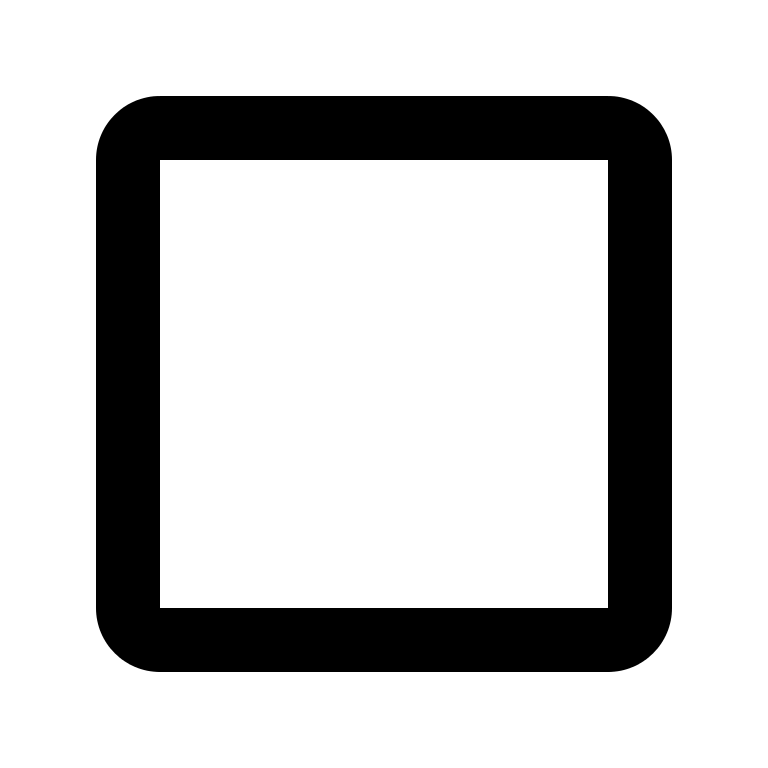
3 minute rest

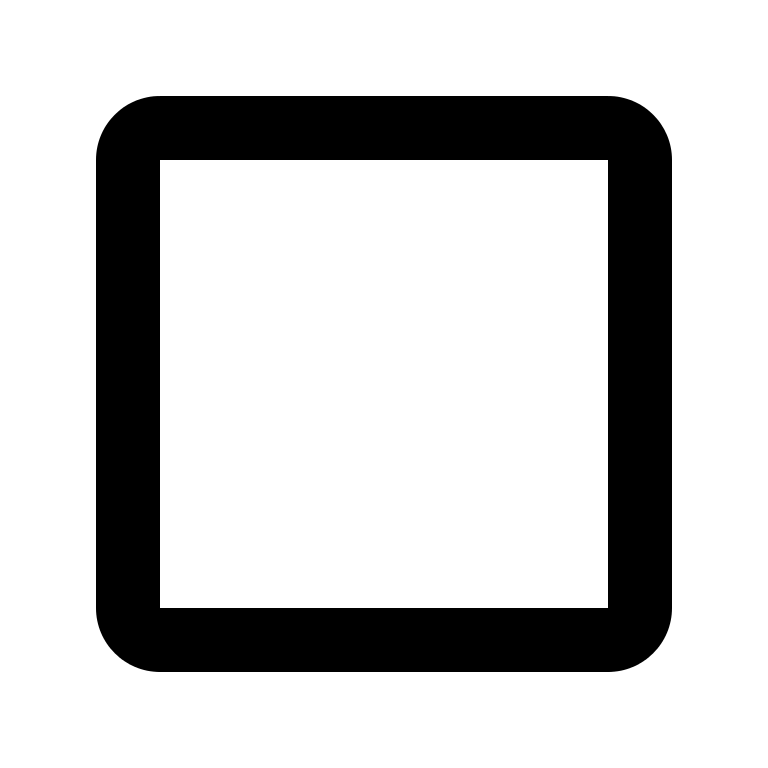
2 laps around the track

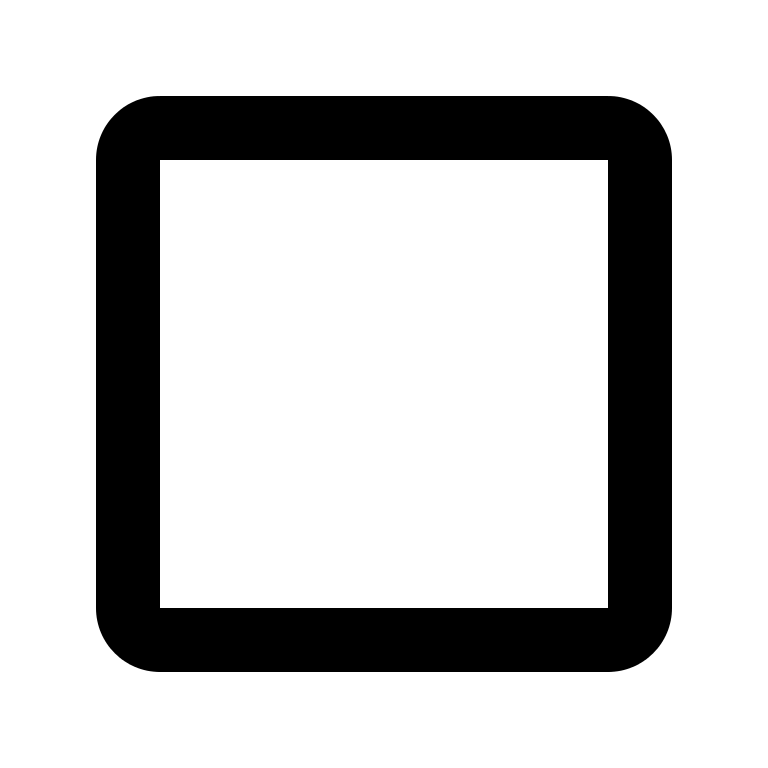
5 deep breaths and 5 cool down stretches

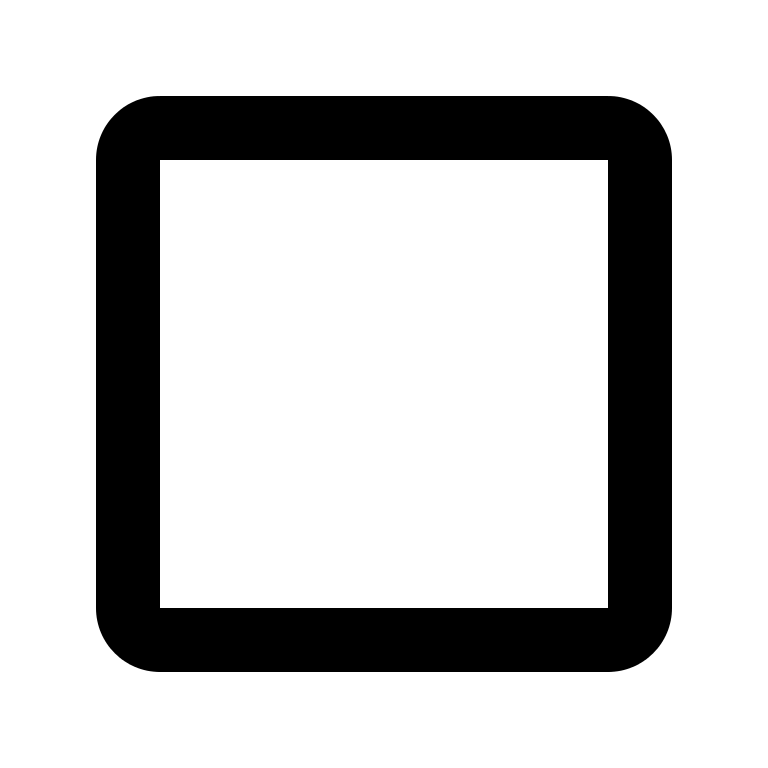
Partner Workout Checklist

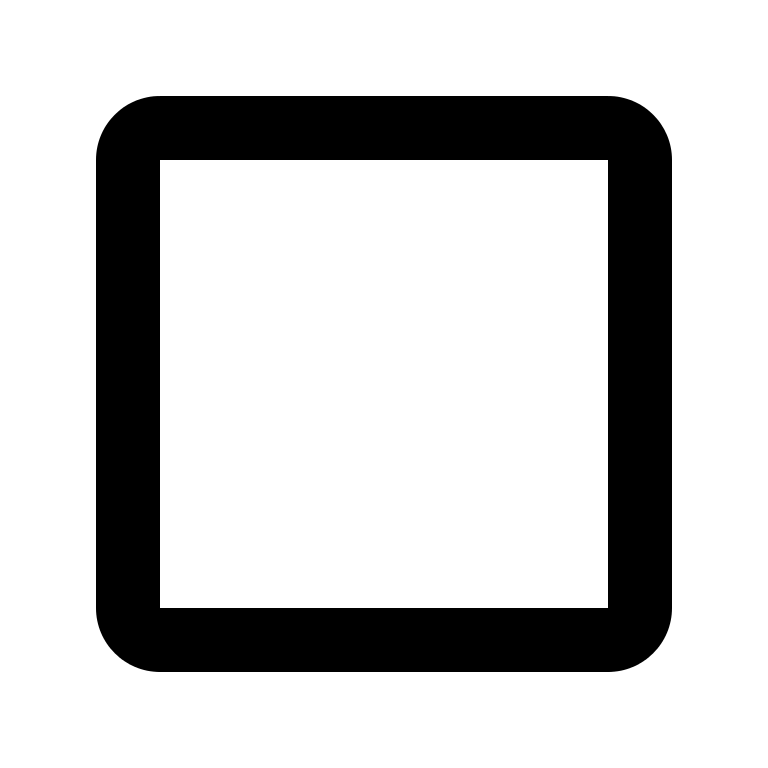
Find a partner to complete the checklist for today!

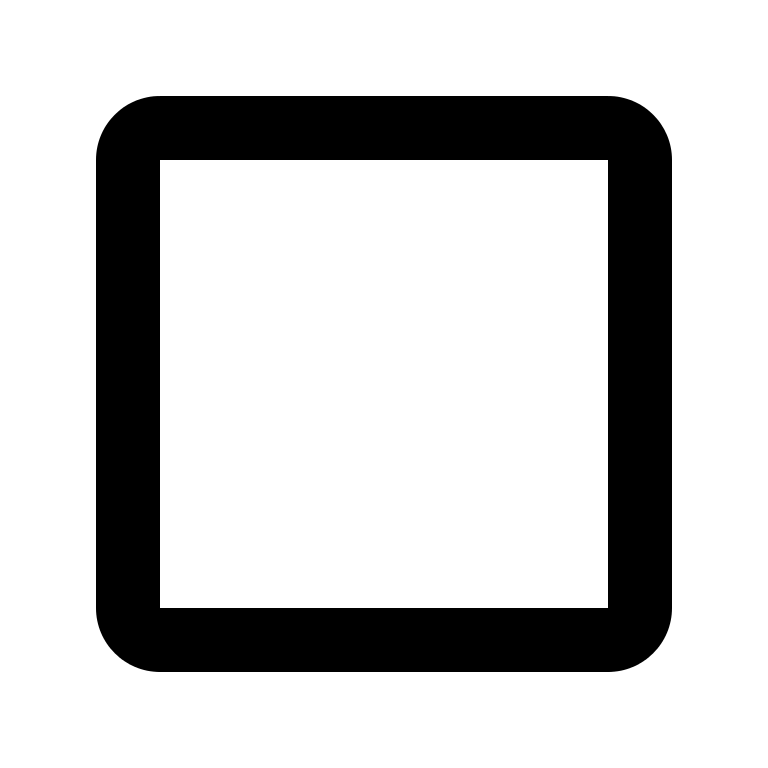
1 lap to warm up

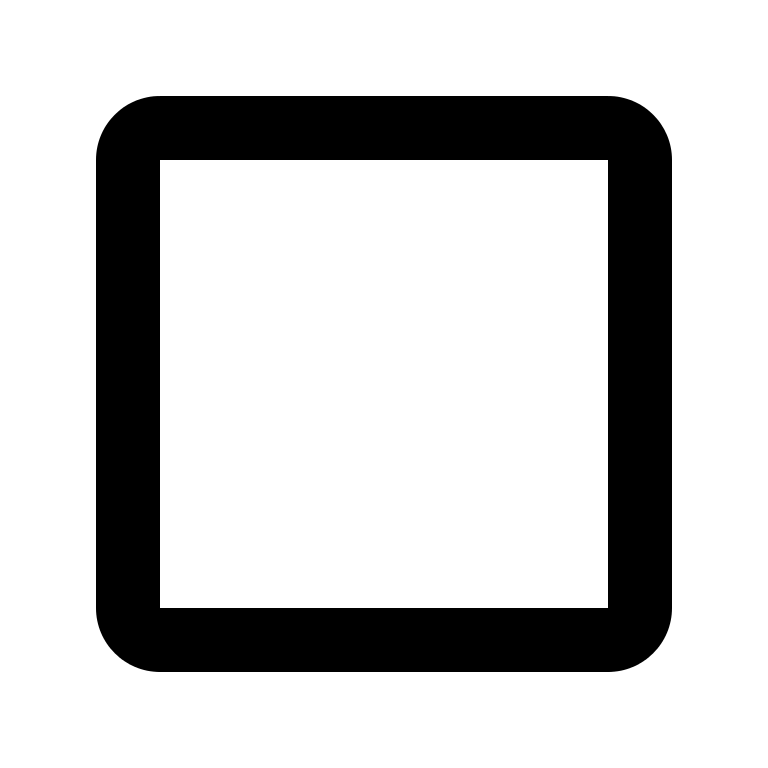
A set of 5 hills

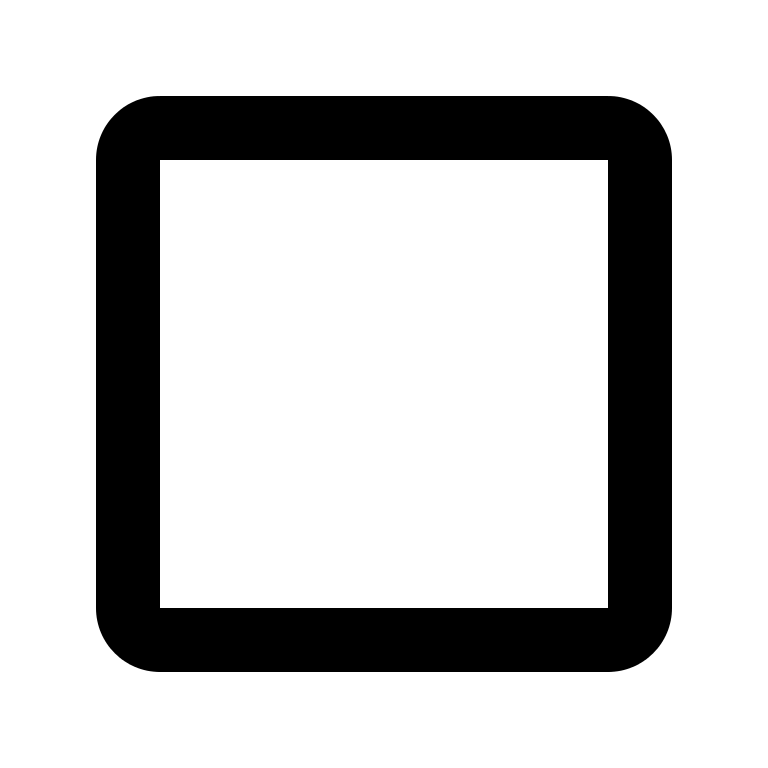
25 jumping jacks

5 Stretches

A set of 3 stairs

3 minute rest

2 laps around the track

5 deep breaths and 5 cool down stretches