











K

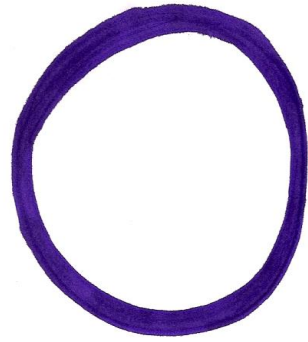
K

E

E

K

K



K

K









K



E

E





K



K

E

E

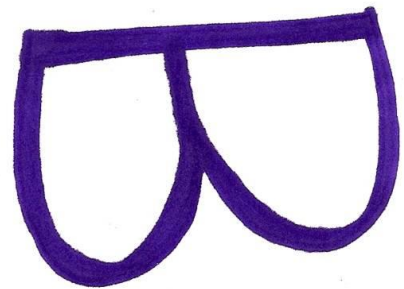
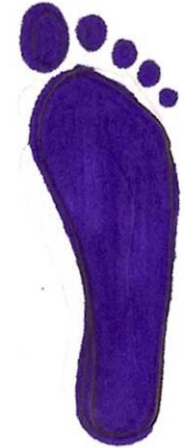
E



E

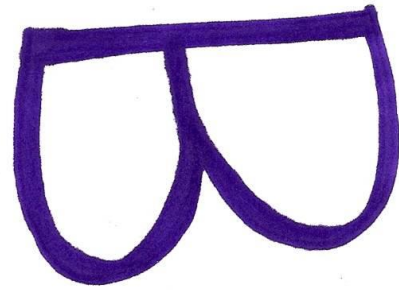
E

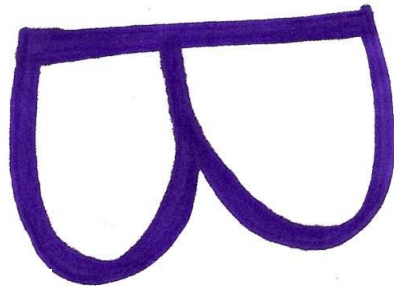


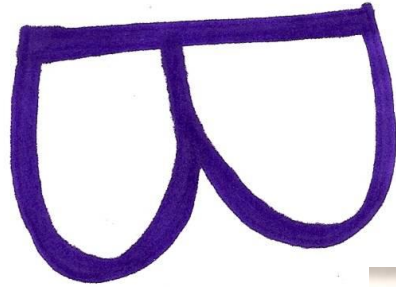


























K

E

O

E

K

K

K

O

E

E

O



K

O = HEAD

E = ELBOW

K = KNEE

B = BOTTOM



= Right Foot



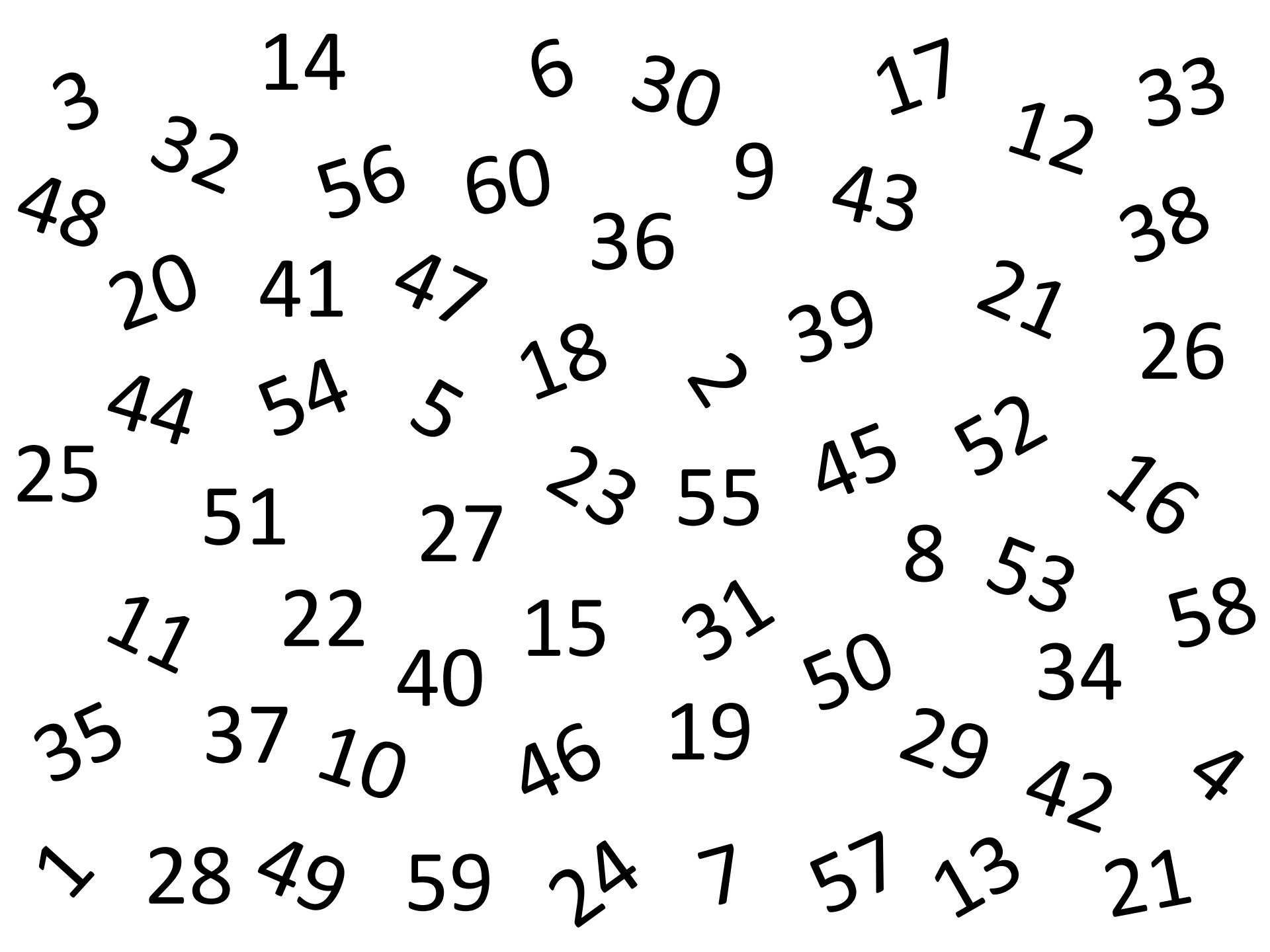
= Left Foot



= Right Hand

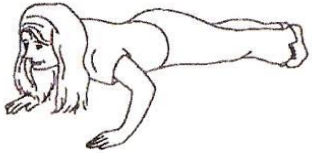


= Left Hand





Orange Noodle = 10 Crab Kicks



Yellow Noodle = 5 Push-Ups



Purple Noodle = 5 Sit-Ups