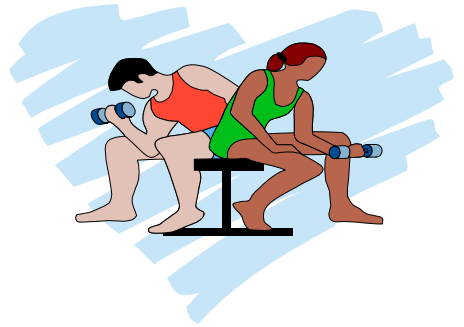


Race Track Fitness

1) Hollywood



2) Push-ups

3) Lower Body Stretch

4) Curl-Ups

5) Crab Cross Crawl

6) YOUR CHOICE!!!