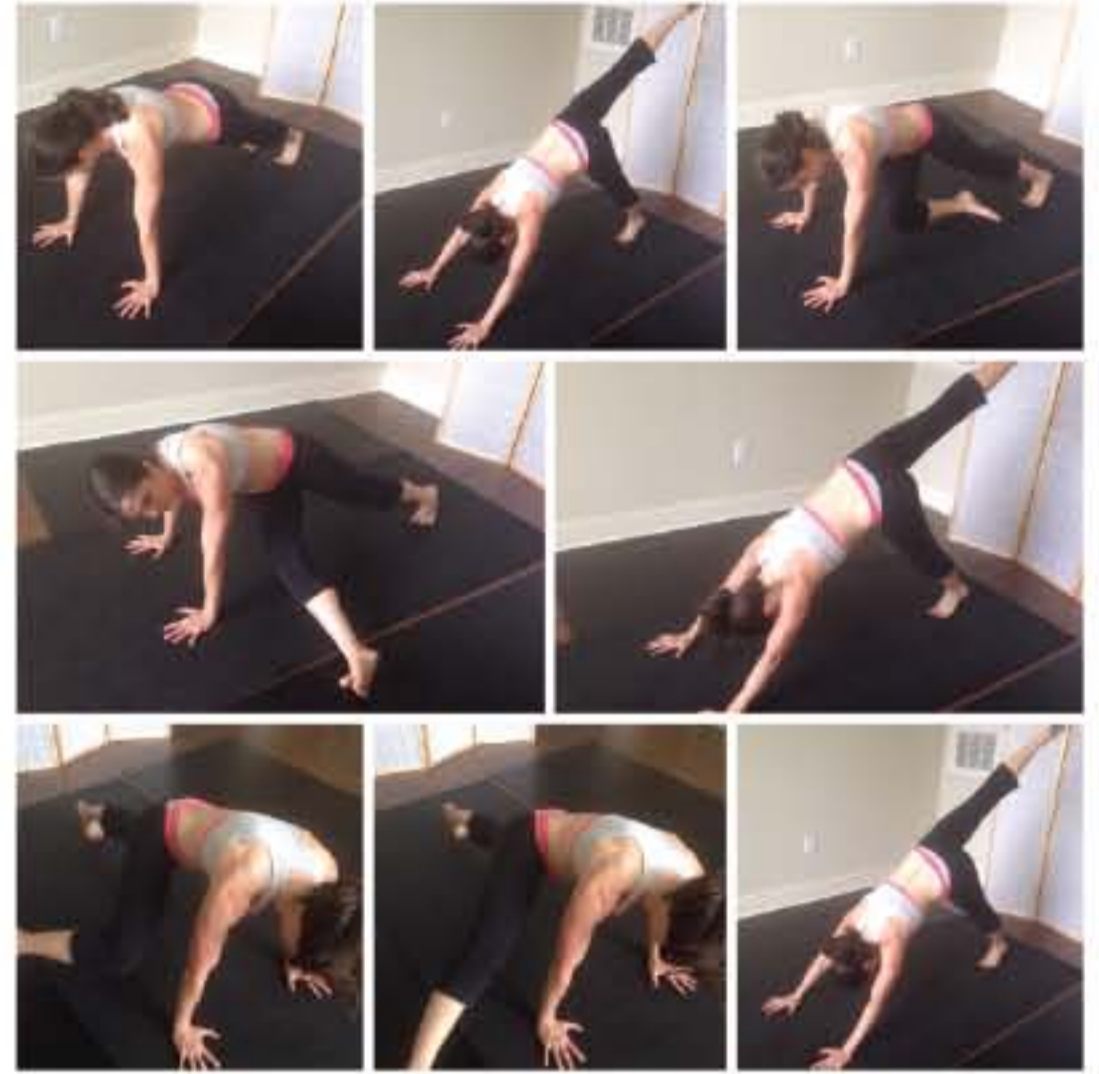
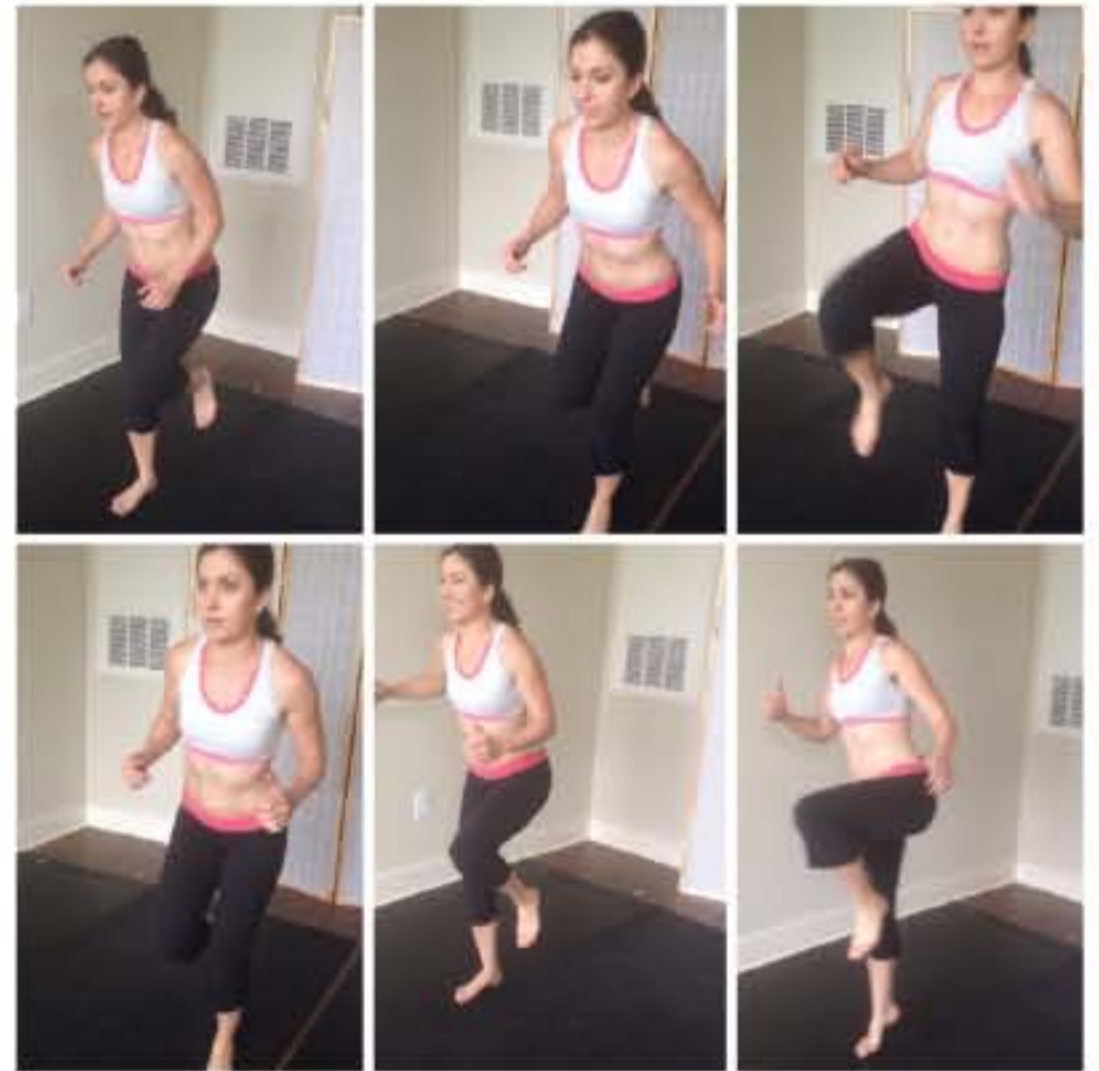


set timer for 12 rounds:
of 10 sec rest and 50 sec work

1 - downdog RIGHT single leg
with cross under
back to downdog to
knee elbow extension



2 - skaters with single leg
jump hop



3 - downdog LEFT single leg
with cross under
back to downdog to
knee elbow extension



4 - quick feet

