 Aut1 Wk2

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| S | Jumping Jacks | Illustrated Exercise Guide | 5 Star Jumps |
| P | Bent Over Twist | Illustrated Exercise Guide | 5 Windmills |
| High Knees | Illustrated Exercise GuideO | High Knees | Illustrated Exercise GuideHigh Knees | Illustrated Exercise GuideHigh Knees | Illustrated Exercise Guide | 10 HHigh Knees | Illustrated Exercise Guideigh Knees |
| R | Run In Place | Illustrated Exercise Guide | 10 Second Sprint on the spot |
| T | Squat | Illustrated Exercise Guide | 5 Squats |

