

GymTOTS

BASIC BODY POSITIONS



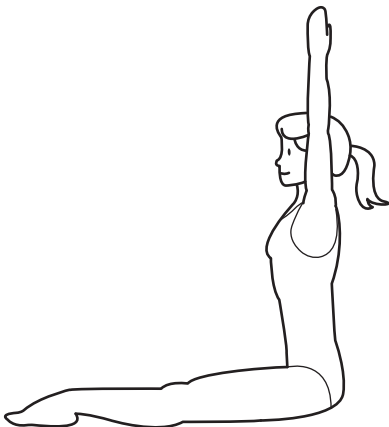
ATTENTION



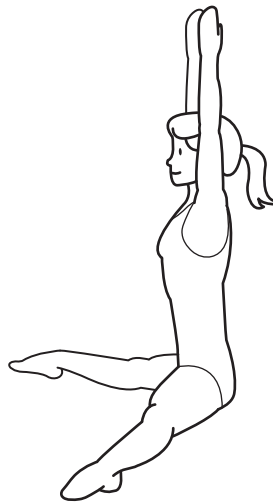
STRETCH



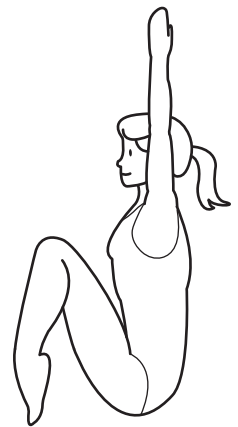
LUNGE



SEATED PIKE



SEATED STRADDLE



SEATED TUCK