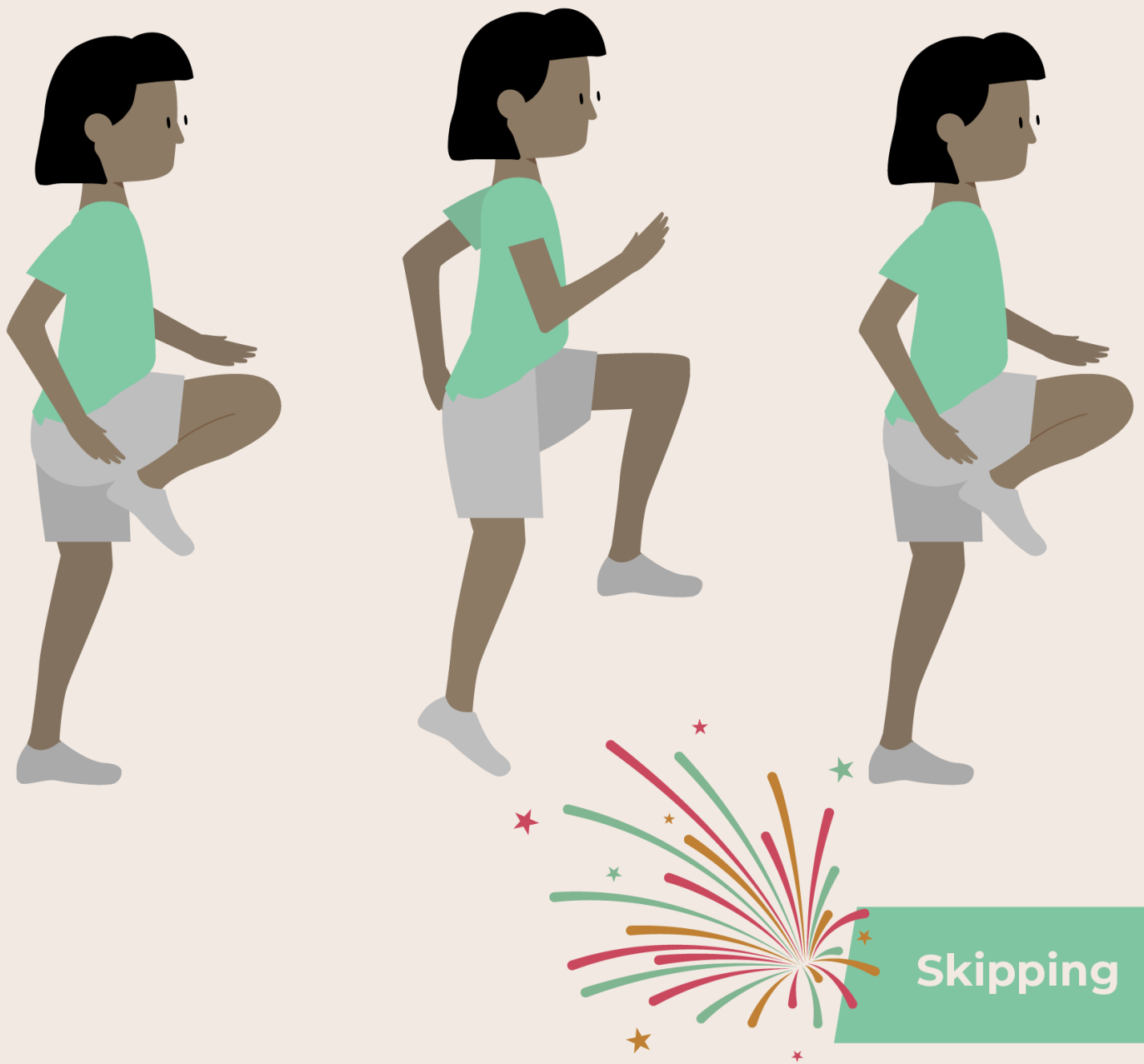


Plank



TASK: Complete 5 Rocket Jumps



TASK: Skip to the nearest wall and back



Sparkler Jumps

The illustration shows a sequence of four poses for a girl with brown hair in pigtails, wearing an orange t-shirt and dark shorts. The first pose is standing with hands in front. The second and fourth poses are side jumps with one leg extended back and arms raised. The third pose is standing with hands in front. In the top left, there is a large, colorful burst of lines and stars representing a sparkler. In the bottom right, there are two small stars, one green and one red.

TASK: Complete 5 Sparkler Jumps

Plank



TASK: Countdown from 10 in the
Plank Position