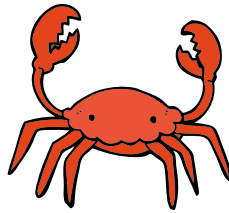# Fitness Cube

10 jumping jacks

Walk like a crab for 15 seconds

Jump like a frog 10 times

5 push-ups

Stand on 1 leg like a flamingo for 15 seconds

5 squats