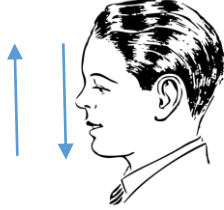

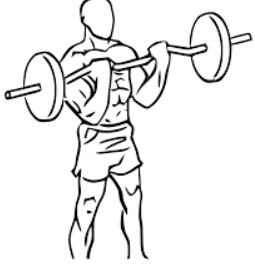







<h1>First Class (Fly)</h1>	<h1>Second Class (Little)</h1>	<h1>Third Class (Elf)</h1>
<p>Nodding Your Head</p> 	<p>Calf Raise</p> 	<p>Bicep Curl</p> 
<p>Tricep Dip</p> 	<p>Wheelbarrow</p> 	<p>Spade</p> 
<p>Oar on a Boat</p> 	<p>Stapler</p> 	<p>Kicking a Football</p> 