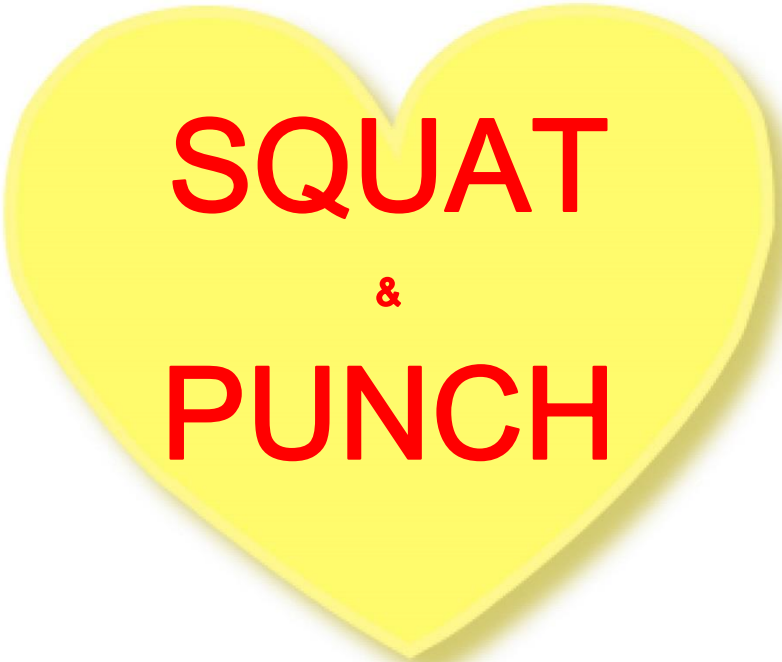


A large pink heart with a subtle drop shadow, centered in the top-left quadrant of the page.

**HIGH
KNEES**

A large yellow heart with a subtle drop shadow, centered in the top-right quadrant of the page.

**SQUAT
&
PUNCH**

A large cyan heart with a subtle drop shadow, centered in the bottom-left quadrant of the page.

**QUICK
FEET**

A large purple heart with a subtle drop shadow, centered in the bottom-right quadrant of the page.

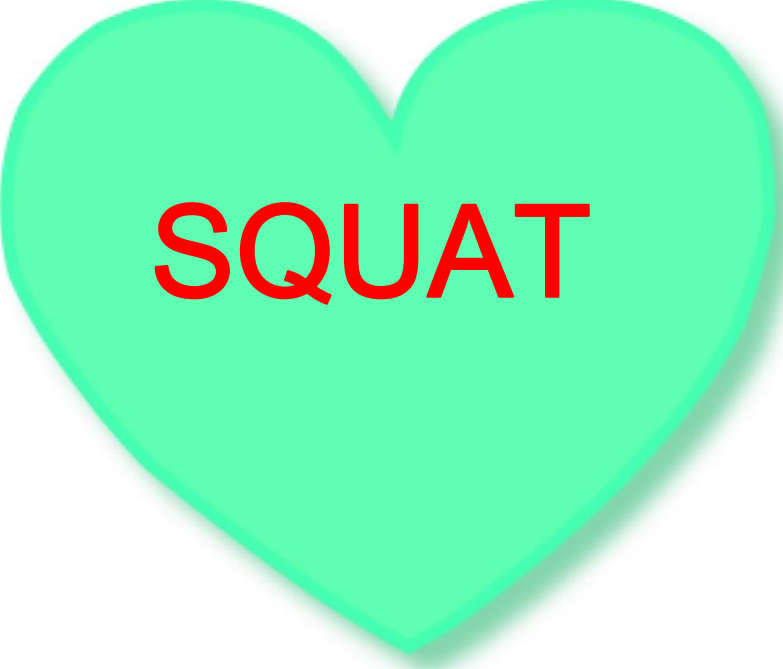
**ICE
SKATERS**

A pink heart with a slight shadow, containing the text "LOVE LAPS" in red.

**LOVE
LAPS**

A yellow heart with a slight shadow, containing the text "WASHING MACHINES" in red.

**WASHING
MACHINES**

A cyan heart with a slight shadow, containing the text "SQUAT" in red.

SQUAT

A purple heart with a slight shadow, containing the text "SIDE LUNGES" in red.

**SIDE
LUNGES**