



Leila's Exercises!

A person with long blonde hair, wearing a pink short-sleeved top and grey leggings, is captured mid-air in a high jump. They are positioned in the center of the frame, with their arms and legs spread out. The background is a dimly lit living room with a grey carpet, a dark television on the left, and a window with a white frame at the top. The overall lighting is low, creating a soft, indoor atmosphere.

Step 1

high jumps for for 30 seconds

A person with long brown hair, wearing a pink long-sleeved shirt and dark pants, is bending forward to touch their toes. They are standing on a light-colored carpeted floor in a room with dark walls. A white electrical outlet is visible on the wall to the right. The text "Step 2" is overlaid in the center of the image.

Step 2

Touch your toes

A young girl with dark hair, wearing a pink t-shirt and dark shorts, is lying on her back on a light-colored carpeted floor. She is holding her feet up towards her head, with her legs bent at the knees. The background shows a dark wall and a grey upholstered chair or sofa. The text "Step 3" is overlaid in the center of the image.

Step 3

Put your feet all the way up

A young girl with red hair, wearing a pink t-shirt and dark leggings, is performing a split on a light-colored carpeted floor. She is in a four-pointed position, with her hands on the floor and her legs extended wide to the sides. The background is a dark wall with a light switch and a portion of a patterned chair visible on the right.

Step 4

Do the splits



Step 5

Break time!



Step 6

Frog jumps

A young girl with long blonde hair, wearing a pink t-shirt and grey pants, is captured in a lunge position on a carpeted floor. She is leaning forward with her right leg extended back and her left leg bent at the knee. Her hands are positioned in front of her, palms facing each other. The background is a dark grey wall with a white baseboard and a light switch on the right side. The overall lighting is dim, creating a soft, indoor atmosphere.

Step 7

Do lunge Jumps



Step 8

Do press ups



Step 9

Do a plank

A young girl with blonde hair is standing in a room, looking towards the camera. She has her hands behind her head, with her fingers spread, as if demonstrating a step in a routine. She is wearing a pink t-shirt and grey leggings with a patterned waistband. The background is a plain, light-colored wall with a window or door frame visible at the top. The lighting is somewhat dim, and the overall tone is instructional.

Step 10

Do bunny hopps

A woman with curly hair, wearing a light pink t-shirt and grey leggings, is captured in a side profile while performing a squat. Her arms are extended straight out in front of her, parallel to the floor. She is positioned in front of a dark grey wall. The text 'Step 11' is overlaid in white on the image.

Step 11

Do Squats



I am FINISHED!!!!!!!!!!!!!!

Finally

