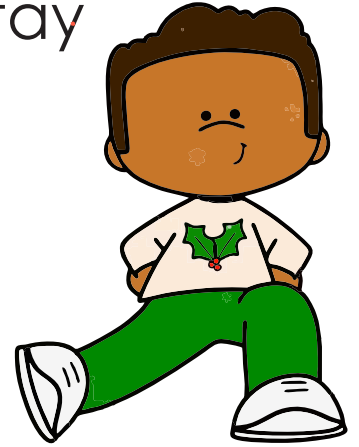


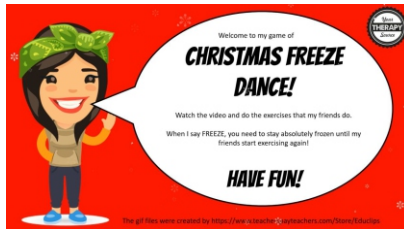
CHRISTMAS FREEZE DANCE

Hit play on the video and do the exercises that my friends do.

When I say FREEZE, you need to stay absolutely frozen until my friends start exercising again!



HAVE FUN!



SCAN THE QR CODE
TO USE THE VIDEO
or go to
<https://youtu.be/uOR0-YQ5Rwo>

