

SONIC



30 SECOND
WALL SIT



UP NEXT

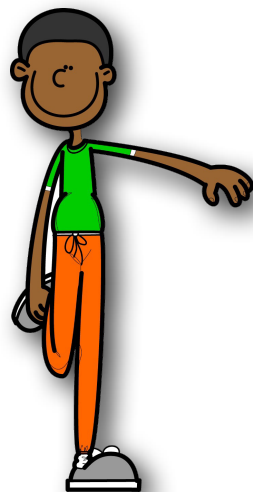


TAILS

TAILS



30 SECOND
THIGH
STRETCH



UP NEXT



KNUCKLES

KNUCKLES



30 SECOND
JUMPING
JACKS



UP NEXT



AMY ROSE

AMY ROSE



30 SECOND
MOUNTAIN
CLIMBERS



UP NEXT

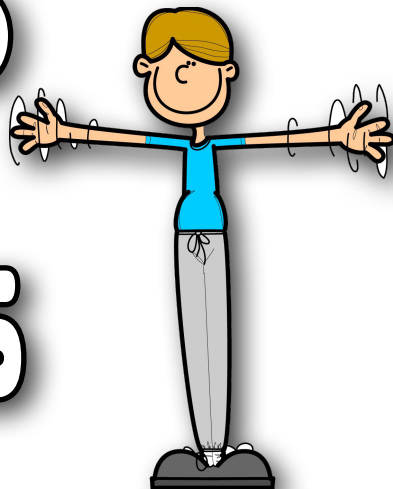


SHADOW

SHADOW



30 SECOND
ARM
CIRCLES



UP NEXT

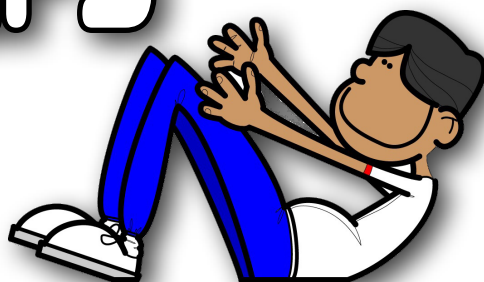


MARINE

MARINE



30 SECOND
CURLUPS



UP NEXT

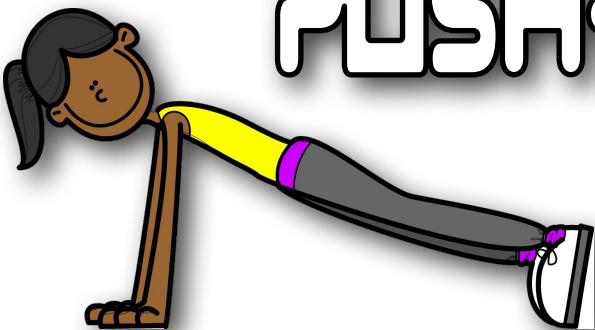


CREAM & CHEESE

CREAM & CHEESE



30 SECOND
PUSH-UPS



UP NEXT

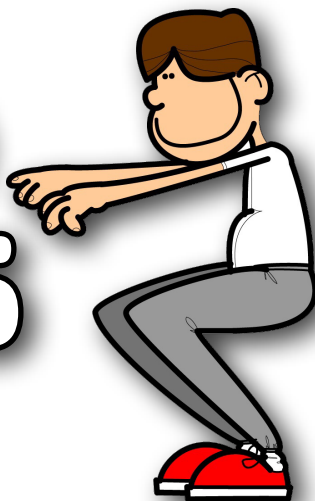


BLAZE

BLAZE



30 SECOND
SQUATS



UP NEXT

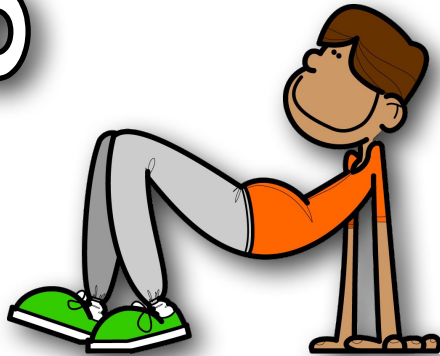


SILVER

SILVER



30 SECOND
CRAB
WALK



UP NEXT

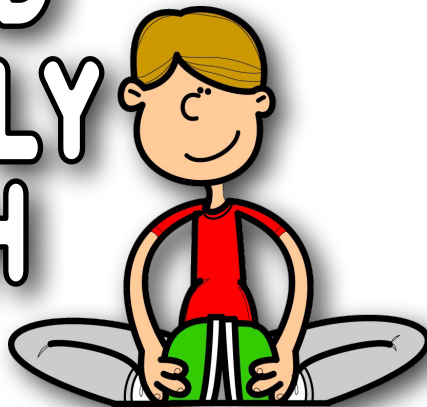


ESPIO

ESPIO



30 SECOND
BUTTERFLY
STRETCH



UP NEXT



SONIC