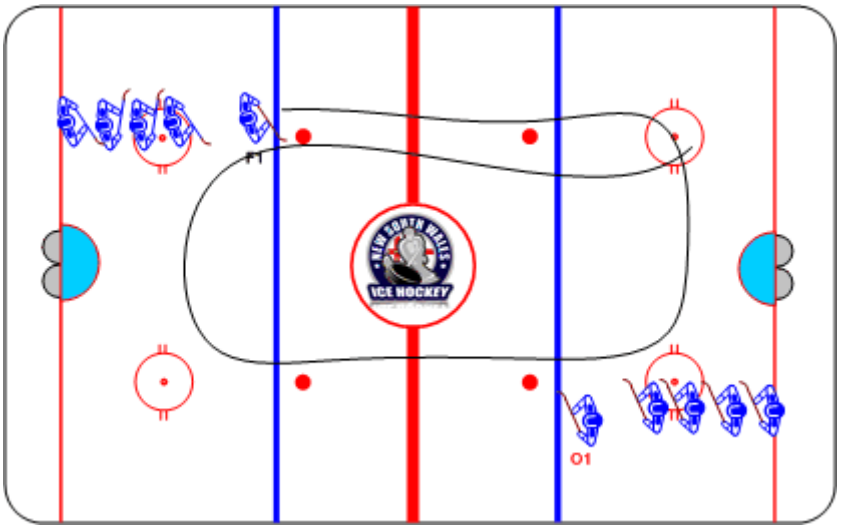
Cool Down - Follow Leader Stretch

Duration: 4 mins

- Stationary & moving stretch
- **F1** leads group 1.5 times around
- O1 next