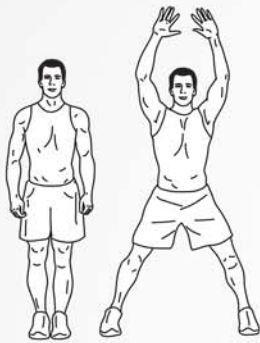


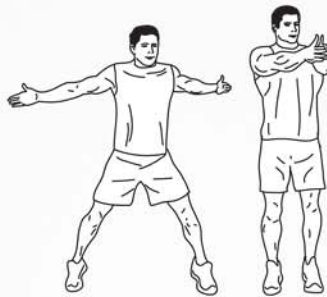
playing with SCISSORS

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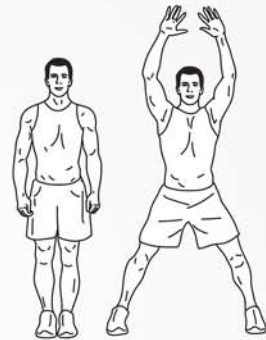
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



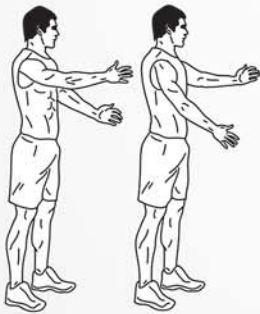
20sec jumping jacks



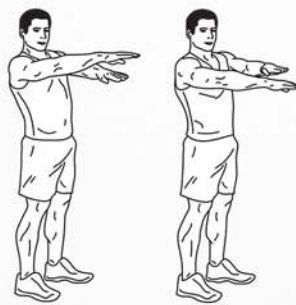
20sec seal jacks



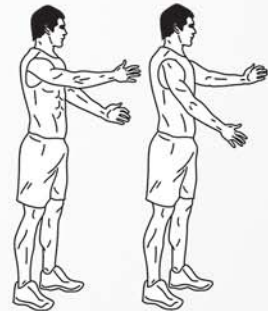
20sec jumping jacks



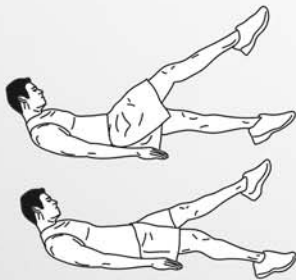
20sec scissor chops



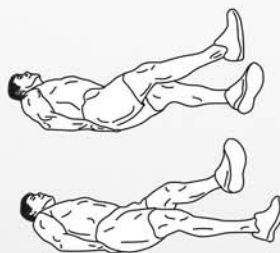
20sec arm scissors



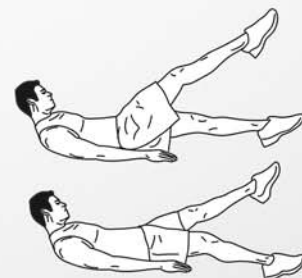
20sec scissor chops



20sec flutter kicks



20sec scissors



20sec flutter kicks