



60 days of
CARDIO

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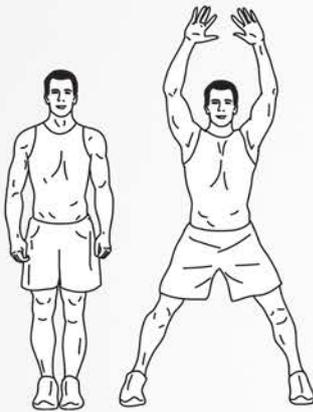
DAY 1

Level I 3 sets

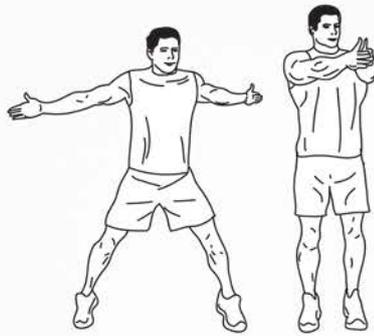
Level II 5 sets

Level III 7 sets

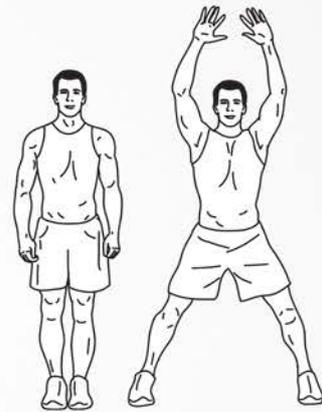
2 minutes rest between sets



10 jumping jacks



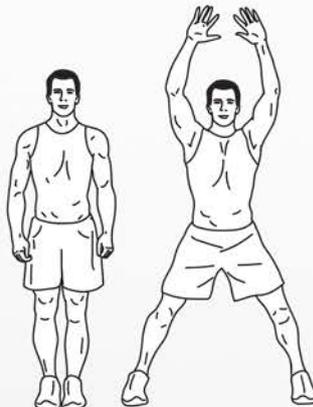
10 seal jacks



10 jumping jacks



4 side-to-side lunges



10 jumping jacks



4 side-to-side lunges

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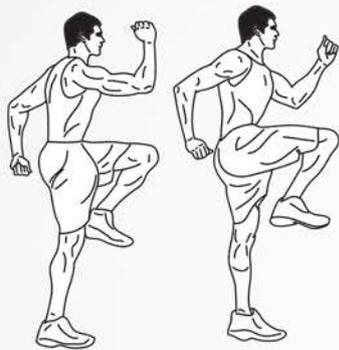
DAY 2

Level I 3 sets

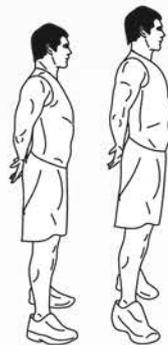
Level II 5 sets

Level III 7 sets

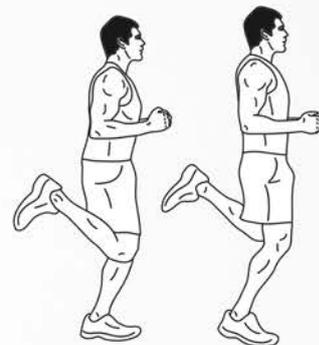
2 minutes rest between sets



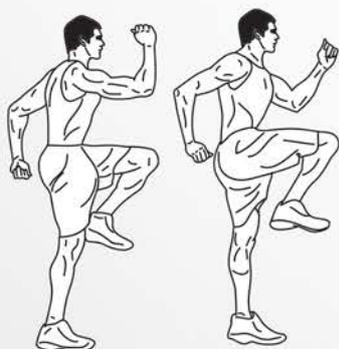
10 march steps



5 calf raises



10 butt kicks



10 march steps



5 calf raises



10 lunge step-ups

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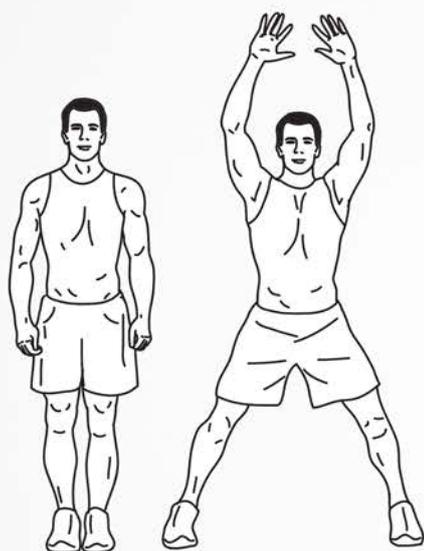
DAY 3

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 jumping jacks

2 plank rotations



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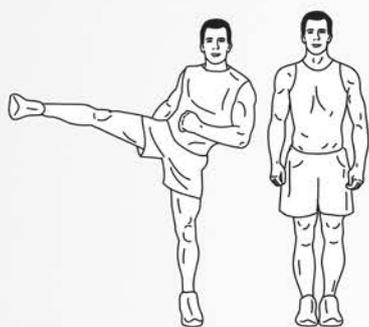
DAY 4

Level I 3 sets

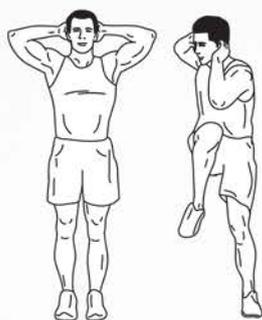
Level II 5 sets

Level III 7 sets

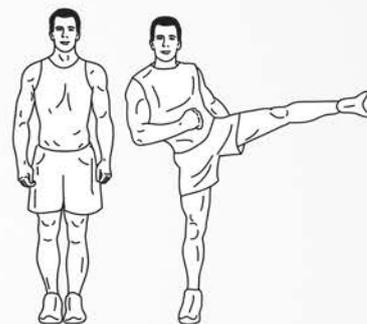
2 minutes rest between sets



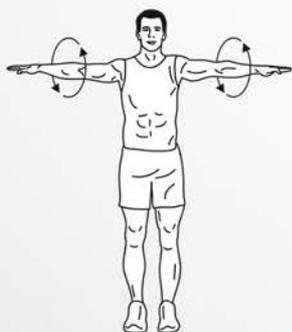
10 side leg raises
right leg



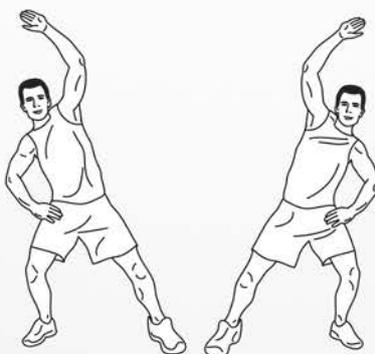
10 knee-to-elbows



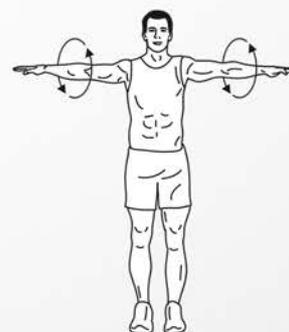
10 side leg raises
left leg



10 raised arm circles



10 side jacks



10 raised arm circles

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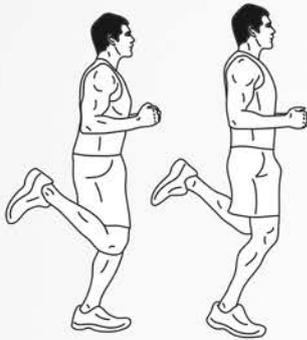
DAY 5

Level I 3 sets

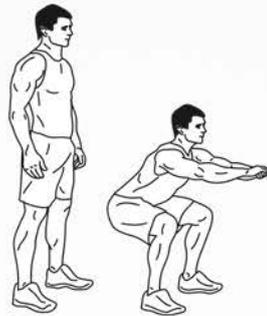
Level II 5 sets

Level III 7 sets

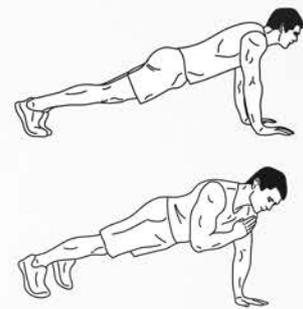
2 minutes rest between sets



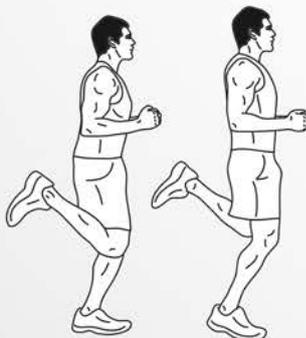
10 butt kicks



2 squats



10 shoulder taps



10 butt kicks



2 squats



10 climbers

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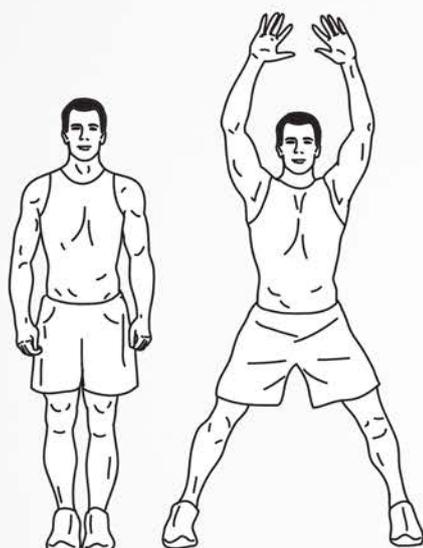
DAY 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



5 jumping jacks

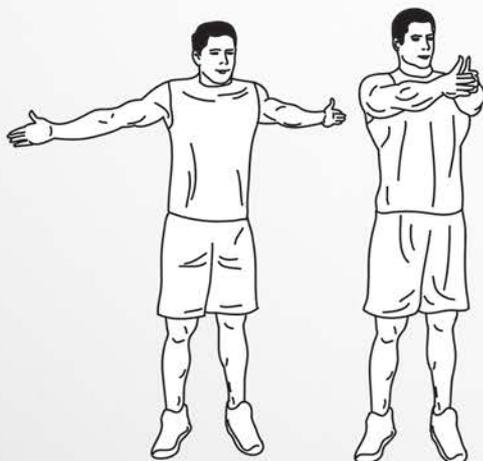
10 chest expansions

5 jumping jacks

10 chest expansions

5 jumping jacks

10 chest expansions



5 jumping jacks

10 chest expansions

5 jumping jacks

10 chest expansions

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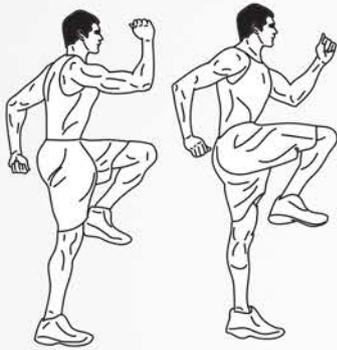
DAY 7

Level I 3 sets

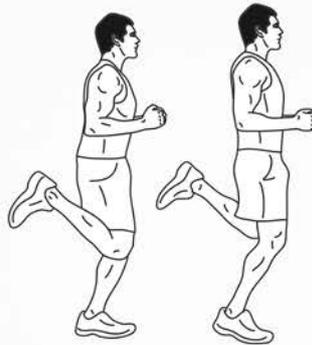
Level II 5 sets

Level III 7 sets

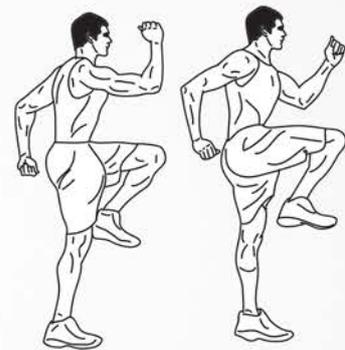
2 minutes rest between sets



10 march steps



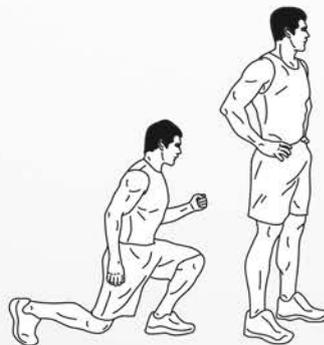
10 butt kicks



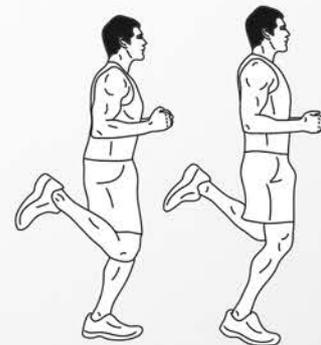
10 march steps



10 butt kicks



10 reverse lunges



10 butt kicks

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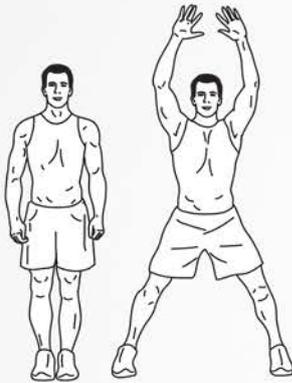
DAY 8

Level I 3 sets

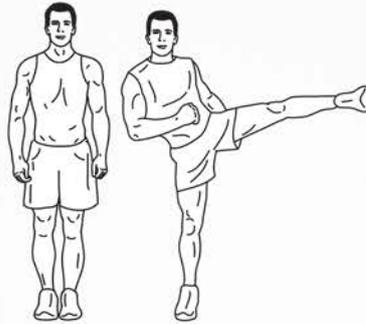
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



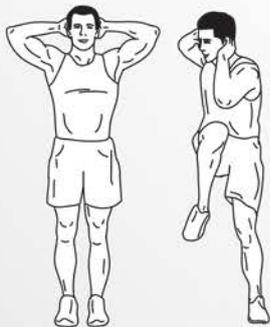
10 jumping jacks



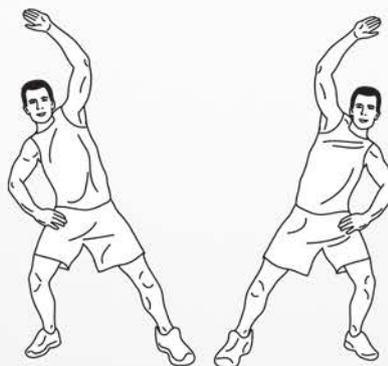
10 side leg raises



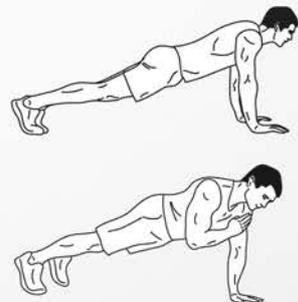
10 plank rotations



10 knee-to-elbows



10 side jacks



10 shoulder taps

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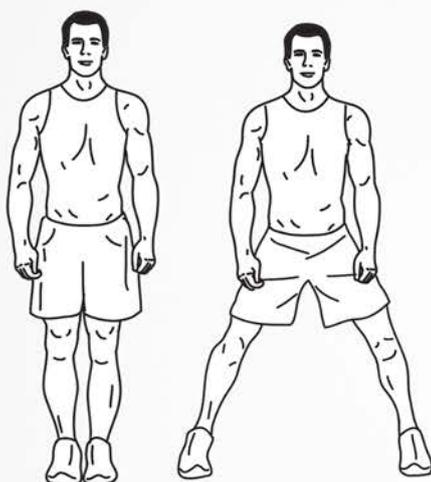
DAY 9

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 half jacks

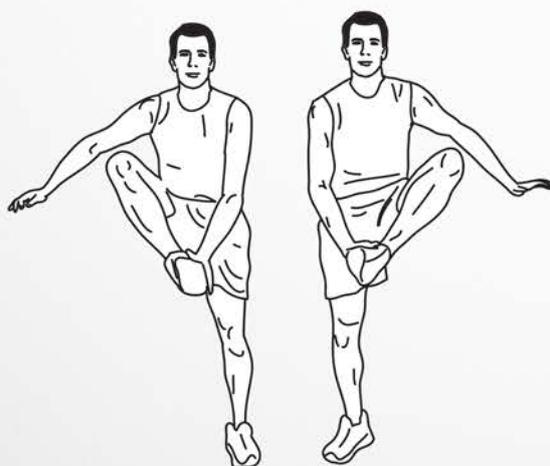
2 toe tap hops

10 half jacks

2 toe tap hops

10 half jacks

2 toe tap hops



10 half jacks

2 toe tap hops

10 half jacks

2 toe tap hops

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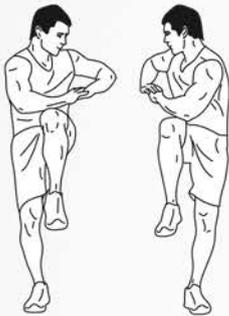
DAY 10

Level I 3 sets

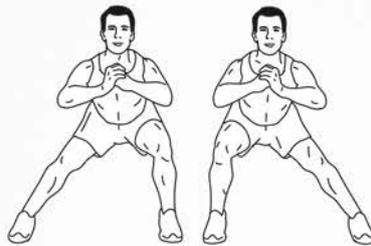
Level II 5 sets

Level III 7 sets

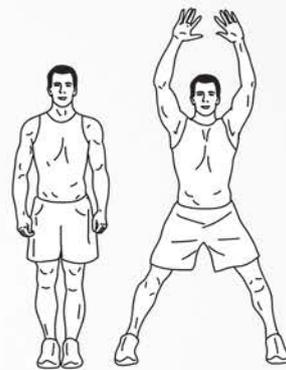
2 minutes rest between sets



10 march twists



2 side-to-side lunges



10 jumping jacks



2 side-to-side lunges



10 split jacks



2 side-to-side lunges

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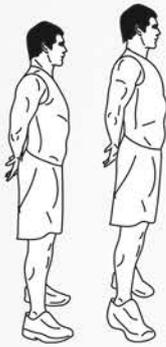
DAY 11

Level I 3 sets

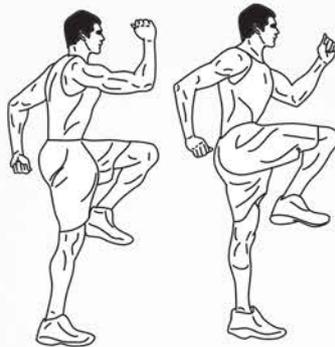
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



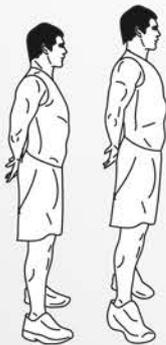
10 calf raises



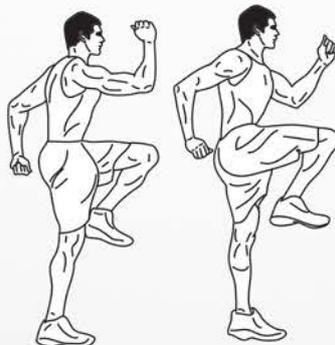
10 march steps



10 high knees



10 calf raises



10 march steps



2 jump squats

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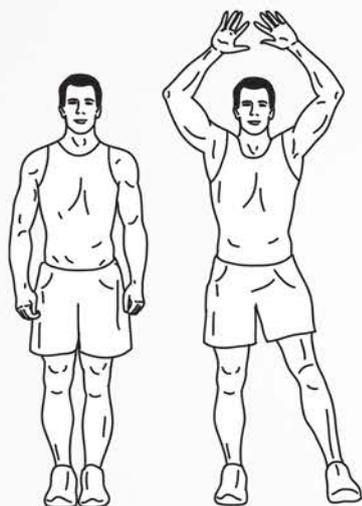
DAY 12

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 step jacks

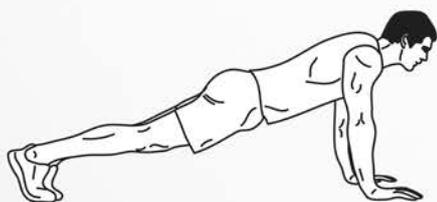
2 shoulder taps

10 step jacks

2 shoulder taps

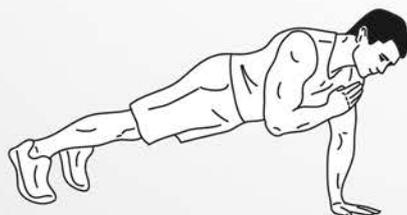
10 step jacks

2 shoulder taps



10 step jacks

2 shoulder taps



10 step jacks

2 shoulder taps

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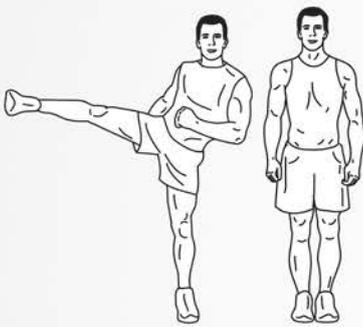
DAY 13

Level I 3 sets

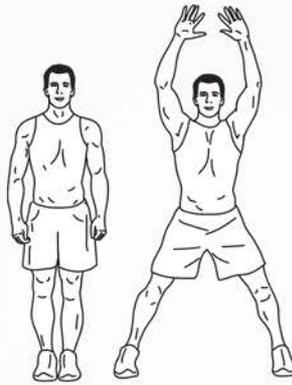
Level II 5 sets

Level III 7 sets

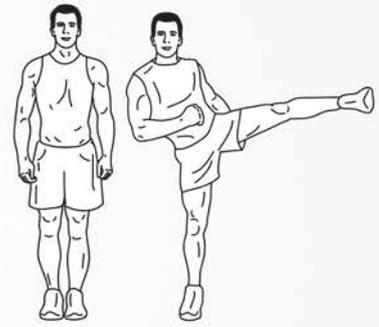
2 minutes rest between sets



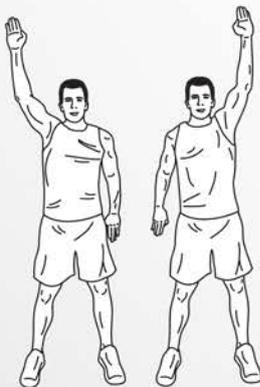
10 side leg raises
right leg



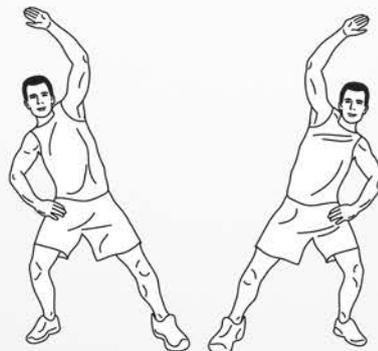
10 jumping jacks



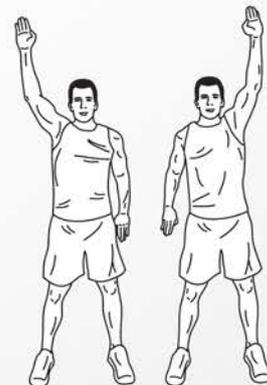
10 side leg raises
left leg



10 alt chest expansions



10 side jacks



10 alt chest expansions

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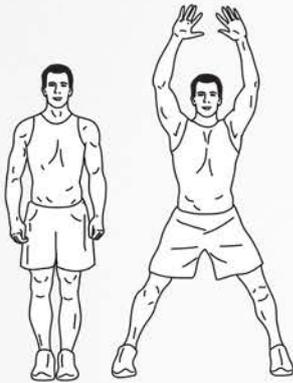
DAY 14

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



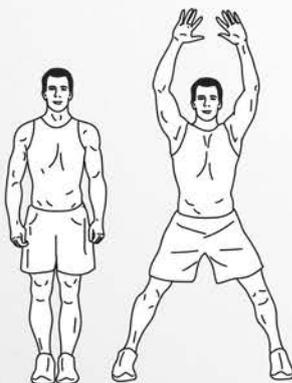
10 jumping jacks



2 squats



10 lunge step-ups



10 jumping jacks



2 squats



2 jump squats

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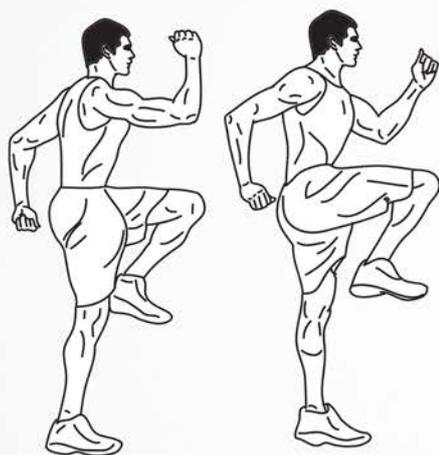
DAY 15

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 march steps

10 high knees

10 march steps

10 high knees

10 march steps

10 high knees



10 march steps

10 high knees

10 march steps

10 high knees

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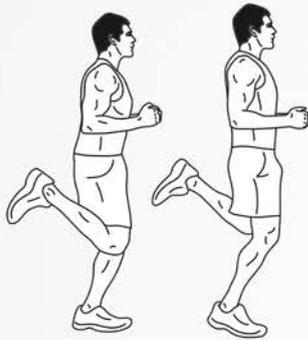
DAY 16

Level I 3 sets

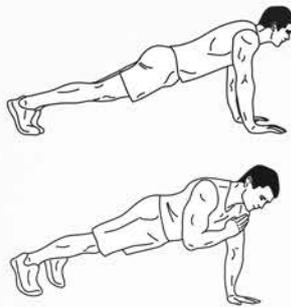
Level II 5 sets

Level III 7 sets

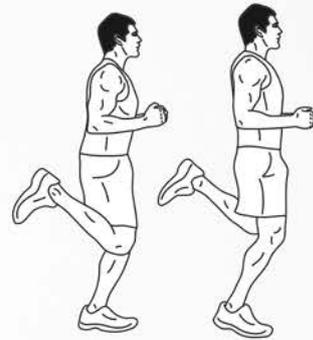
2 minutes rest between sets



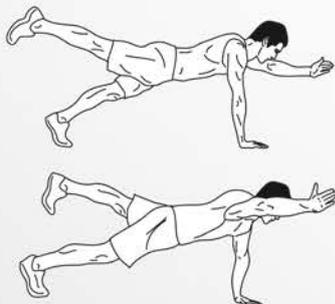
10 butt kicks



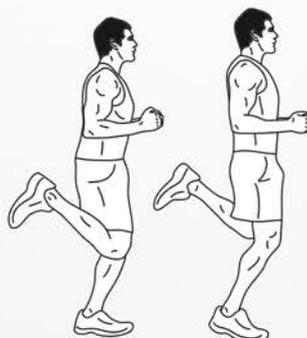
4 shoulder taps



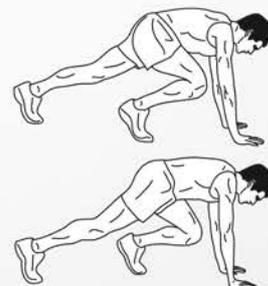
10 butt kicks



4 alt arm/leg raises



10 butt kicks



4 climbers

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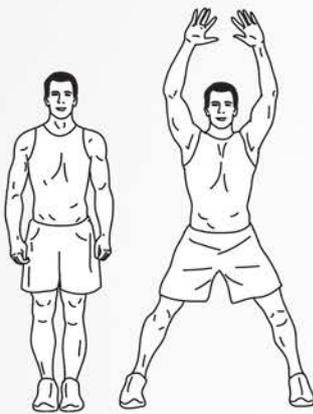
DAY 17

Level I 3 sets

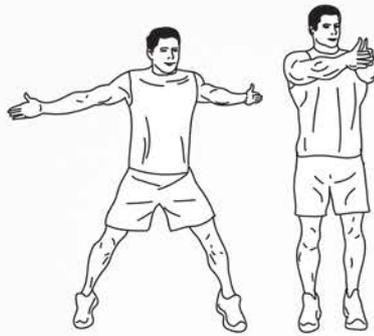
Level II 5 sets

Level III 7 sets

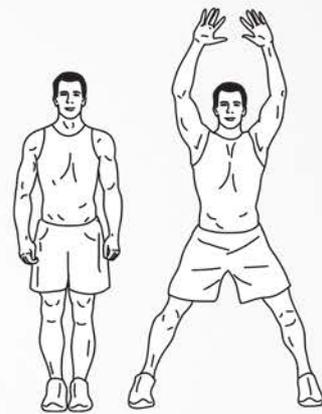
2 minutes rest between sets



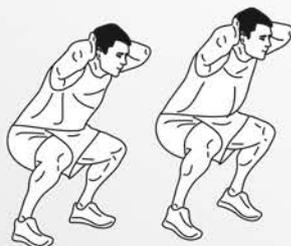
10 jumping jacks



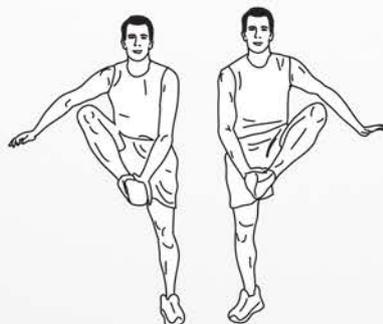
4 seal jacks



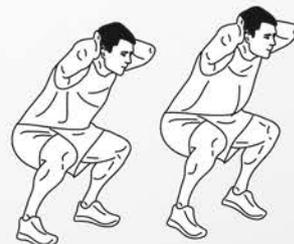
10 jumping jacks



10 squat hops



4 toe tap hops



10 squat hops

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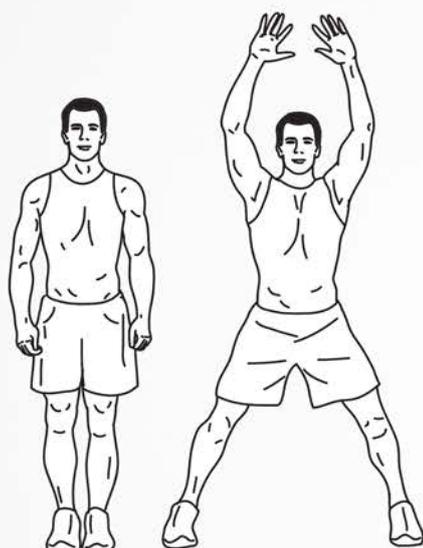
DAY 18

Level I 3 sets

Level II 5 sets

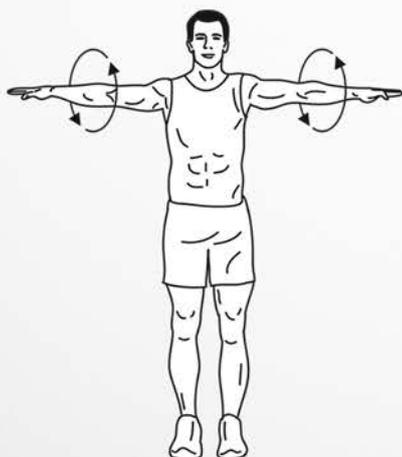
Level III 7 sets

2 minutes rest between sets



5 jumping jacks

10 raised arm circles



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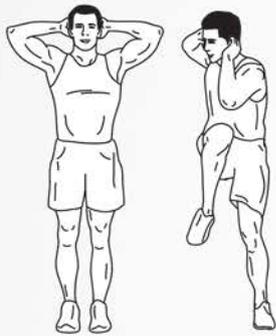
DAY 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



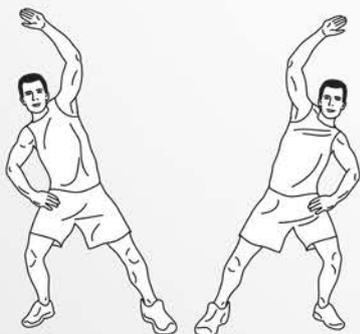
10 knee-to-elbows



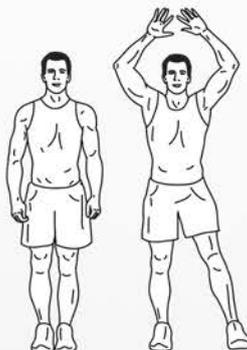
10 high knees



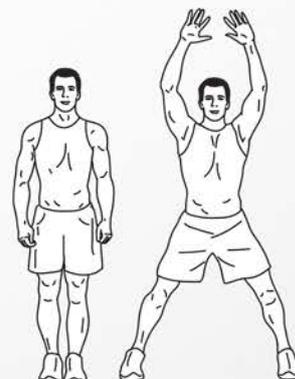
2 jump squats



10 side jacks



10 step jacks



2 jumping jacks

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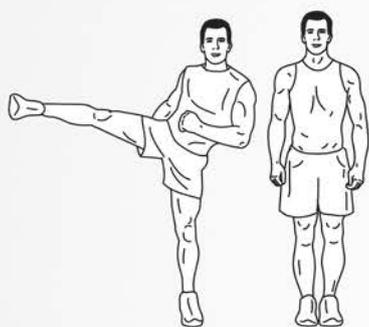
DAY 20

Level I 3 sets

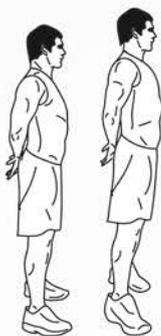
Level II 5 sets

Level III 7 sets

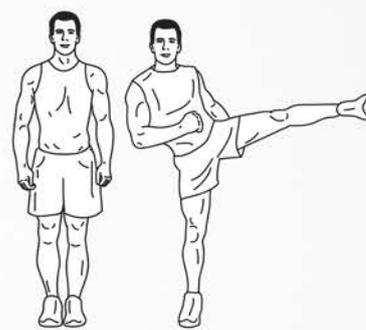
2 minutes rest between sets



10 side leg raises
right leg



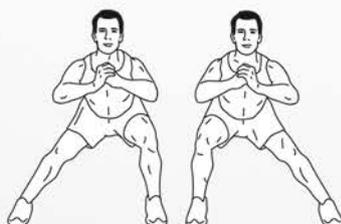
10 calf raises



10 side leg raises
left leg



10 split jacks



4 side-to-side lunges



10 split jacks

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DAY 21

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 climbers

2 plank rotations

10 climbers

2 plank rotations

10 climbers

2 plank rotations



10 climbers

2 plank rotations

10 climbers

2 plank rotations

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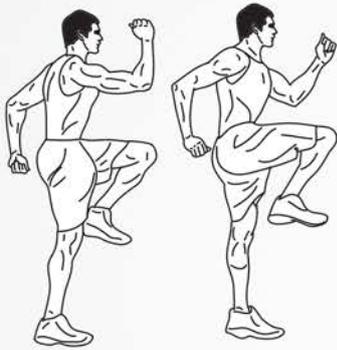
DAY 22

Level I 3 sets

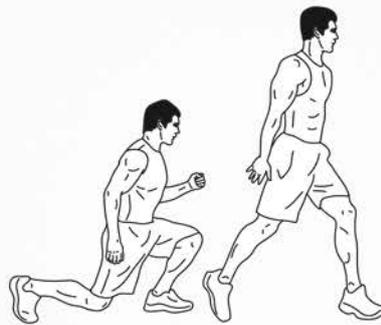
Level II 5 sets

Level III 7 sets

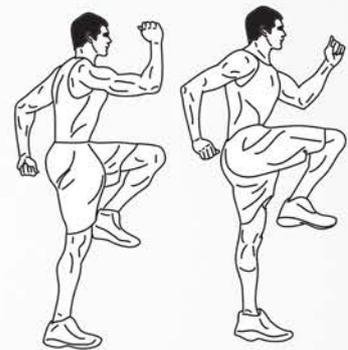
2 minutes rest between sets



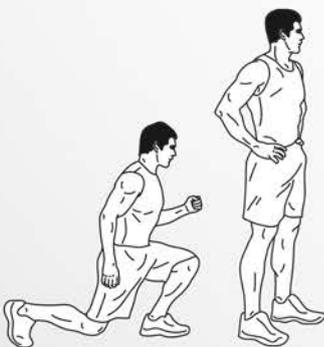
10 march steps



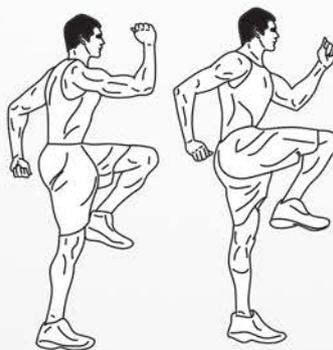
2 jumping lunges



10 march steps



10 reverse lunges



10 march steps



10 reverse lunges

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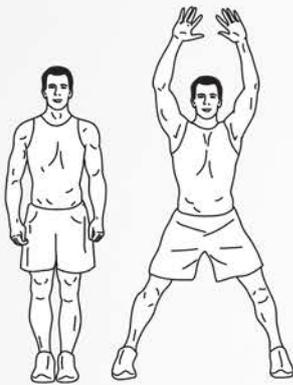
DAY 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

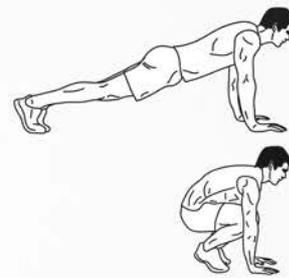
2 minutes rest between sets



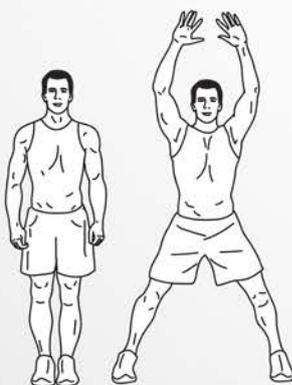
10 jumping jacks



2 squats



2 plank jump-ins



10 jumping jacks



2 squats



10 plank rotations

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DAY 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 high knees

2 superman extensions



10 high knees

2 superman extensions



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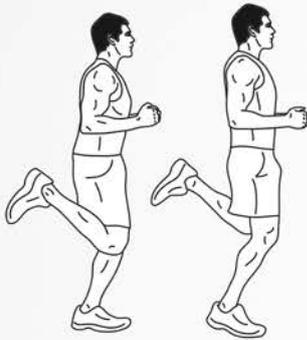
DAY 25

Level I 3 sets

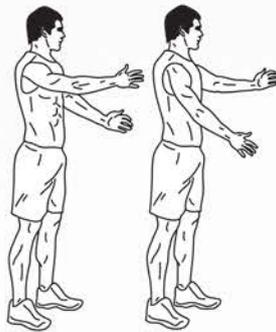
Level II 5 sets

Level III 7 sets

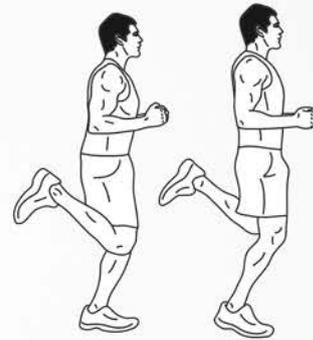
2 minutes rest between sets



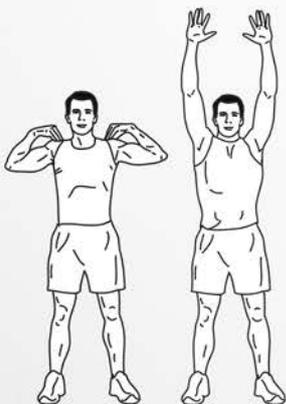
10 butt kicks



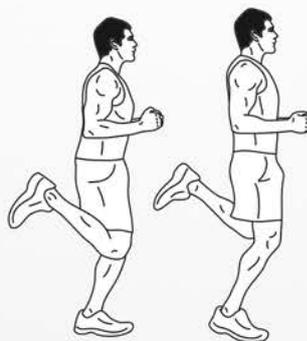
20 scissor chops



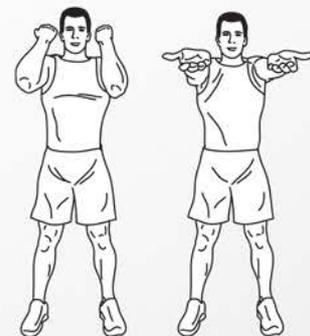
10 butt kicks



20 shoulder taps



10 butt kicks



20 bicep extensions

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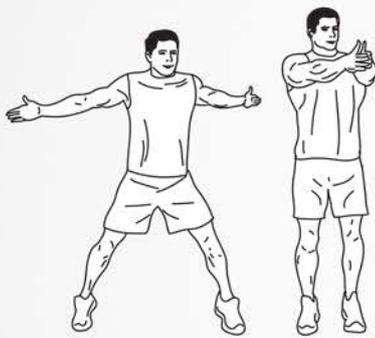
DAY 26

Level I 3 sets

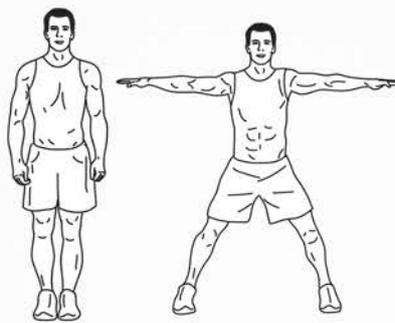
Level II 5 sets

Level III 7 sets

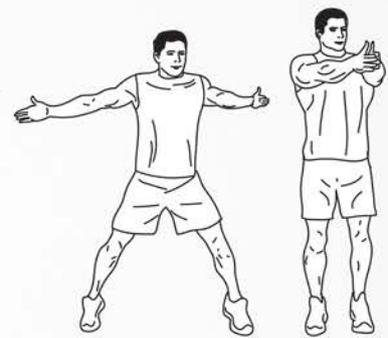
2 minutes rest between sets



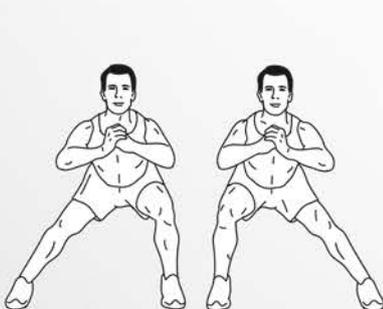
10 seal jacks



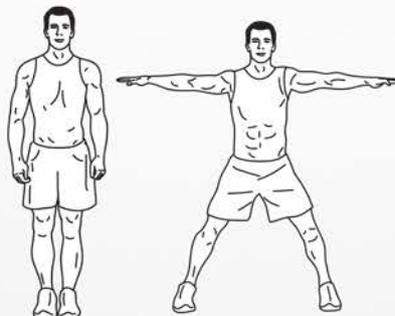
10 jumping Ts



10 seal jacks



4 side-to-side lunges



10 jumping Ts



4 side-to-side lunges

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DAY 27

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 split jacks

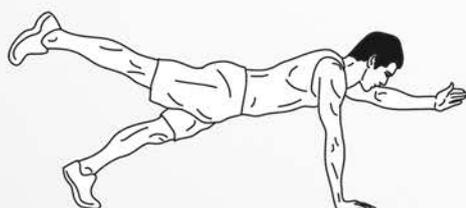
4 alt arm / leg raises

10 split jacks

4 alt arm / leg raises

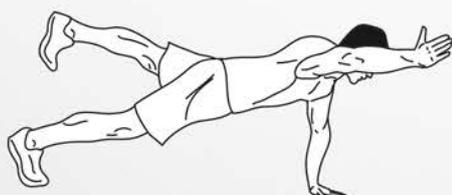
10 split jacks

4 alt arm / leg raises



10 split jacks

4 alt arm / leg raises



10 split jacks

4 alt arm / leg raises

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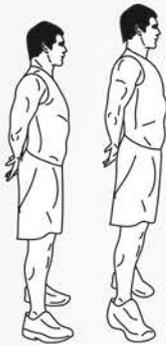
DAY 28

Level I 3 sets

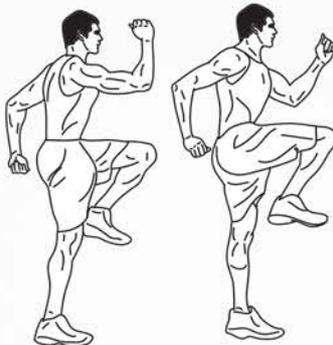
Level II 5 sets

Level III 7 sets

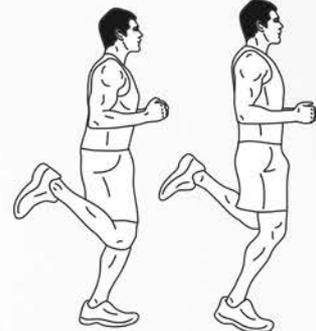
2 minutes rest between sets



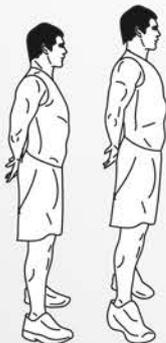
10 calf raises



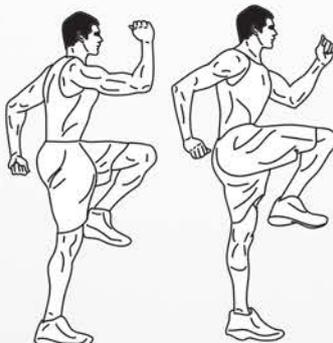
10 march steps



20 butt kicks



10 calf raises



10 march steps



20 high knees

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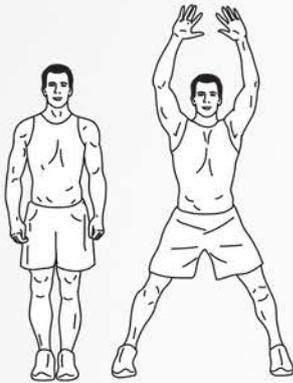
DAY 29

Level I 3 sets

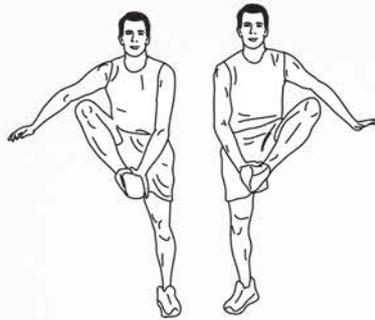
Level II 5 sets

Level III 7 sets

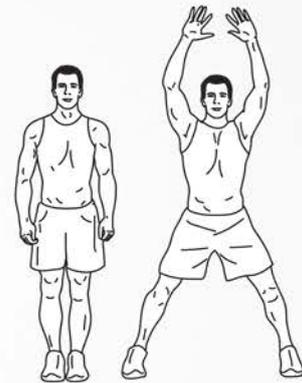
2 minutes rest between sets



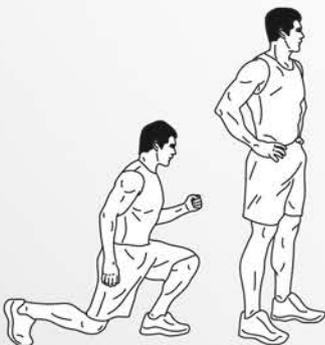
10 jumping jacks



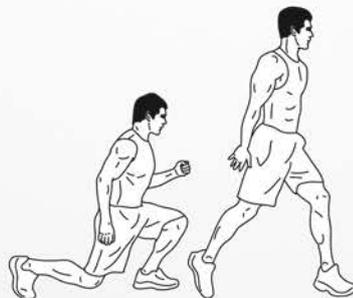
10 toe tap hops



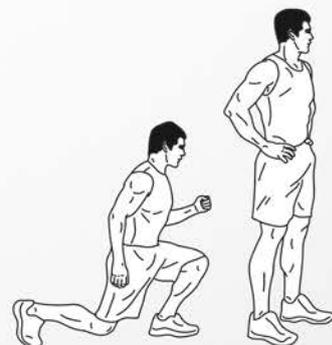
10 jumping jacks



10 reverse lunges



2 jumping lunges



10 reverse lunges

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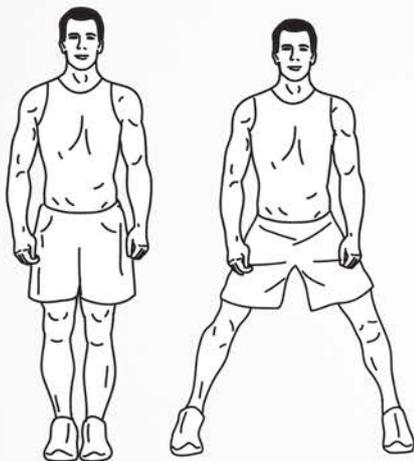
DAY 30

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 half jacks

5 single leg hops (left leg)

10 half jacks

5 single leg hops (right leg)

10 half jacks

5 single leg hops (left leg)

10 half jacks

5 single leg hops (right leg)



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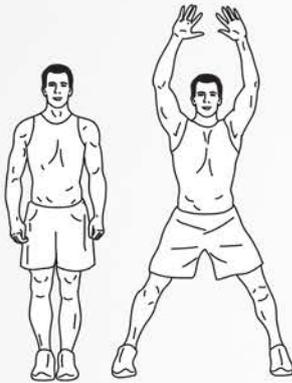
DAY 31

Level I 3 sets

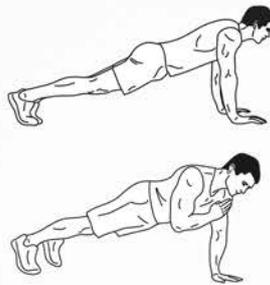
Level II 5 sets

Level III 7 sets

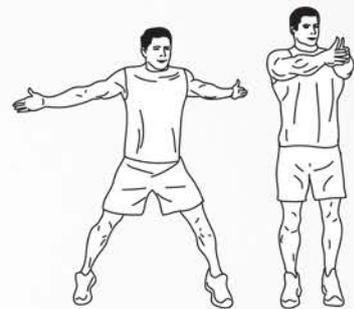
2 minutes rest between sets



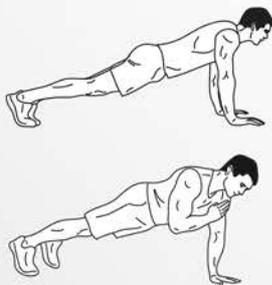
10 jumping jacks



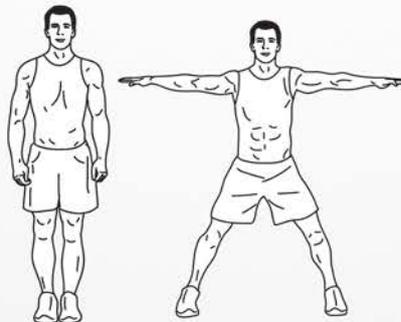
10 shoulder taps



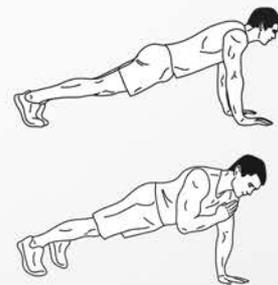
10 seal jacks



10 shoulder taps



10 jumping Ts



10 shoulder taps

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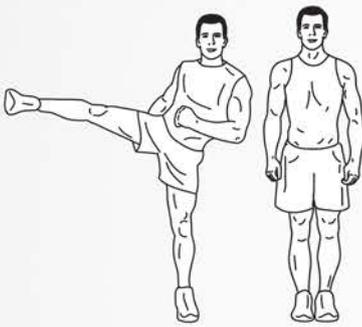
DAY 32

Level I 3 sets

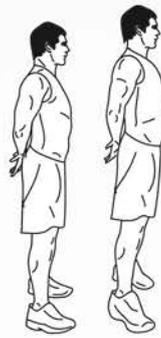
Level II 5 sets

Level III 7 sets

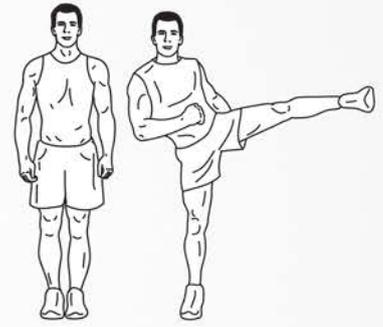
2 minutes rest between sets



20 side leg raises
right leg



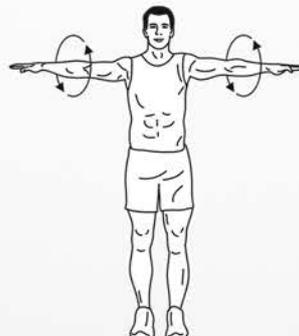
10 calf raises



20 side leg raises
left leg



20 high knees



20 raised arm circles



20 high knees

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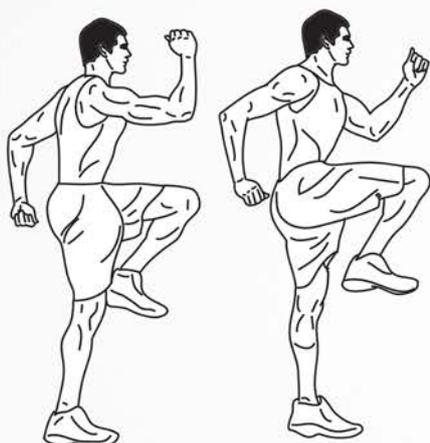
DAY 33

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 march steps

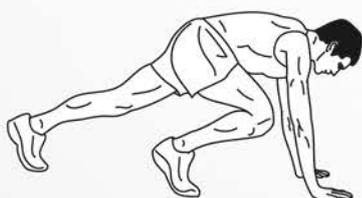
10 climbers

20 march steps

10 climbers

20 march steps

10 climbers



20 march steps

10 climbers



20 march steps

10 climbers

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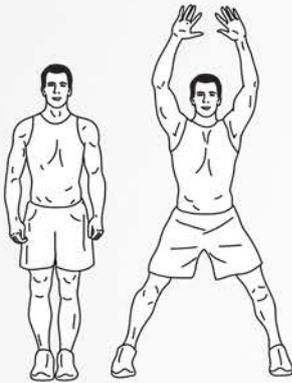
DAY 34

Level I 3 sets

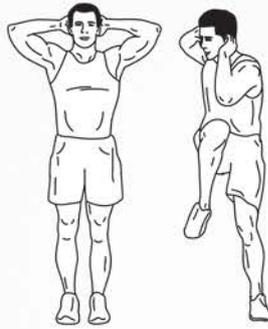
Level II 5 sets

Level III 7 sets

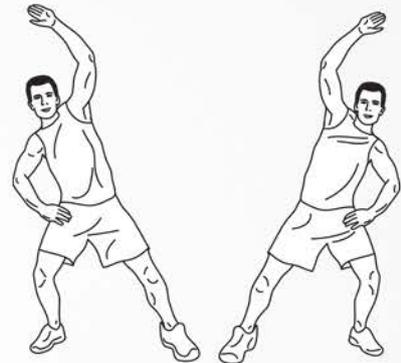
2 minutes rest between sets



20 jumping jacks



10 knee-to-elbows



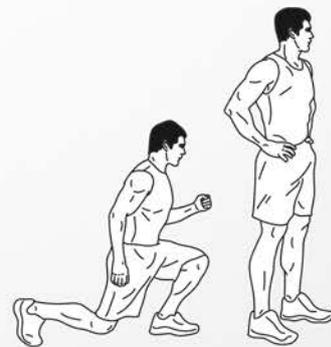
10 side jacks



20 high knees



10 split jacks



10 reverse lunges

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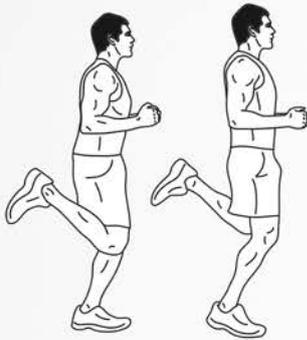
DAY 35

Level I 3 sets

Level II 5 sets

Level III 7 sets

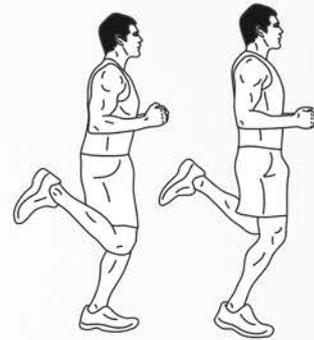
2 minutes rest between sets



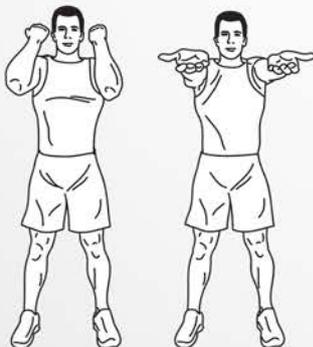
20 butt kicks



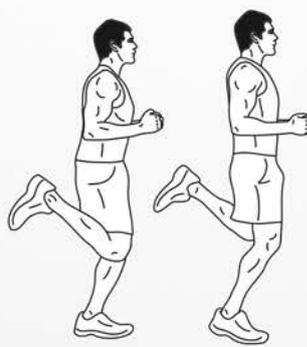
2 squats



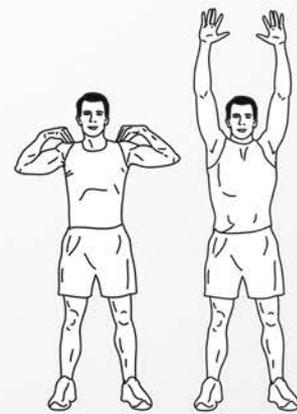
20 butt kicks



20 bicep extensions



20 butt kicks



20 shoulder taps

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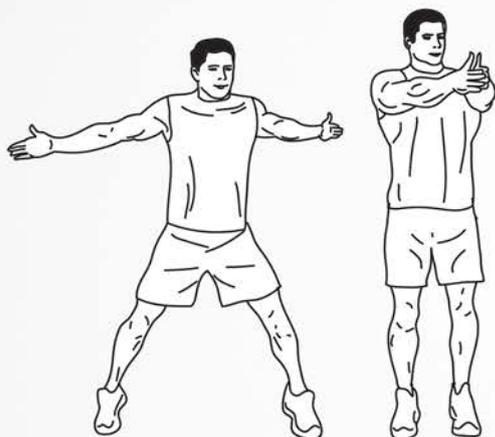
DAY 36

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 seal jacks

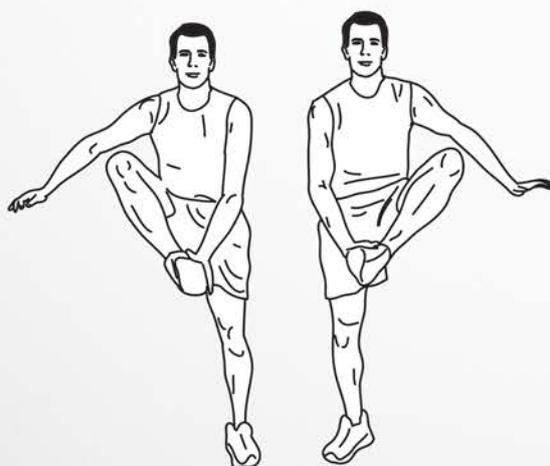
4 toe tap hops

10 seal jacks

4 toe tap hops

10 seal jacks

4 toe tap hops



10 seal jacks

4 toe tap hops

10 seal jacks

4 toe tap hops

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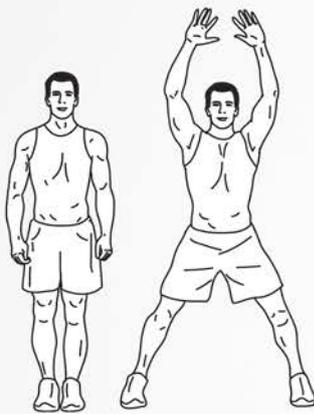
DAY 37

Level I 3 sets

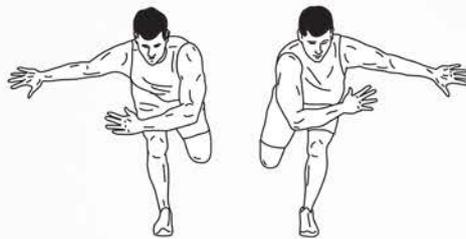
Level II 5 sets

Level III 7 sets

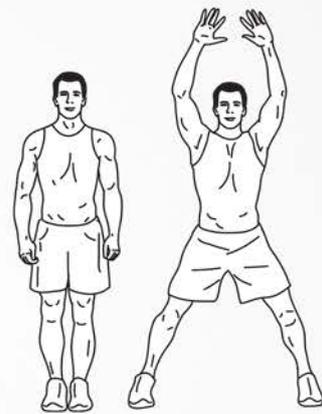
2 minutes rest between sets



20 jumping jacks



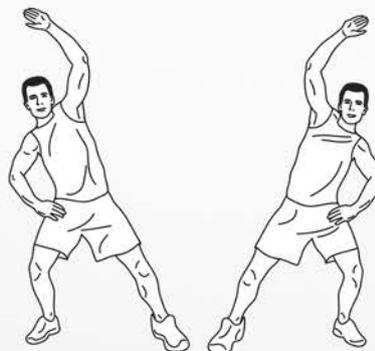
4 side-to-side jumps



20 jumping jacks



4 side-to-side lunges



20 side jacks



4 side-to-side lunges

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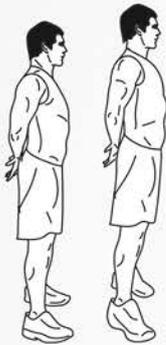
DAY 38

Level I 3 sets

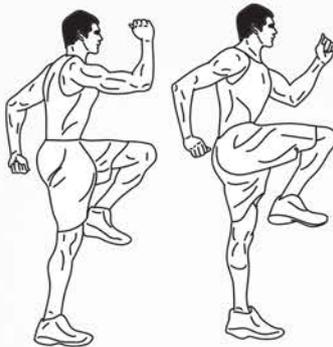
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



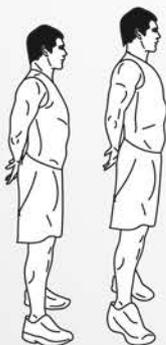
10 calf raises



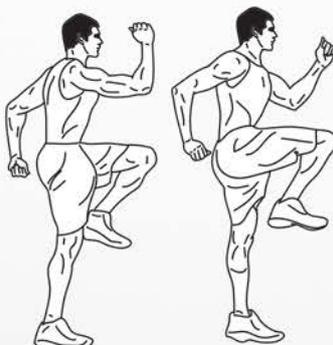
20 march steps



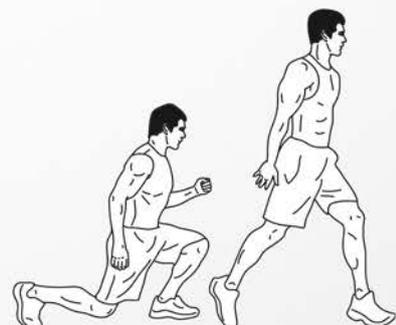
10 high knees



10 calf raises



20 march steps



10 jumping lunges

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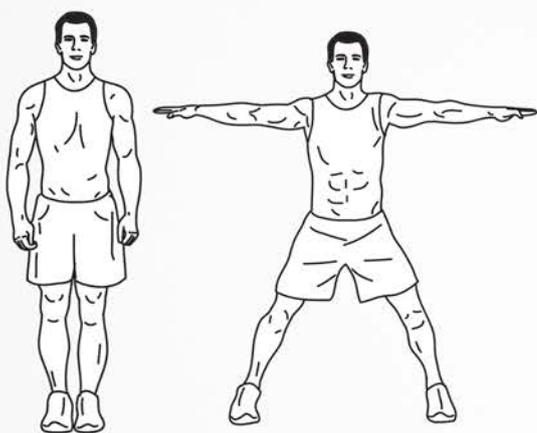
DAY 39

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 jumping Ts

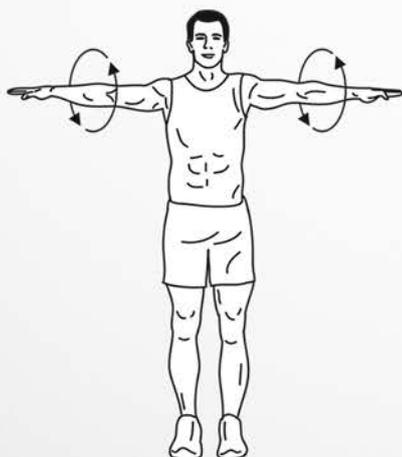
10 raised arm circles

10 jumping Ts

10 raised arm circles

10 jumping Ts

10 raised arm circles



10 jumping Ts

10 raised arm circles

10 jumping Ts

10 raised arm circles

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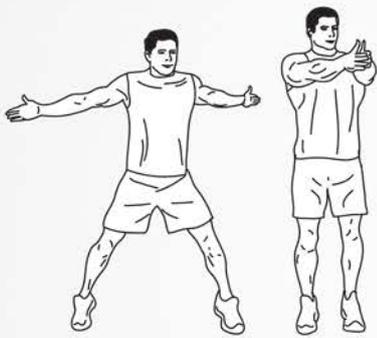
DAY 40

Level I 3 sets

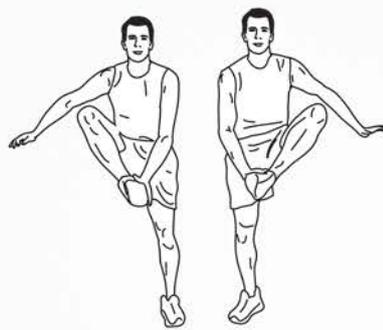
Level II 5 sets

Level III 7 sets

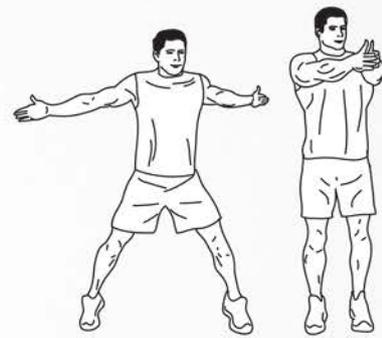
2 minutes rest between sets



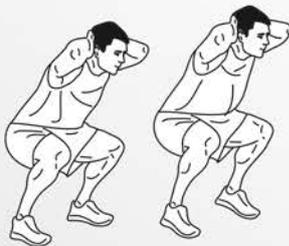
10 seal jacks



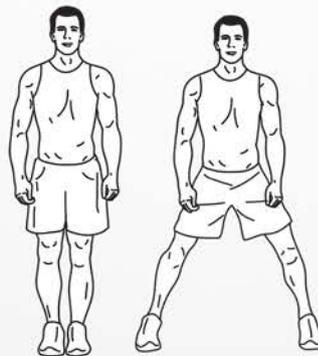
4 toe tap hops



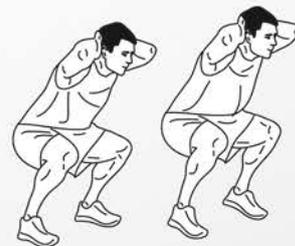
10 seal jacks



10 squat hops



20 half jacks



10 squat hops

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DAY 41

Level I 3 sets

Level II 5 sets

Level III 7 sets

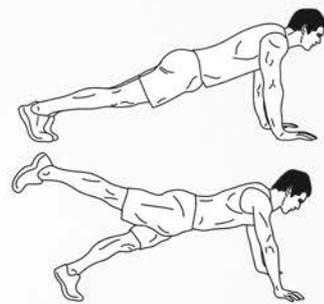
2 minutes rest between sets



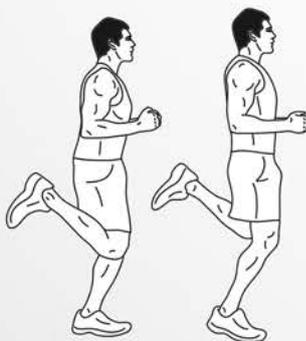
20 butt kicks



2 squats



10 plank leg raises



20 butt kicks



2 squats



10 plank rotations

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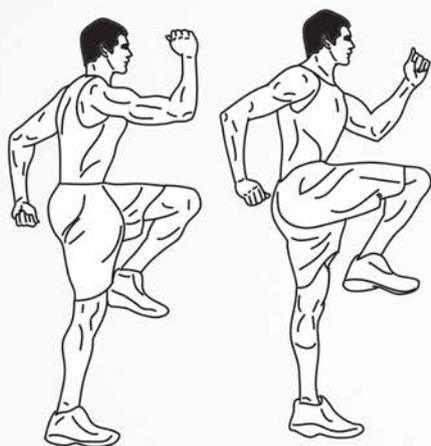
DAY 42

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 march steps

4 lunge step-ups

20 march steps

4 lunge step-ups

20 march steps

4 lunge step-ups



20 march steps

4 lunge step-ups

20 march steps

4 lunge step-ups

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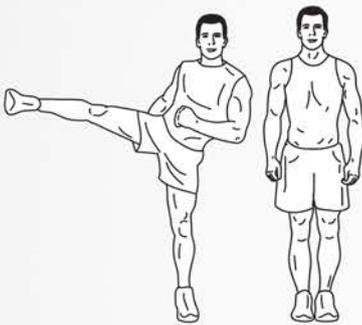
DAY 43

Level I 3 sets

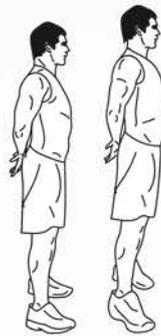
Level II 5 sets

Level III 7 sets

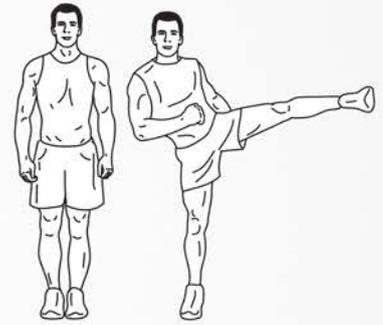
2 minutes rest between sets



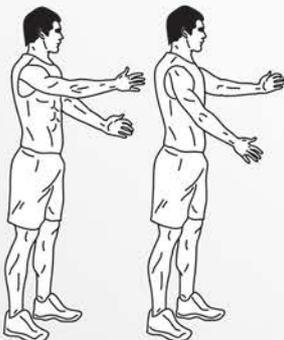
30 side leg raises
right leg



10 calf raises



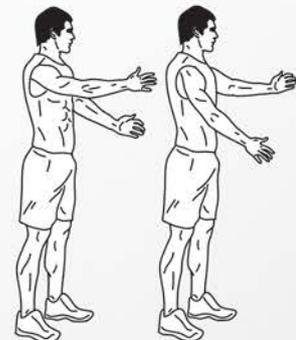
30 side leg raises
left leg



30 scissor chops



30 high knees



30 scissor chops

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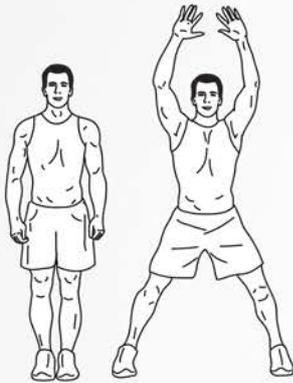
DAY 44

Level I 3 sets

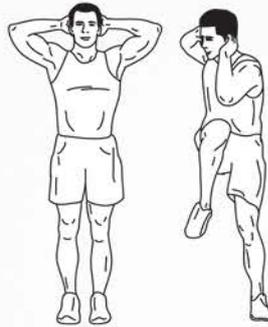
Level II 5 sets

Level III 7 sets

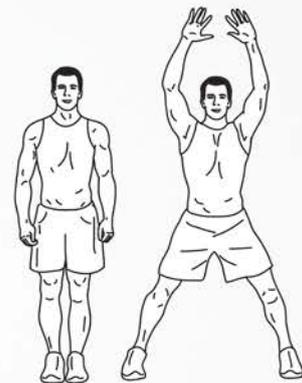
2 minutes rest between sets



20 jumping jacks



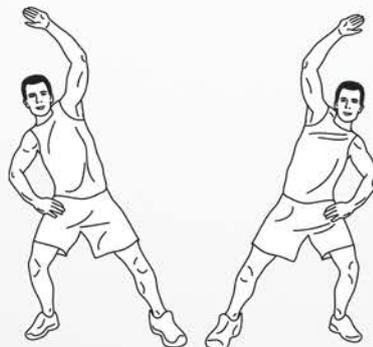
10 knee-to-elbows



20 jumping jacks



10 split jacks



20 side jacks



10 split jacks

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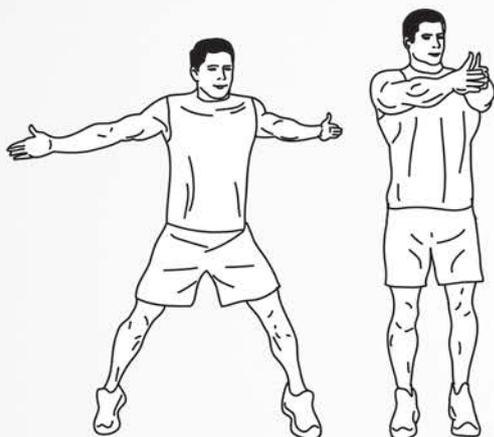
DAY 45

Level I 3 sets

Level II 5 sets

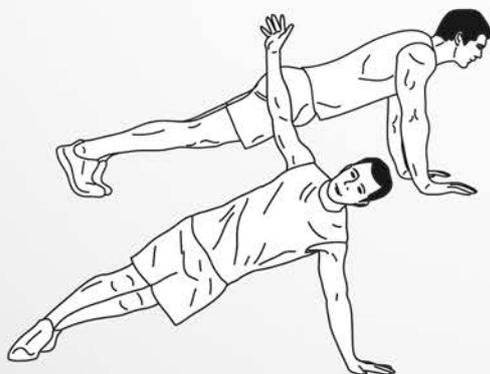
Level III 7 sets

2 minutes rest between sets



10 seal jacks

4 plank rotations



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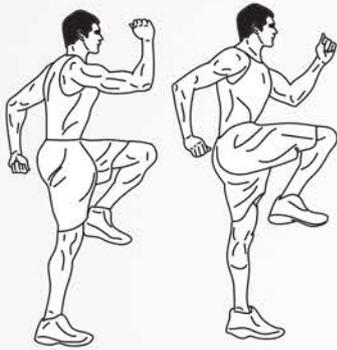
DAY 46

Level I 3 sets

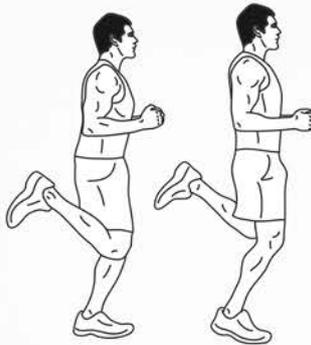
Level II 5 sets

Level III 7 sets

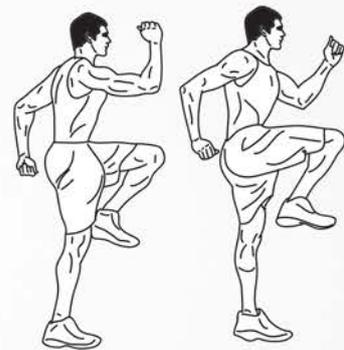
2 minutes rest between sets



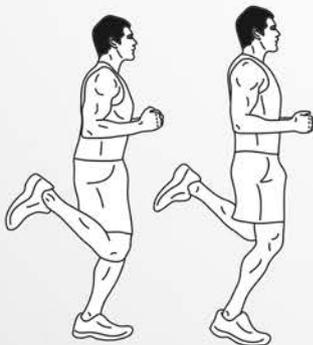
10 march steps



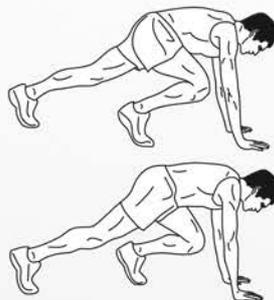
20 butt kicks



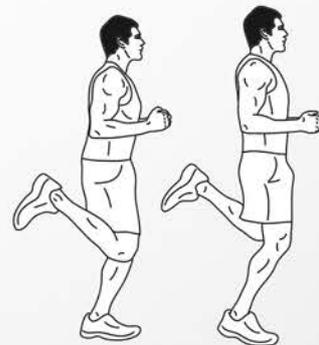
10 march steps



20 butt kicks



10 climbers



20 butt kicks

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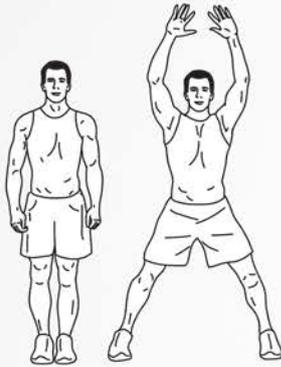
DAY 47

Level I 3 sets

Level II 5 sets

Level III 7 sets

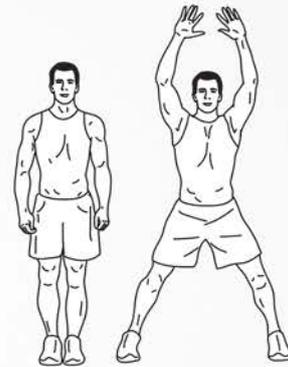
2 minutes rest between sets



20 jumping jacks



4 side-to-side lunges



20 jumping jacks



4 side-to-side lunges



10 march twists



4 side-to-side lunges

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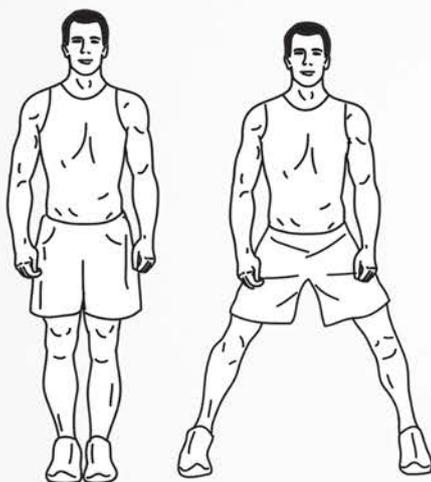
DAY 48

Level I 3 sets

Level II 5 sets

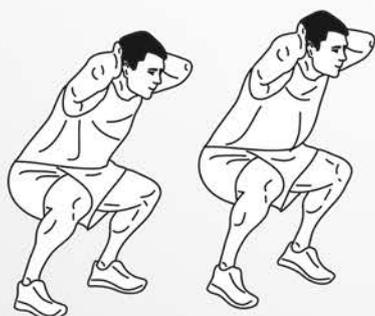
Level III 7 sets

2 minutes rest between sets



10 half jacks

4 squat hops



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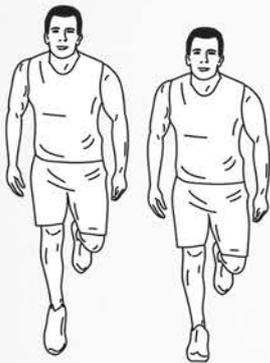
DAY 49

Level I 3 sets

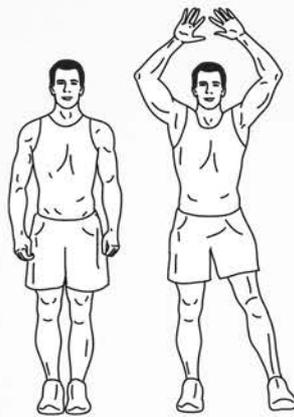
Level II 5 sets

Level III 7 sets

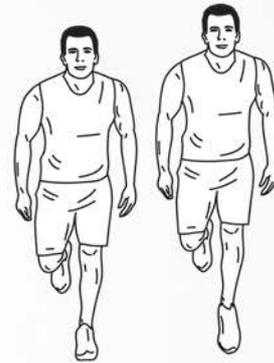
2 minutes rest between sets



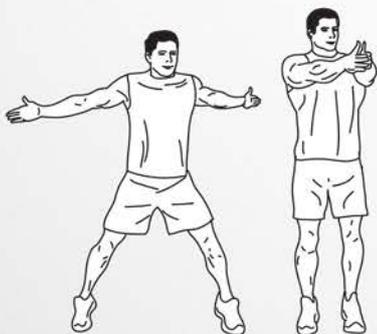
20 hops on the spot
right leg



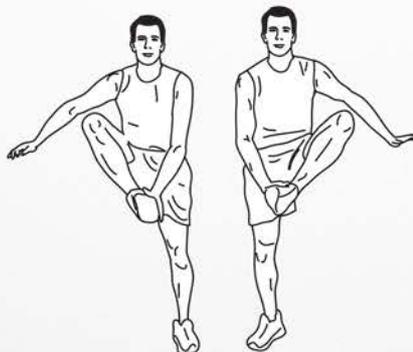
10 step jacks



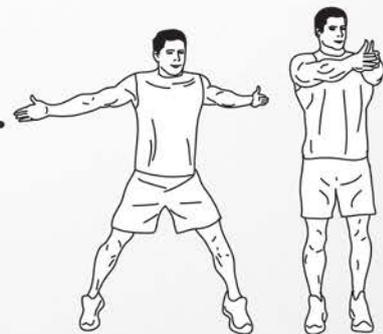
20 hops on the spot
left leg



20 seal jacks



10 toe tap hops



20 seal jacks

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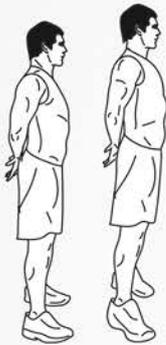
DAY 50

Level I 3 sets

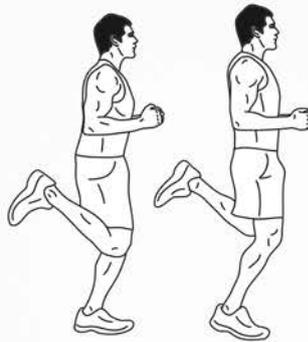
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



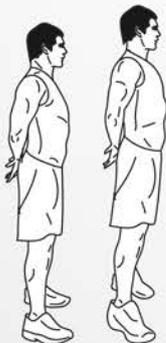
10 calf raises



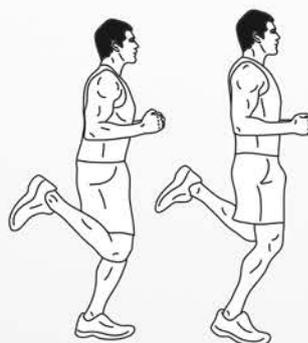
20 butt kicks



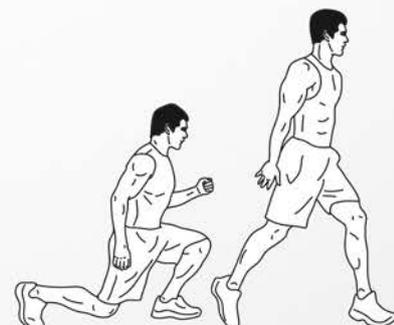
10 high knees



10 calf raises



20 butt kicks



10 jumping lunges

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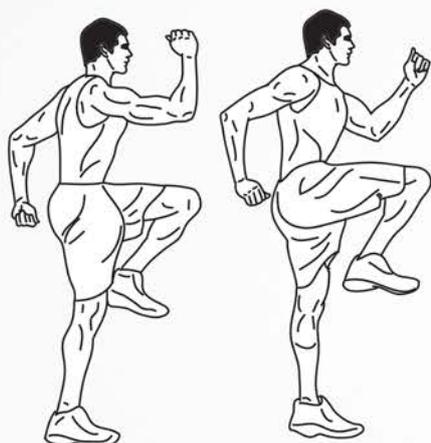
DAY 51

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 march steps

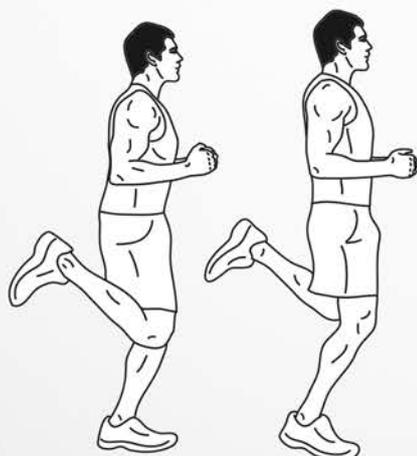
10 butt kicks

20 march steps

10 butt kicks

20 march steps

10 butt kicks



20 march steps

10 butt kicks

20 march steps

10 butt kicks

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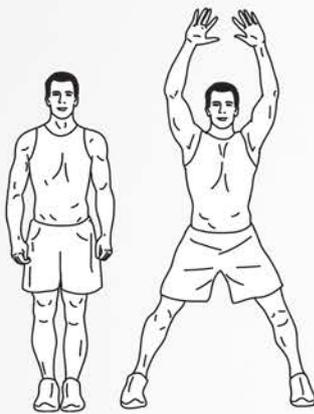
DAY 52

Level I 3 sets

Level II 5 sets

Level III 7 sets

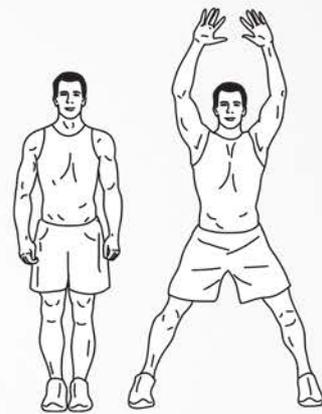
2 minutes rest between sets



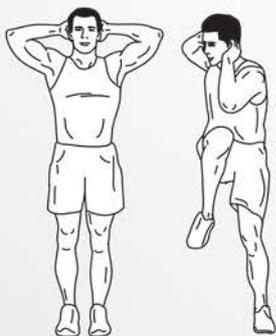
20 jumping jacks



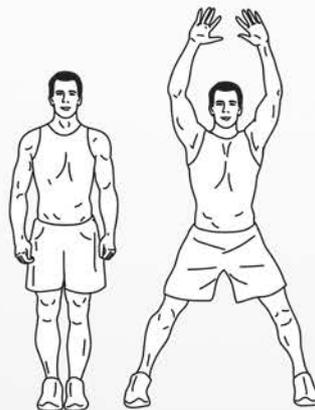
10 side-to-side lunges



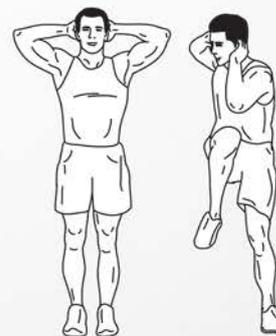
20 jumping jacks



10 knee-to-elbows



20 jumping jacks



10 knee-to-elbows

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DAY 53

Level I 3 sets

Level II 5 sets

Level III 7 sets

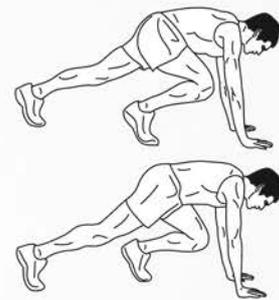
2 minutes rest between sets



30 high knees



3 squats



10 climbers



30 high knees



3 squats



10 plank rotations

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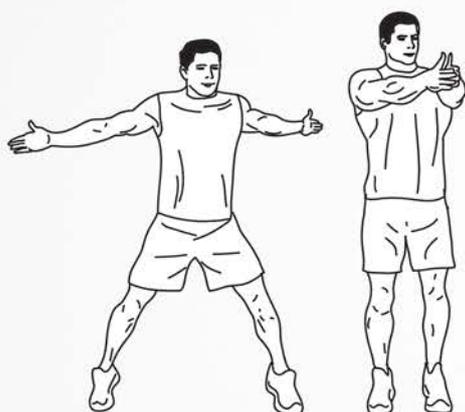
DAY 54

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 seal jacks

4 split jacks



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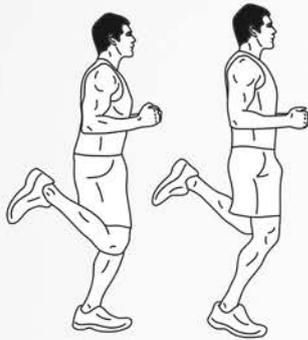
DAY 55

Level I 3 sets

Level II 5 sets

Level III 7 sets

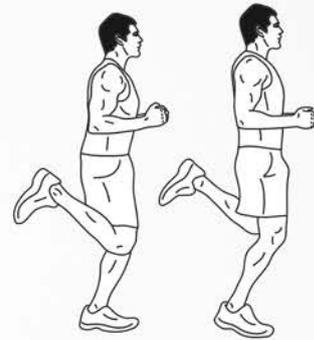
2 minutes rest between sets



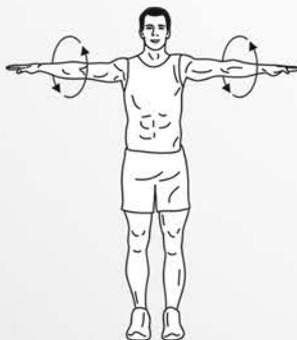
20 butt kicks



20 high knees



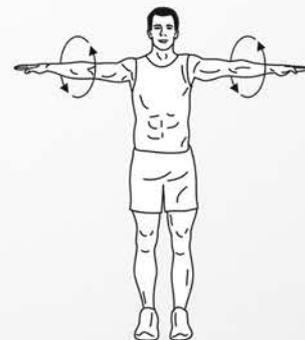
20 butt kicks



20 raised arm circles



20 high knees



20 raised arm circles

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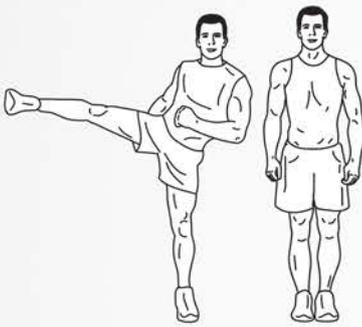
DAY 56

Level I 3 sets

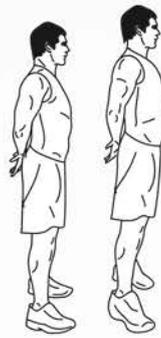
Level II 5 sets

Level III 7 sets

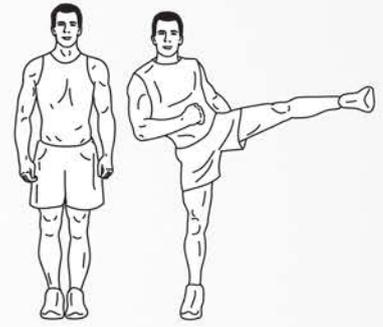
2 minutes rest between sets



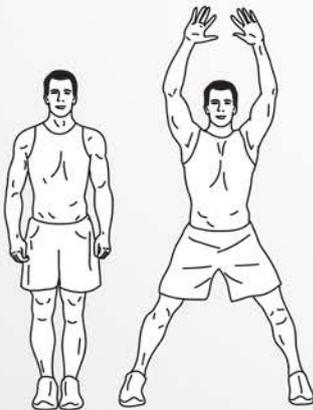
30 side leg raises
right leg



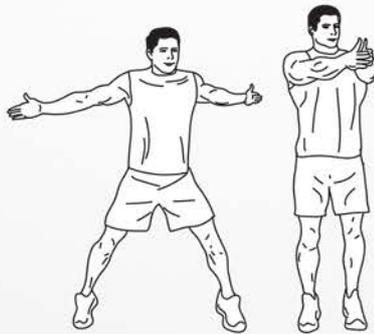
10 calf raises



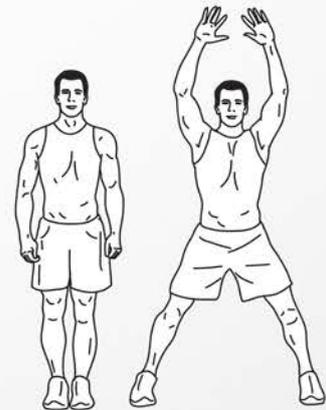
30 side leg raises
left leg



30 jumping jacks



10 seal jacks



30 jumping jacks

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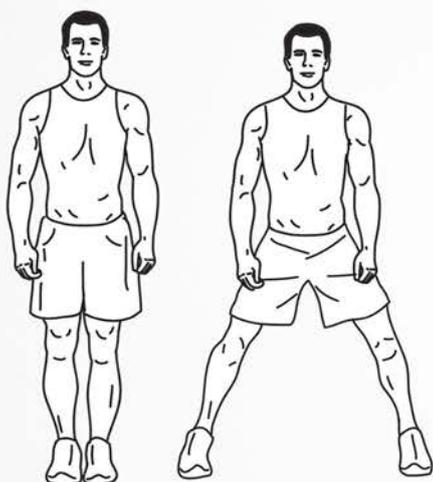
DAY 57

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 half jacks

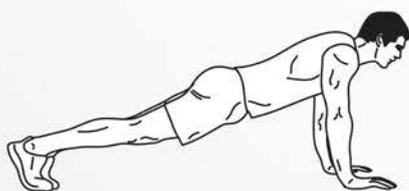
2 plank jump-ins

10 half jacks

2 plank jump-ins

10 half jacks

2 plank jump-ins



10 half jacks

2 plank jump-ins



10 half jacks

2 plank jump-ins

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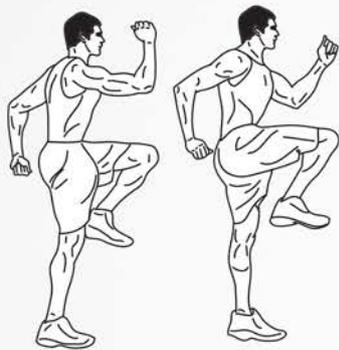
DAY 58

Level I 3 sets

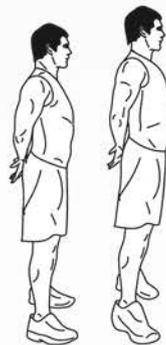
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



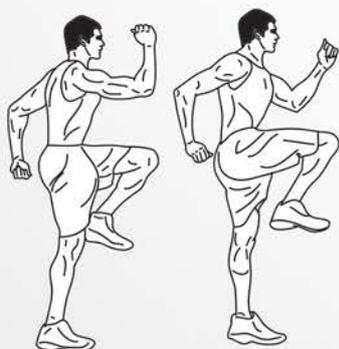
20 march steps



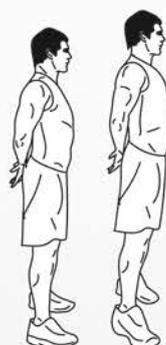
5 calf raises



20 lunge step-ups



20 march steps



5 calf raises



20 split jacks

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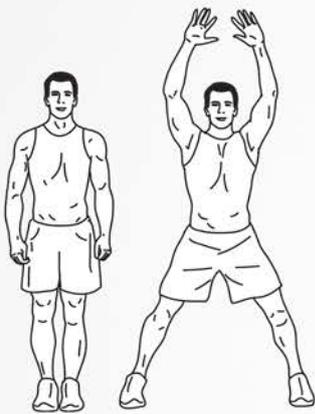
DAY 59

Level I 3 sets

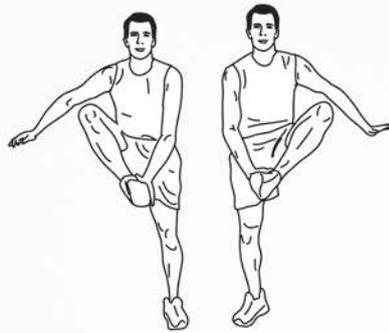
Level II 5 sets

Level III 7 sets

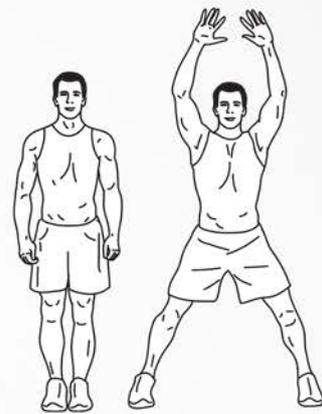
2 minutes rest between sets



20 jumping jacks



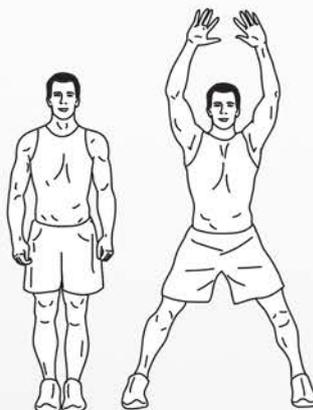
10 toe tap hops



20 jumping jacks



4 side-to-side lunges



20 jumping jacks



4 side-to-side lunges

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DAY 60

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees

10 butt kicks

20 high knees

10 butt kicks

20 high knees

10 butt kicks



20 high knees

10 butt kicks

20 high knees

10 butt kicks

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