



B **SELINE**

BASELINE



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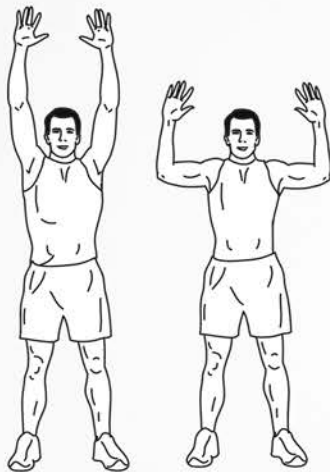
Day 1

Level I 3 sets

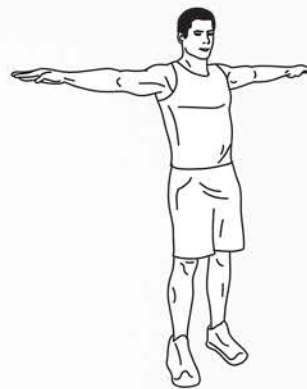
Level II 5 sets

Level III 7 sets

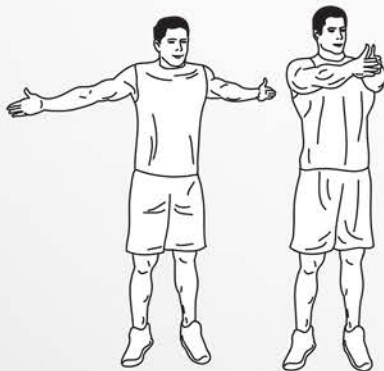
2 minutes rest
between sets



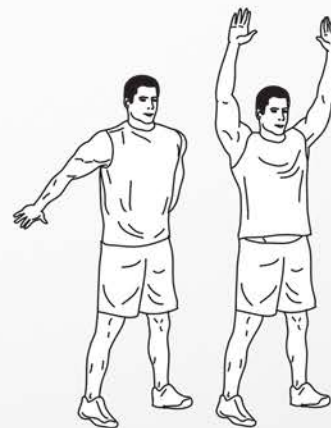
10 standing W-extensions



10-count raised arms hold



10 chest expansions



10 wide shoulder rotations

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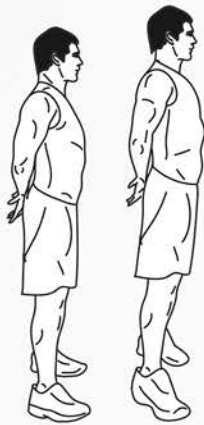
Day 2

Level I 3 sets

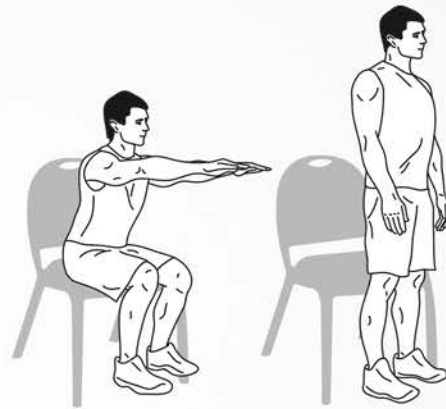
Level II 5 sets

Level III 7 sets

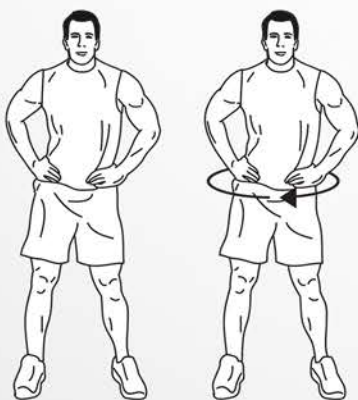
2 minutes rest
between sets



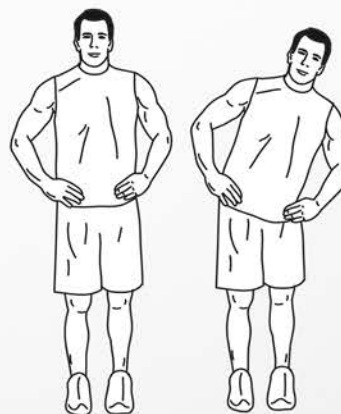
10 calf raises



10 sit to stand



10 hip rotations



10 side bends

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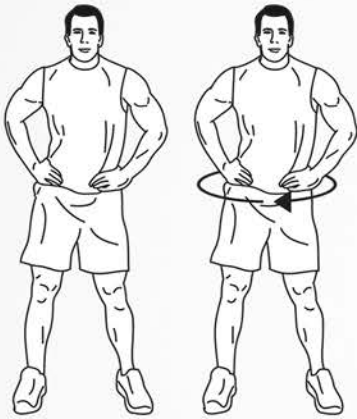
Day 3

Level I 3 sets

Level II 5 sets

Level III 7 sets

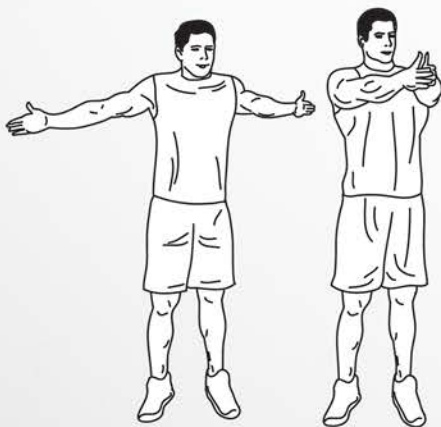
2 minutes rest
between sets



10 hip rotations



20 raised arm circles



20 chest expansions



20-count single leg hold

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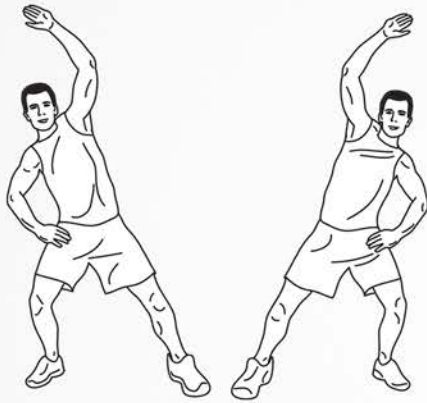
Day 4

Level I 3 sets

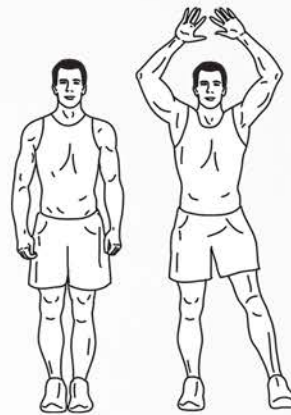
Level II 5 sets

Level III 7 sets

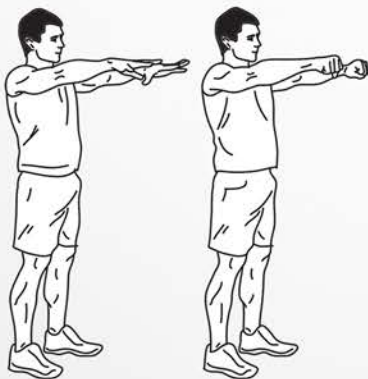
2 minutes rest
between sets



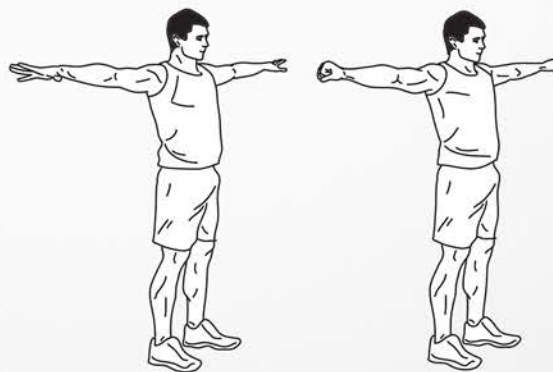
10 side jacks



10 step jacks



20 raised arms clench/unclench



20 raised arms clench/unclench

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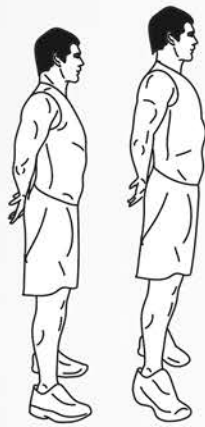
Day 5

Level I 3 sets

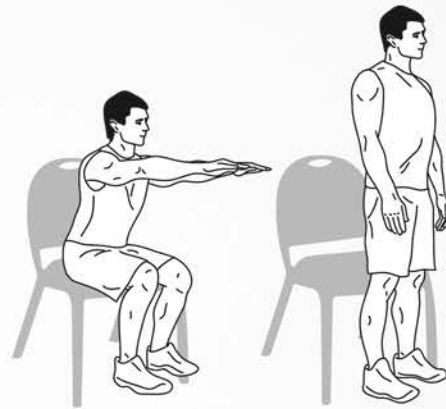
Level II 5 sets

Level III 7 sets

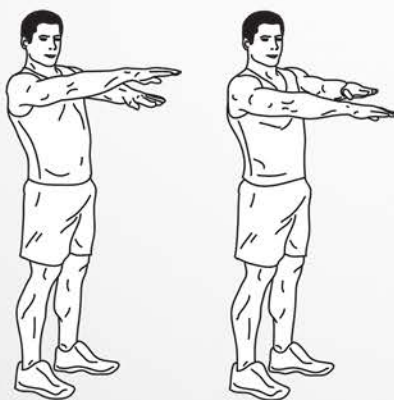
2 minutes rest
between sets



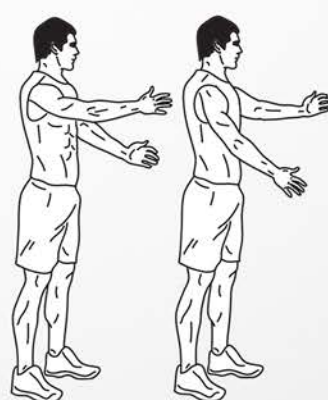
10 calf raises



10 sit to stand



20 arm scissors



20 scissor chops

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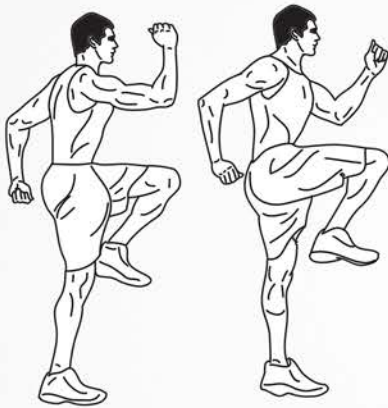
Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



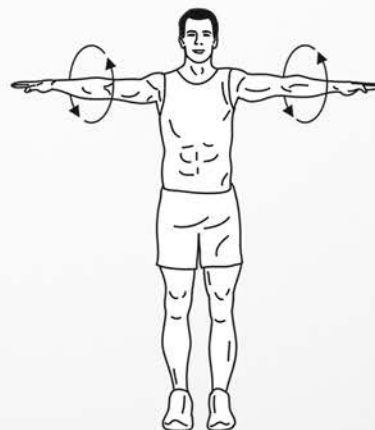
20 march steps



20-count calf stretches



10 torso rotations



20 raised arm circles

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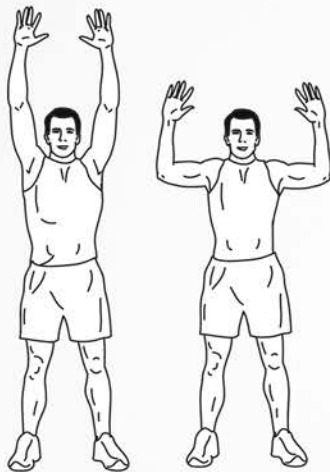
Day 7

Level I 3 sets

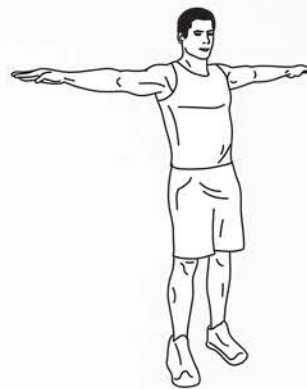
Level II 5 sets

Level III 7 sets

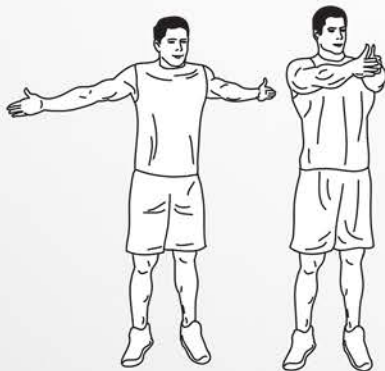
2 minutes rest
between sets



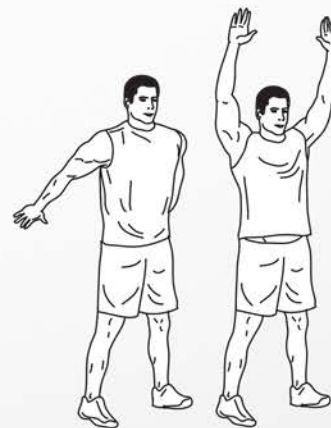
20 standing W-extensions



20-count raised arms hold



20 chest expansions



20 wide shoulder rotations

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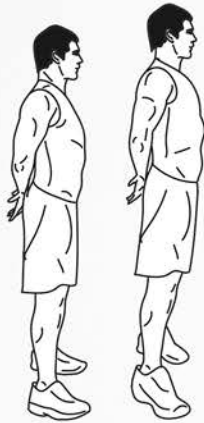
Day 8

Level I 3 sets

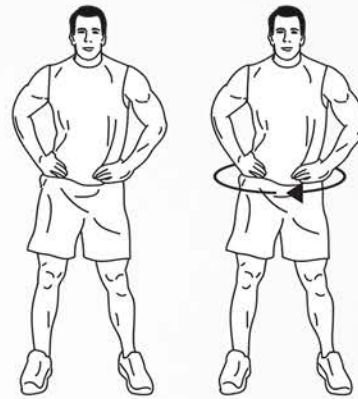
Level II 5 sets

Level III 7 sets

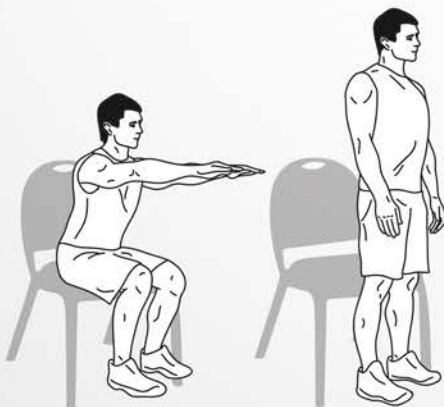
2 minutes rest
between sets



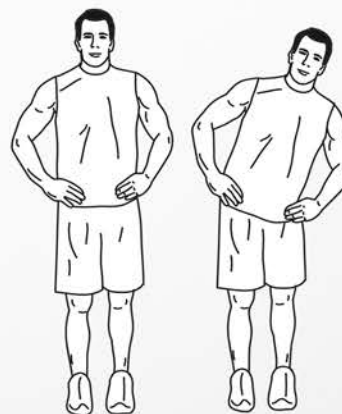
10 calf raises



10 hip rotations



15 sit to stand



10 side bends

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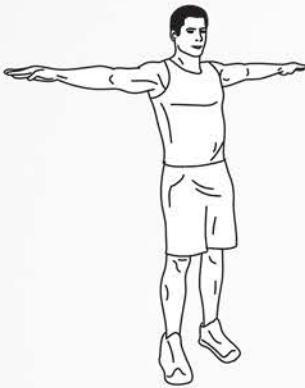
Day 9

Level I 3 sets

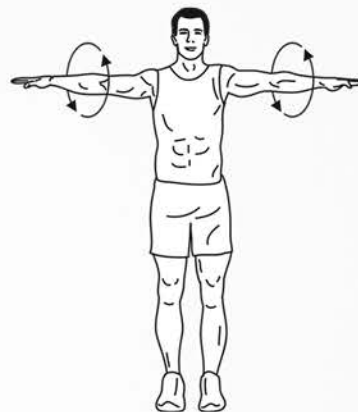
Level II 5 sets

Level III 7 sets

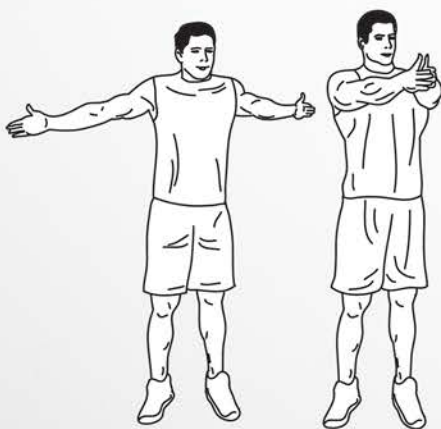
2 minutes rest
between sets



20-count raised arms hold



20 raised arm circles



20 chest expansions



20-count single leg hold

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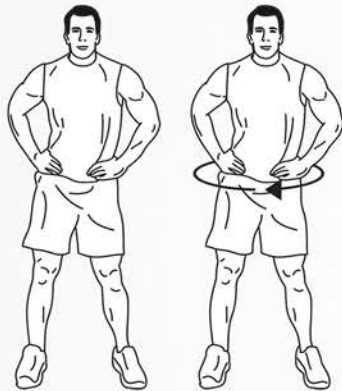
Day 10

Level I 3 sets

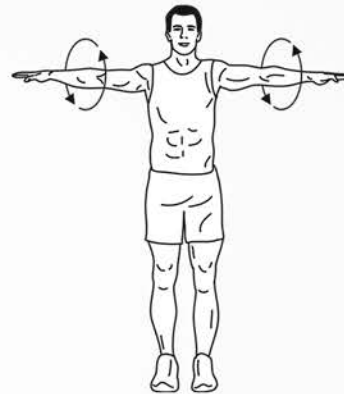
Level II 5 sets

Level III 7 sets

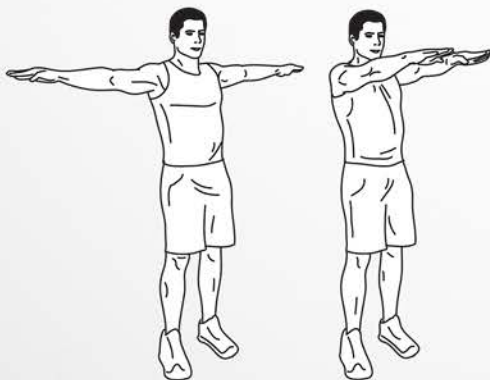
2 minutes rest
between sets



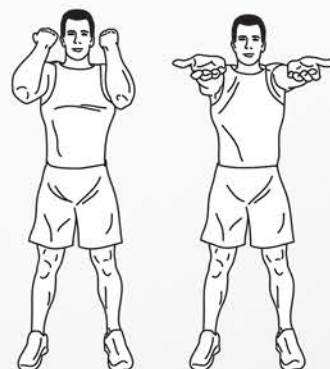
12 hip rotations



24 raised arm circles



24 arm extensions



24 bicep extensions

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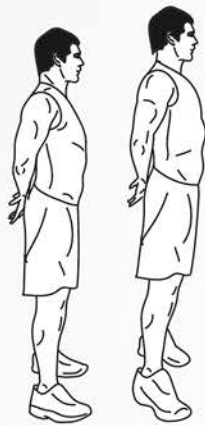
Day 11

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

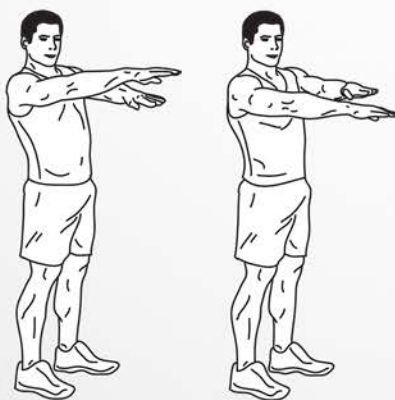


12 calf raises

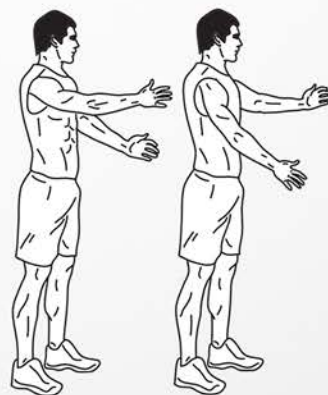
Hold on
for support
if needed



24 side leg raises



24 arm scissors



24 scissor chops

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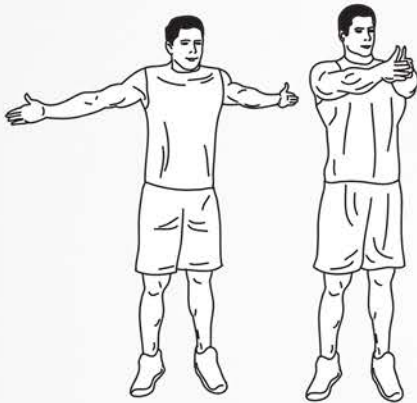
Day 12

Level I 3 sets

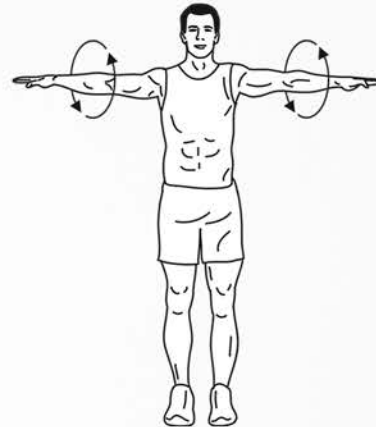
Level II 5 sets

Level III 7 sets

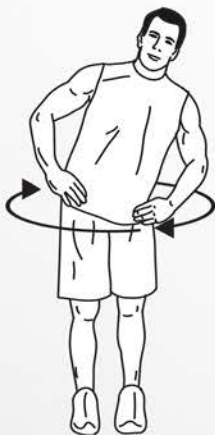
2 minutes rest
between sets



24 chest expansions



24 raised arm circles



12 torso rotations



24-count calf stretch

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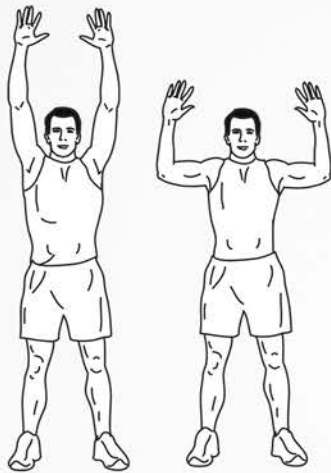
Day 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

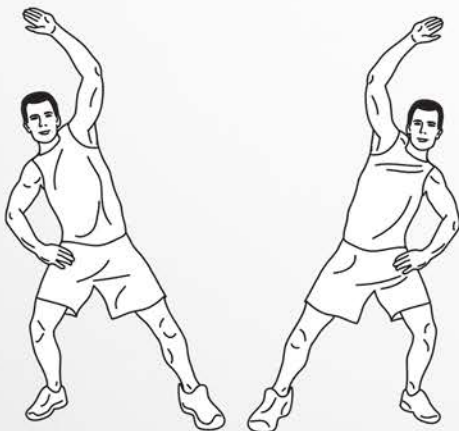
2 minutes rest
between sets



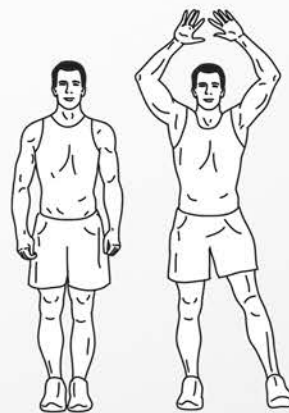
24 standing W-extensions



24 forward leg raises



12 side jacks



12 step jacks

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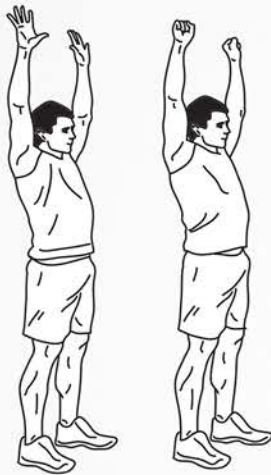
Day 14

Level I 3 sets

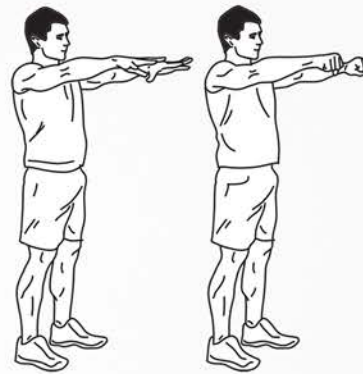
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



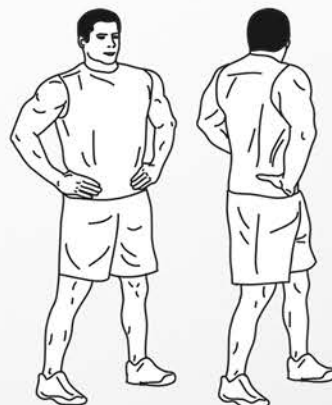
24 overhead clench/unclench



24 raised arm clench/unclench



12 hip rotations



12 torso twists

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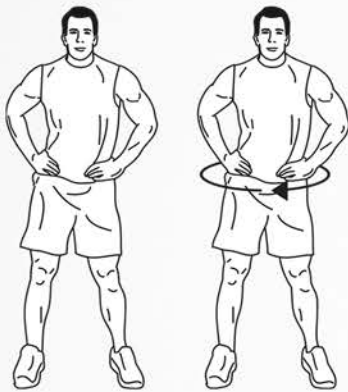
Day 15

Level I 3 sets

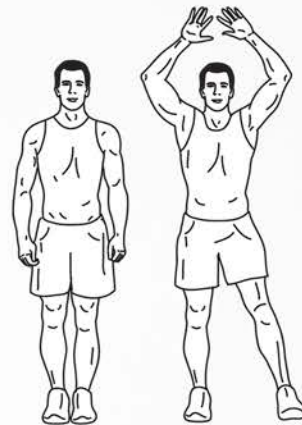
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



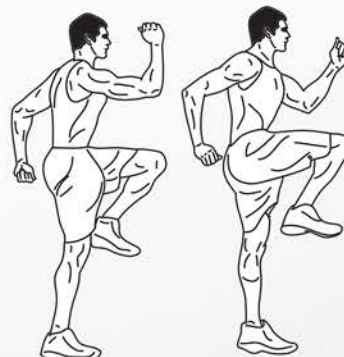
12 hip rotations



12 step jacks



12 single hip rotation



24 march steps

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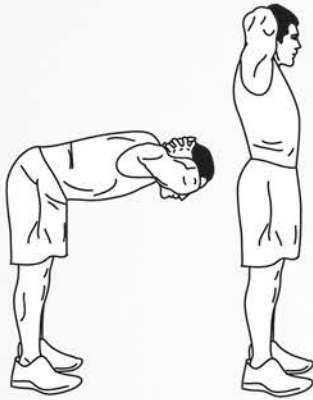
Day 16

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

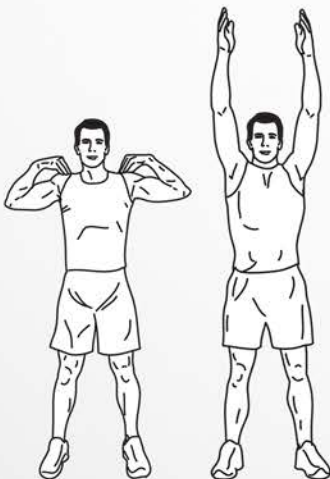


12 forward bends

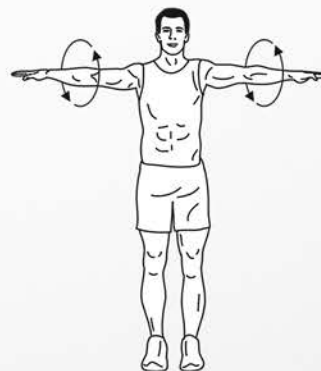
Hold on
for support
if needed



24 side leg raises



24 standing shoulder taps



24 raised arm circles

B SELINE



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Day 17

Level I 3 sets

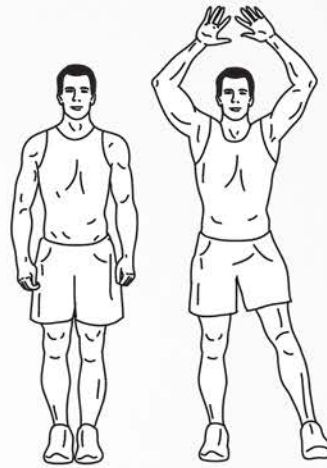
Level II 5 sets

Level III 7 sets

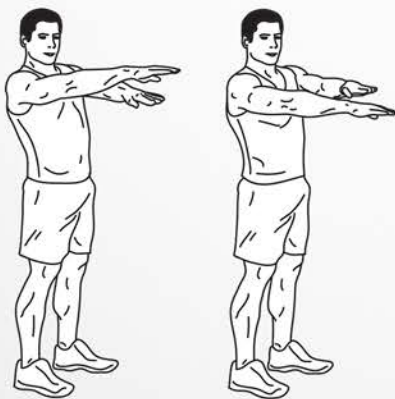
2 minutes rest
between sets



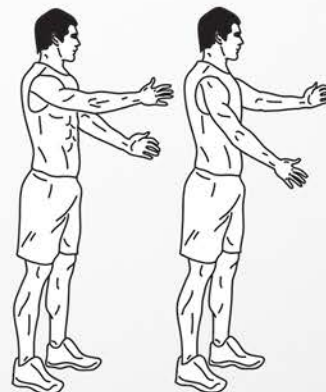
24-count balance hold



12 step jacks



24 arm scissors



24 scissor chops

B SELINE



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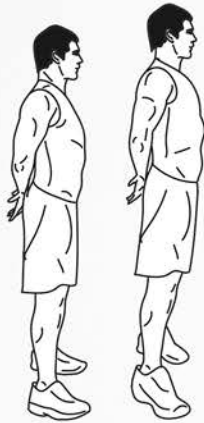
Day 18

Level I 3 sets

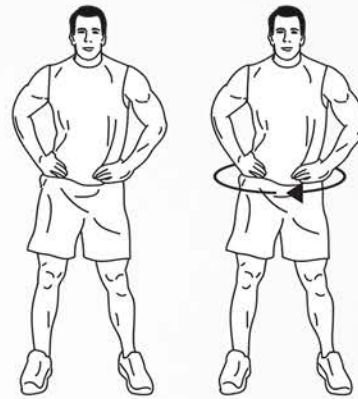
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



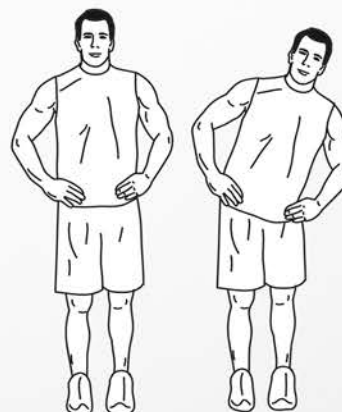
12 calf raises



12 hip rotations



24 side leg raises



12 side bends

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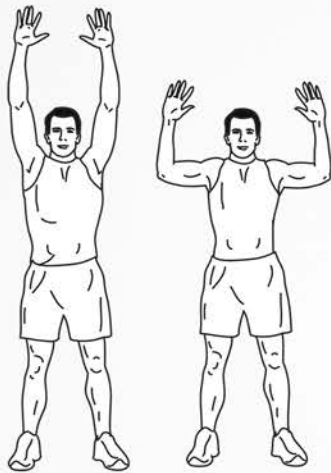
Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

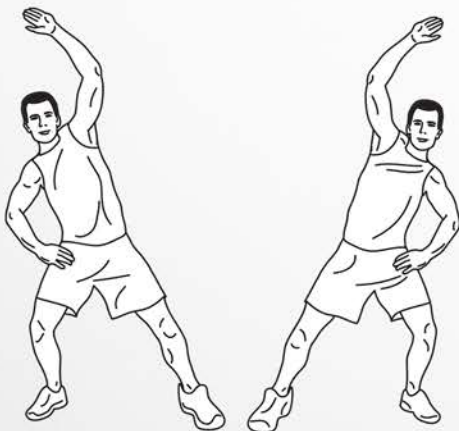
2 minutes rest
between sets



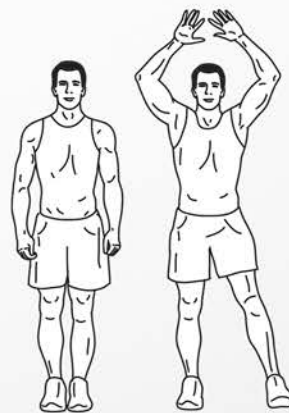
24 standing W-extensions



24 forward leg raises



12 side jacks



12 step jacks

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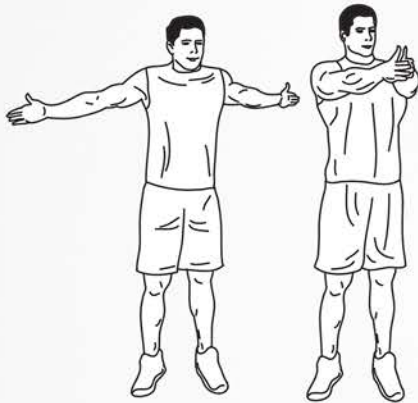
Day 20

Level I 3 sets

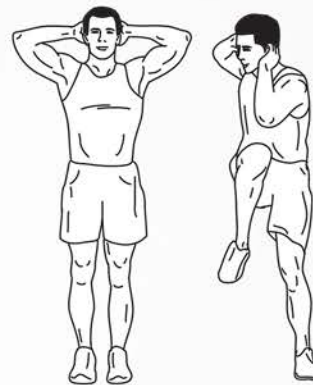
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



32 chest expansions



16 knee to elbows



16 torso rotations



32-count hamstring stretch

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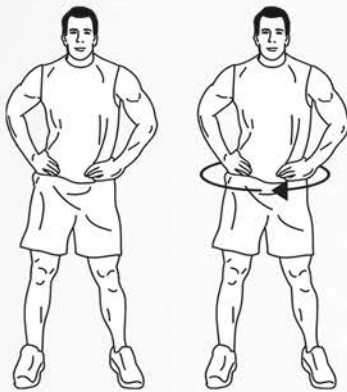
Day 21

Level I 3 sets

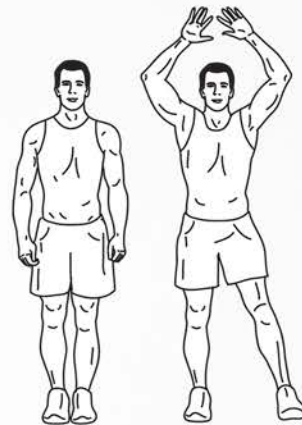
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



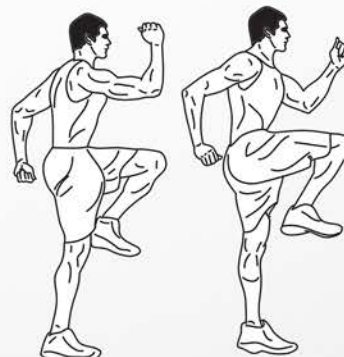
16 hip rotations



16 step jacks



16 single hip rotation



32 march steps

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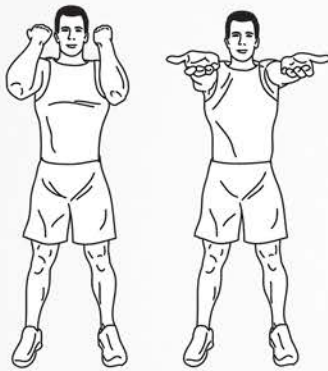
Day 22

Level I 3 sets

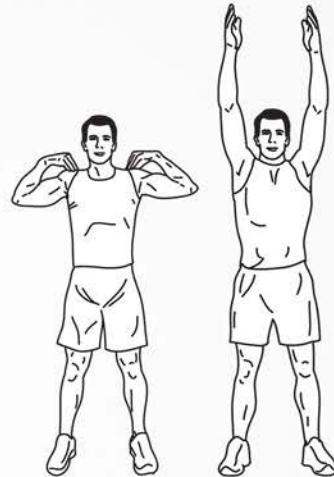
Level II 5 sets

Level III 7 sets

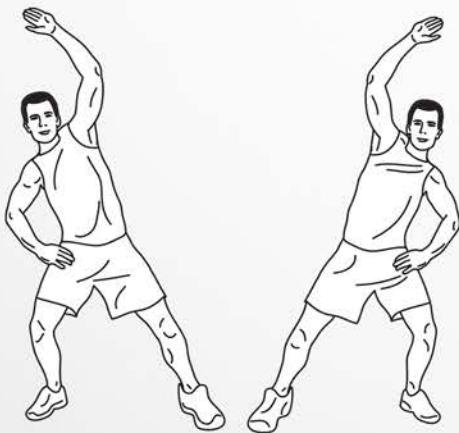
2 minutes rest
between sets



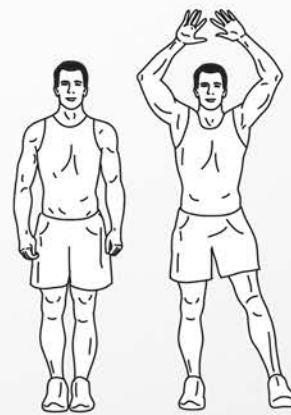
32 bicep extensions



32 standing shoulder taps



16 side jacks



16 step jacks

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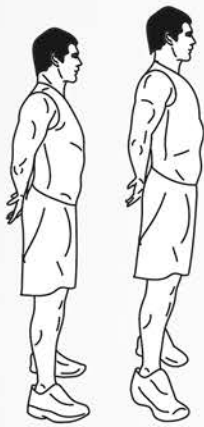
Day 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

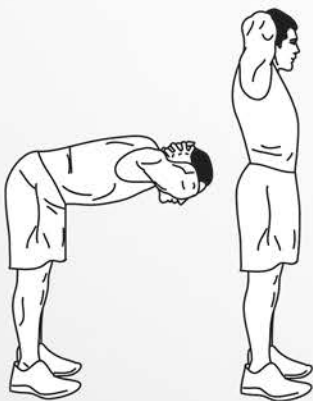


16 calf raises

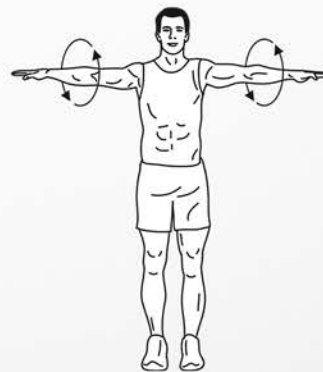
Hold on
for support
if needed



32 side leg raises



16 forward bends



32 raised arm circles

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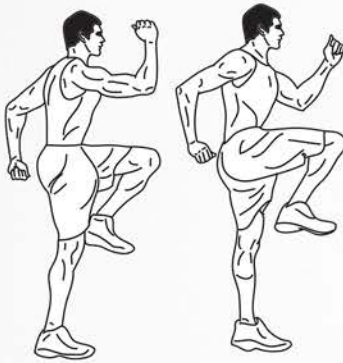
Day 24

Level I 3 sets

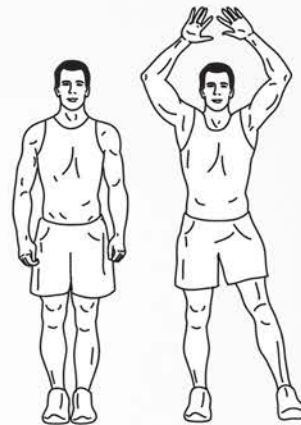
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



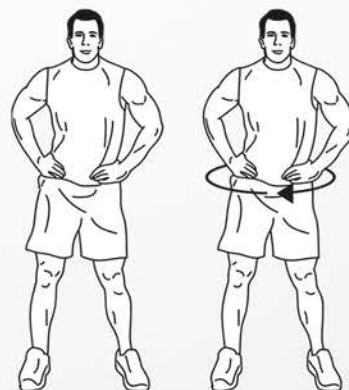
32 march steps



16 step jacks



16 single hip rotation



16 hip rotations

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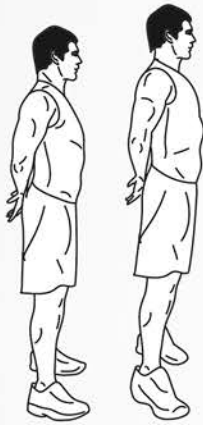
Day 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



16 calf raises

Hold on
for support
if needed



32 side leg raises



32-count squat hold



32-count single leg hold

B SELINE



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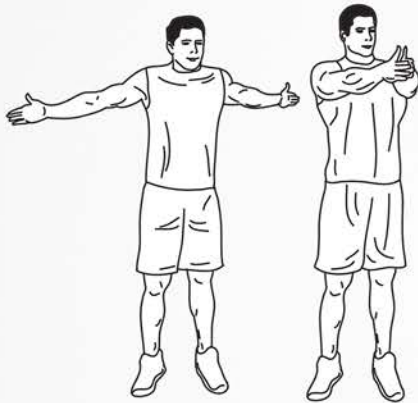
Day 26

Level I 3 sets

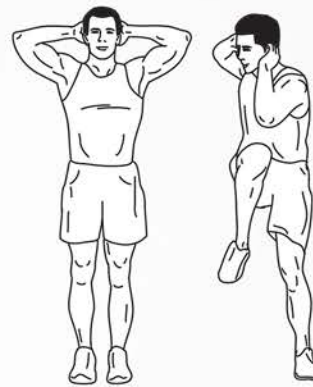
Level II 5 sets

Level III 7 sets

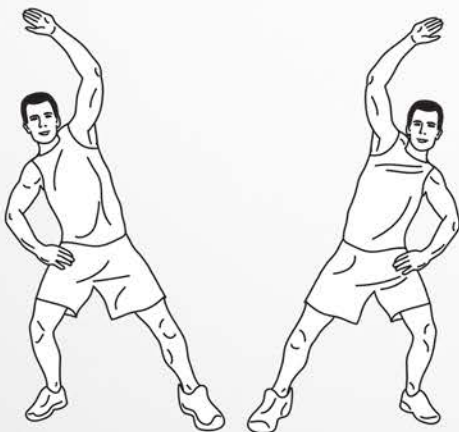
2 minutes rest
between sets



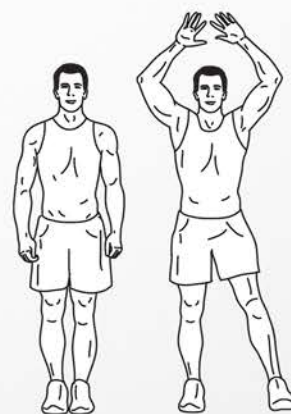
32 chest expansions



16 knee to elbows



16 side jacks



16 step jacks

BASELINE



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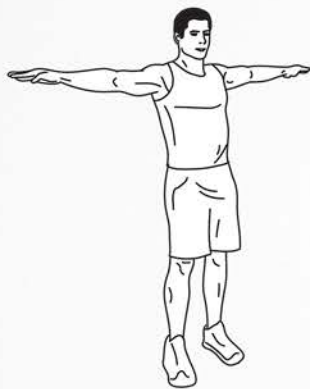
Day 27

Level I 3 sets

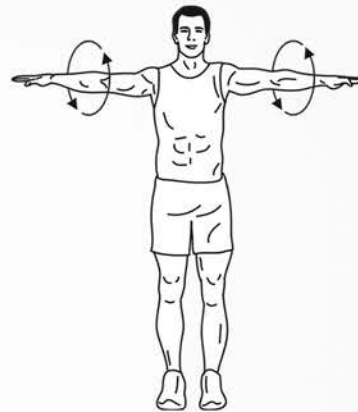
Level II 5 sets

Level III 7 sets

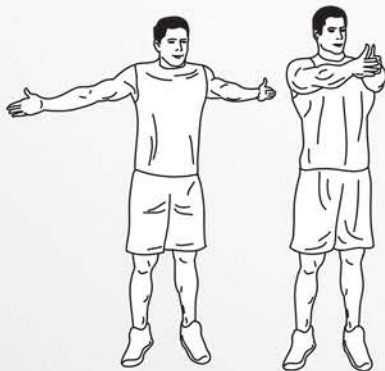
2 minutes rest
between sets



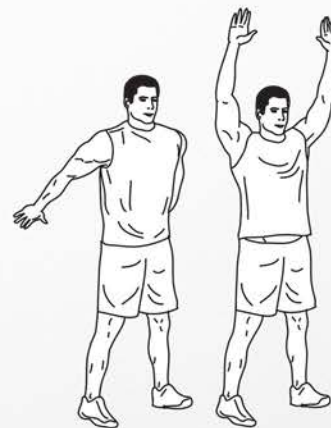
32-count raised arms hold



32 raised arm circles



32 chest expansions



32 wide shoulder rotations

BASELINE



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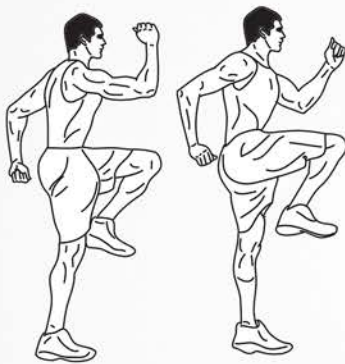
Day 28

Level I 3 sets

Level II 5 sets

Level III 7 sets

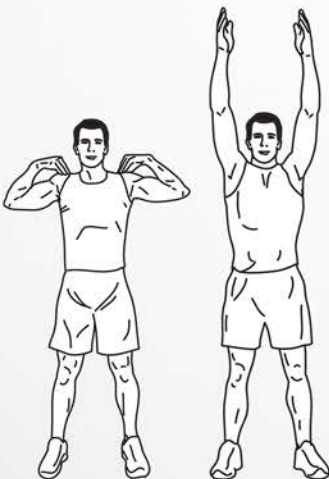
2 minutes rest
between sets



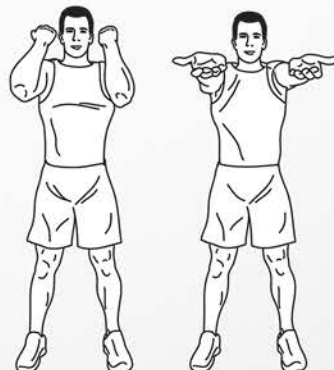
32 march steps



32 forward leg raises



32 standing shoulder taps



32 bicep extensions

B SELINE



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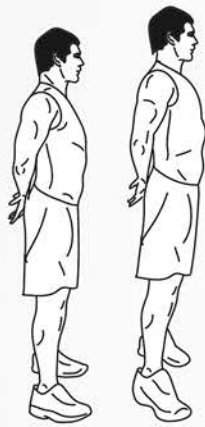
Day 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets

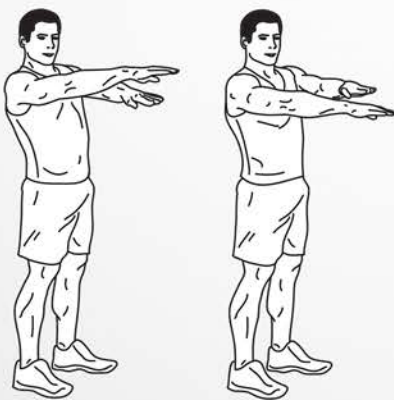


16 calf raises

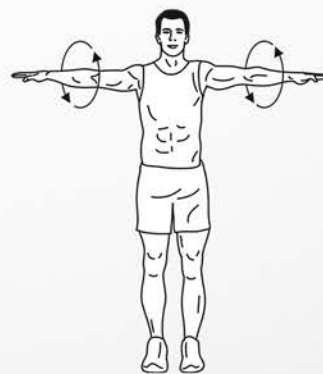
Hold on
for support
if needed



32 side leg raises



32 arm scissors



32 raised arm circles

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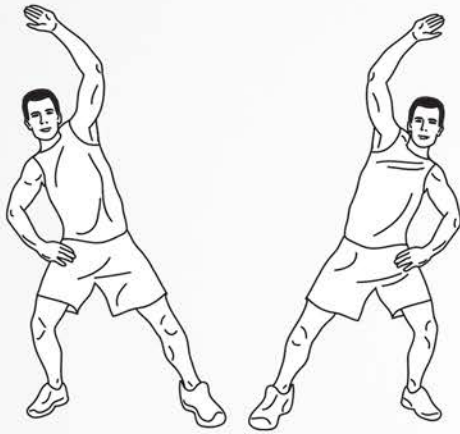
Day 30

Level I 3 sets

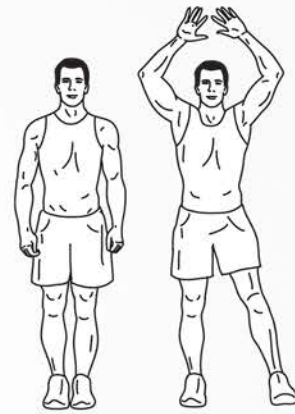
Level II 5 sets

Level III 7 sets

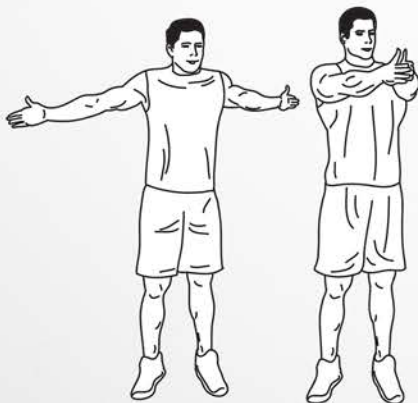
2 minutes rest
between sets



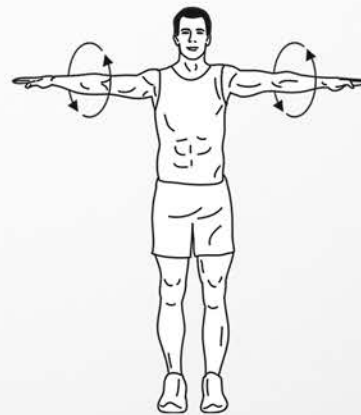
16 side jacks



16 step jacks



32 chest expansions



32 raised arm circles

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