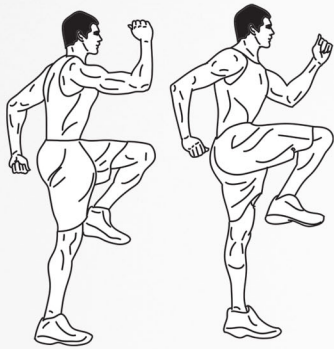


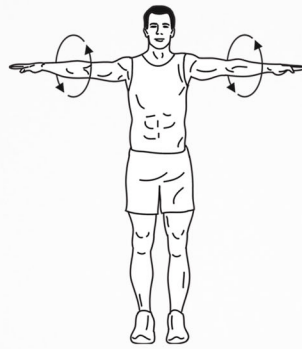
KINDER

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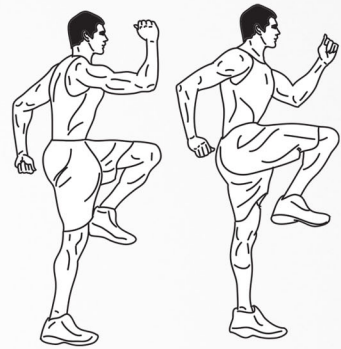
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



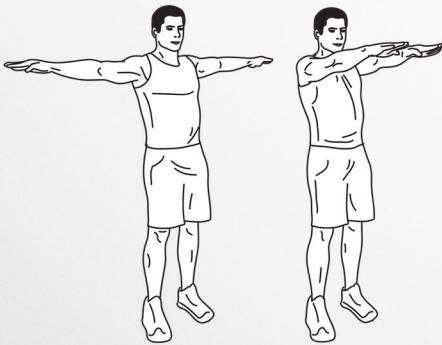
10 march steps



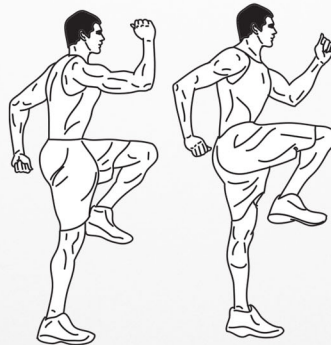
10 raised arm circles



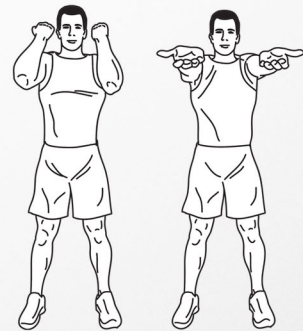
10 march steps



10 arm extensions



10 march steps



10 bicep extensions