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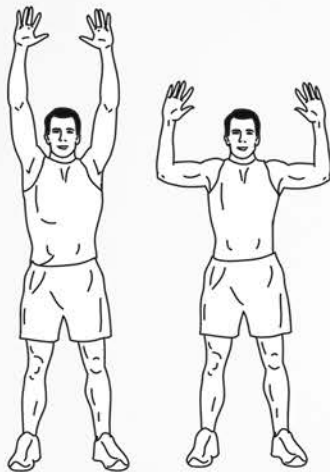
Day 1

Level I 3 sets

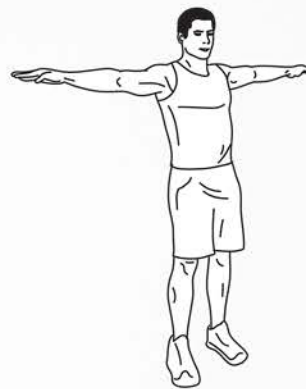
Level II 5 sets

Level III 7 sets

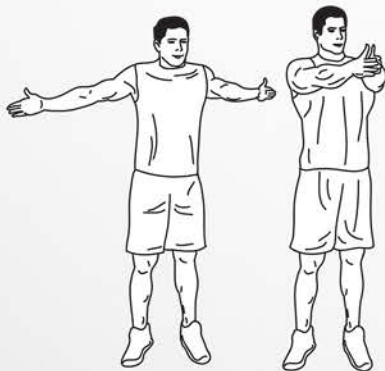
2 minutes rest
between sets



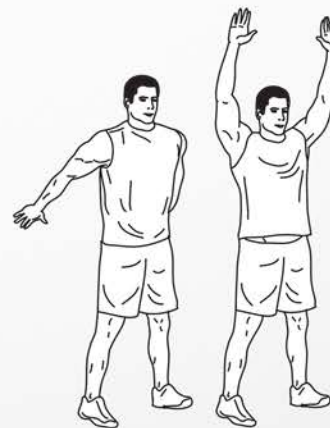
10 standing W-extensions



10-count raised arms hold



10 chest expansions



10 wide shoulder rotations

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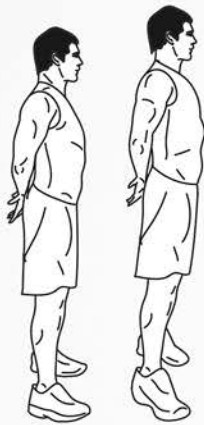
Day 2

Level I 3 sets

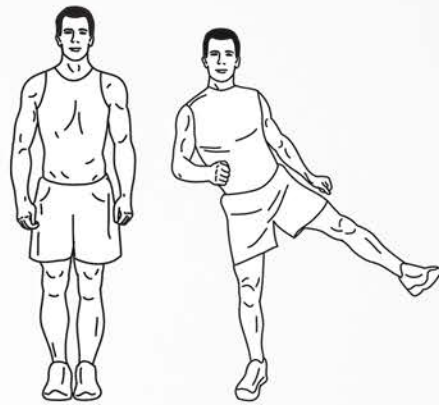
Level II 5 sets

Level III 7 sets

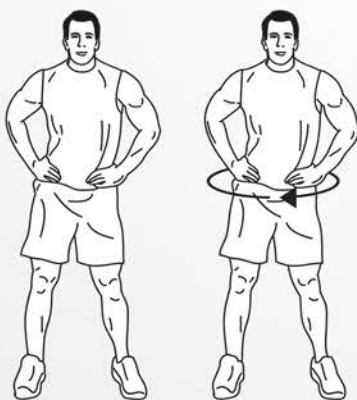
2 minutes rest
between sets



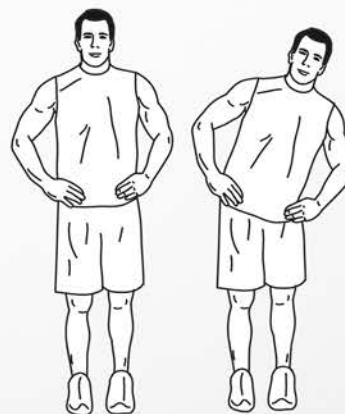
10 calf raises



20 side leg raises



10 hip rotations



10 side bends

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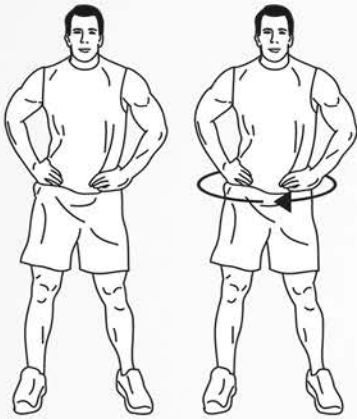
Day 3

Level I 3 sets

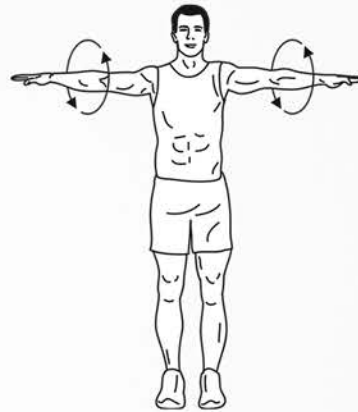
Level II 5 sets

Level III 7 sets

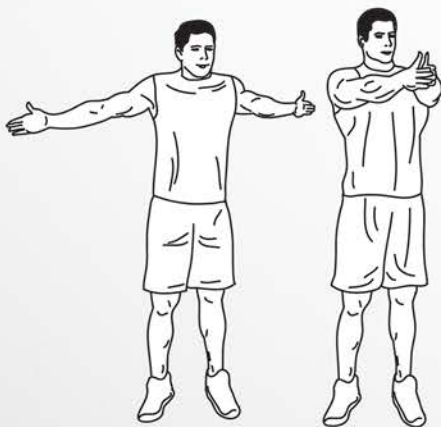
2 minutes rest
between sets



10 hip rotations



20 raised arm circles



20 chest expansions



20-count single leg hold

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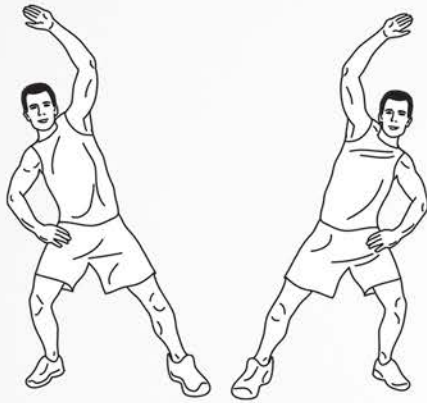
Day 4

Level I 3 sets

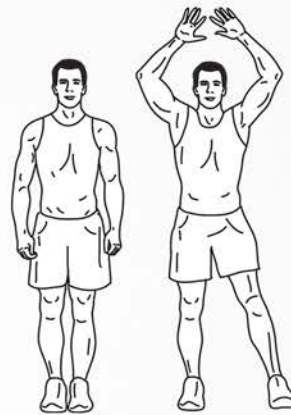
Level II 5 sets

Level III 7 sets

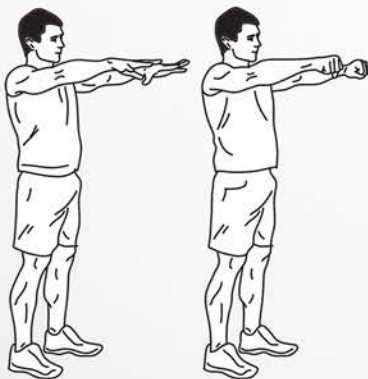
2 minutes rest
between sets



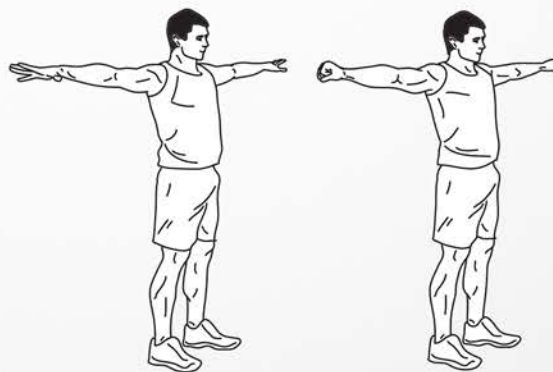
10 side jacks



10 step jacks



20 raised arms clench/unclench



20 raised arms clench/unclench

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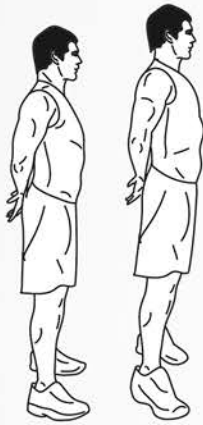
Day 5

Level I 3 sets

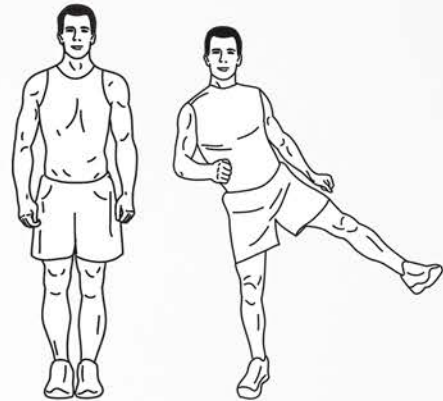
Level II 5 sets

Level III 7 sets

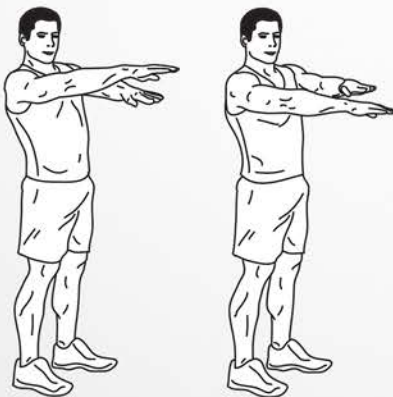
2 minutes rest
between sets



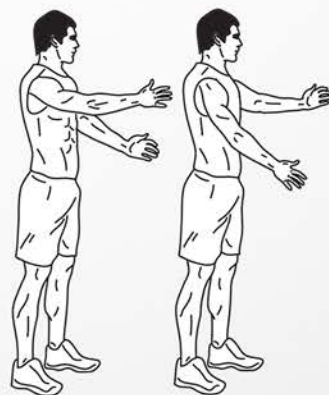
10 calf raises



20 side leg raises



20 arm scissors



20 scissor chops

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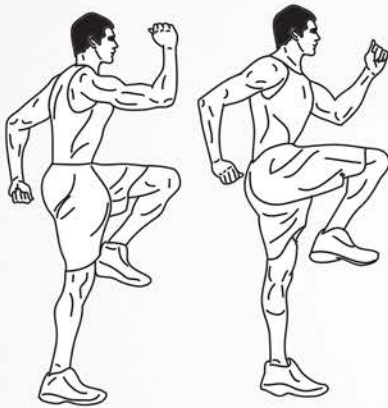
Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

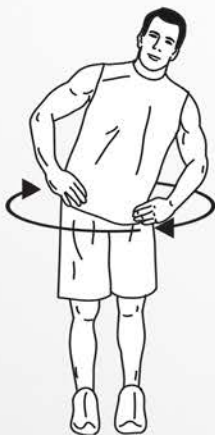
2 minutes rest
between sets



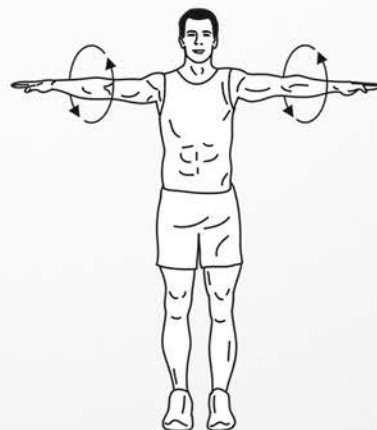
20 march steps



40-count calf stretches



20 torso rotations



20 raised arm circles

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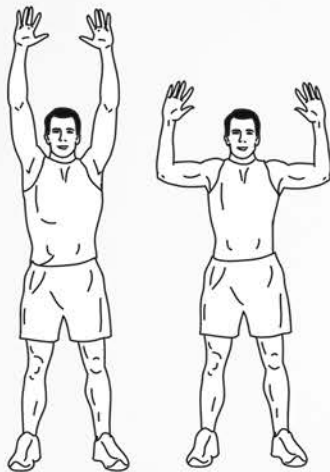
Day 7

Level I 3 sets

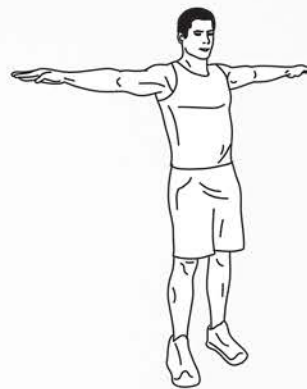
Level II 5 sets

Level III 7 sets

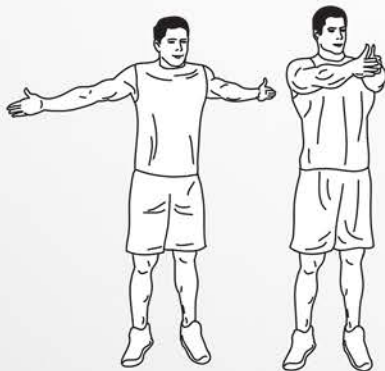
2 minutes rest
between sets



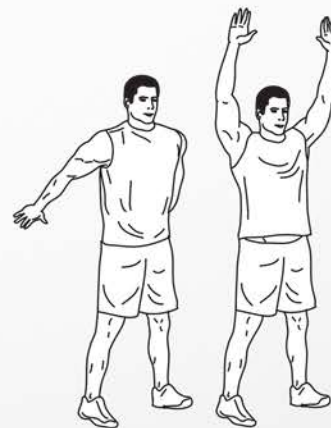
20 standing W-extensions



20-count raised arms hold



20 chest expansions



20 wide shoulder rotations

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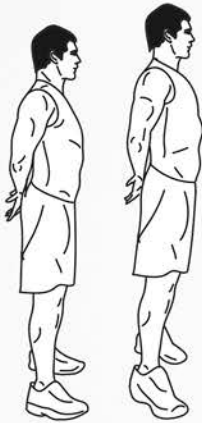
Day 8

Level I 3 sets

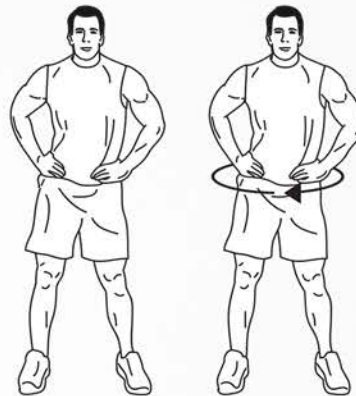
Level II 5 sets

Level III 7 sets

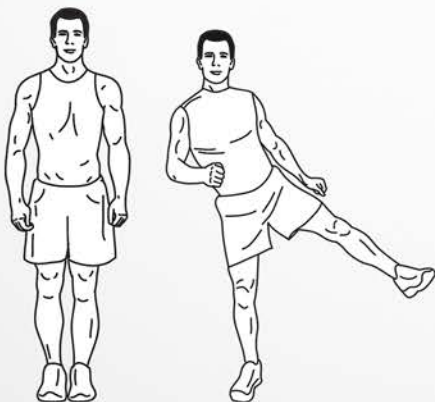
2 minutes rest
between sets



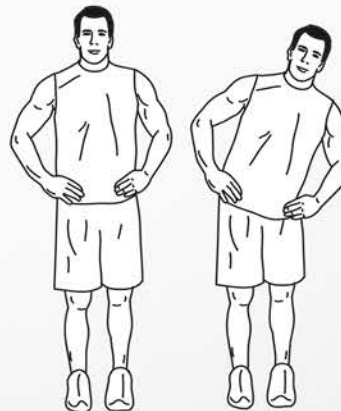
20 calf raises



20 hip rotations



30 side leg raises



30 side bends

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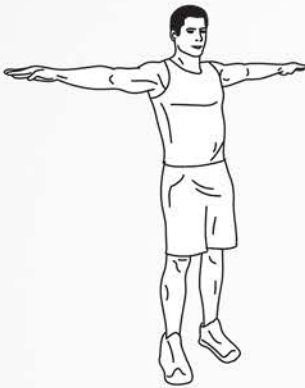
Day 9

Level I 3 sets

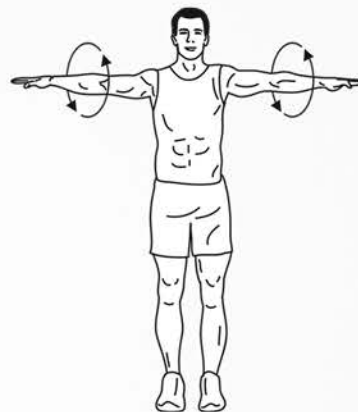
Level II 5 sets

Level III 7 sets

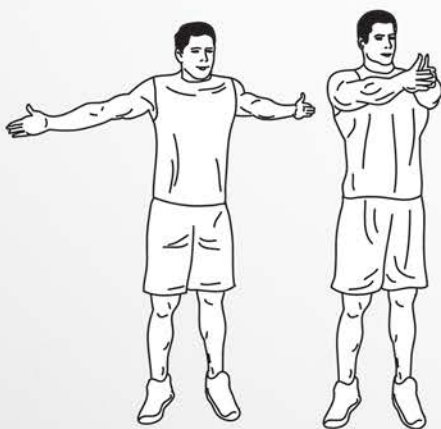
2 minutes rest
between sets



20-count raised arms hold



20 raised arm circles



40 chest expansions



20-count single leg hold

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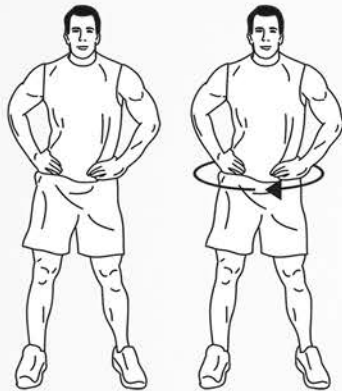
Day 10

Level I 3 sets

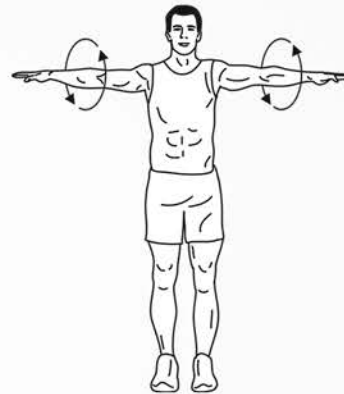
Level II 5 sets

Level III 7 sets

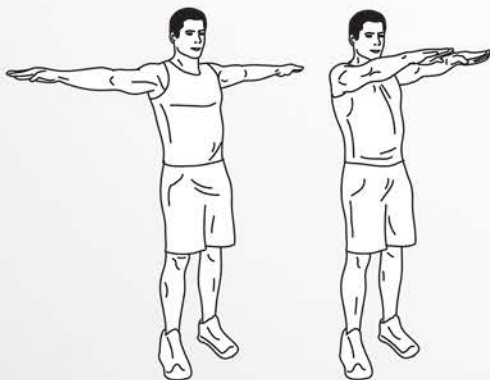
2 minutes rest
between sets



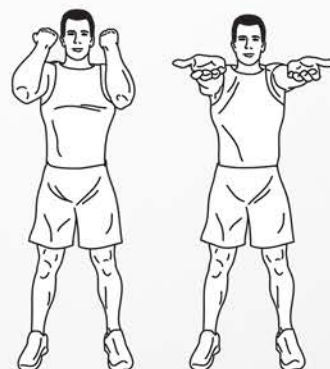
10 hip rotations



30 raised arm circles



30 arm extensions



30 bicep extensions

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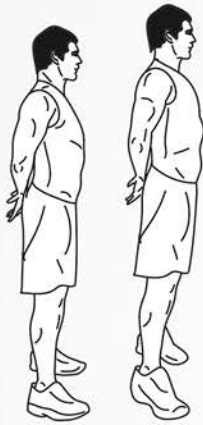
Day 11

Level I 3 sets

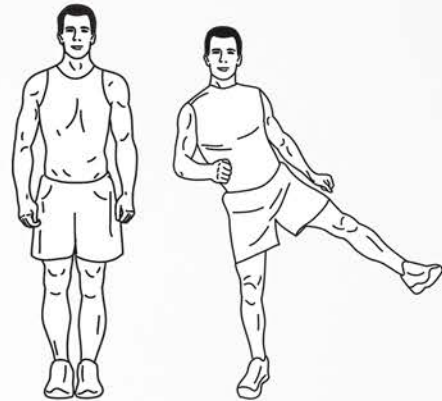
Level II 5 sets

Level III 7 sets

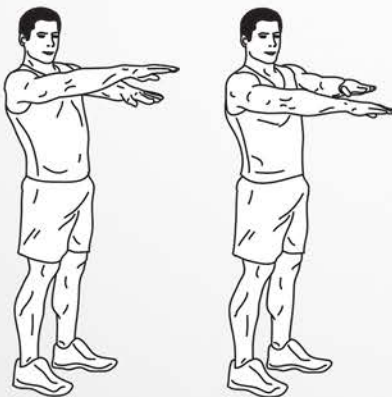
2 minutes rest
between sets



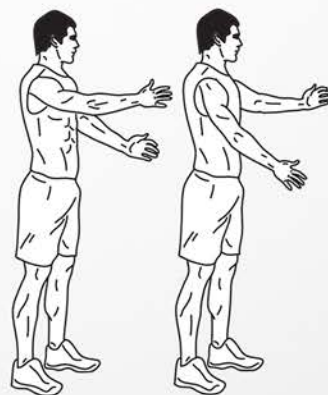
15 calf raises



30 side leg raises



30 arm scissors



30 scissor chops

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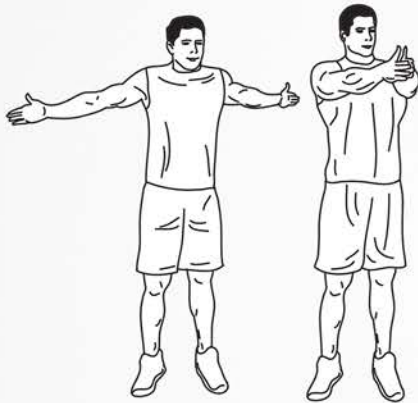
Day 12

Level I 3 sets

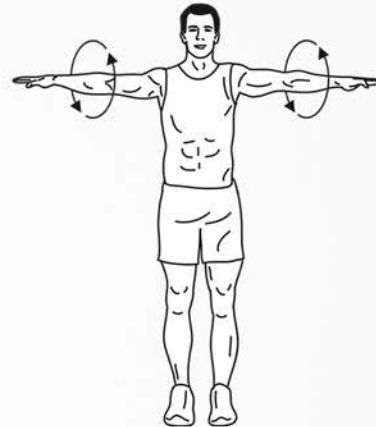
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



30 chest expansion



30 raised arm circles



30 torso rotations



60-count calf stretch

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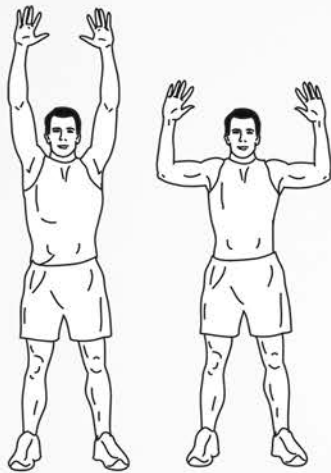
Day 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

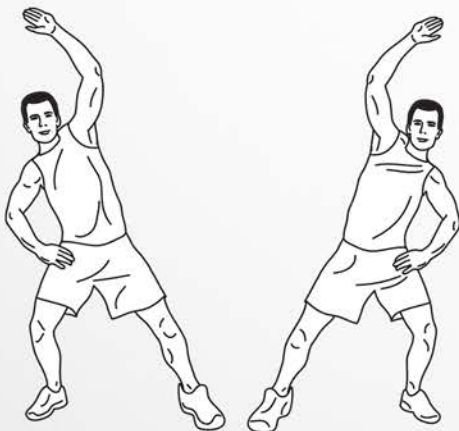
2 minutes rest
between sets



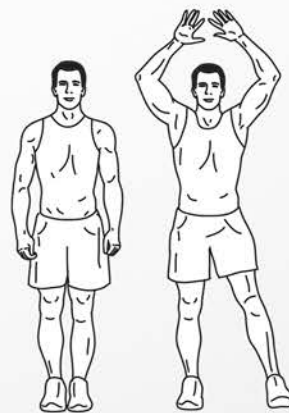
15 standing W-extensions



30 forward leg raises



20 side jacks



20 step jacks

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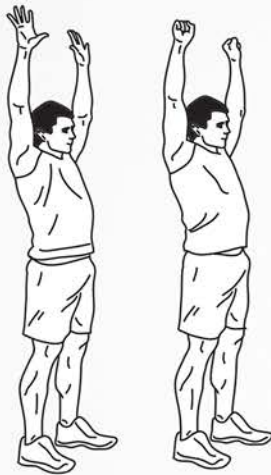
Day 14

Level I 3 sets

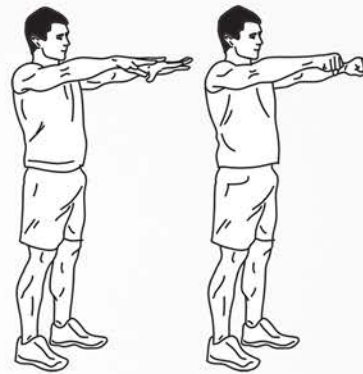
Level II 5 sets

Level III 7 sets

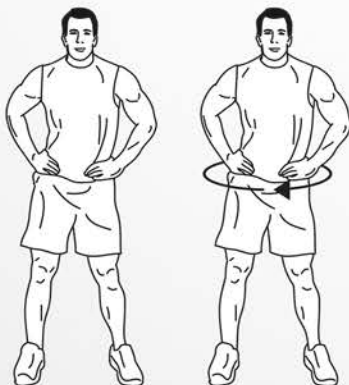
2 minutes rest
between sets



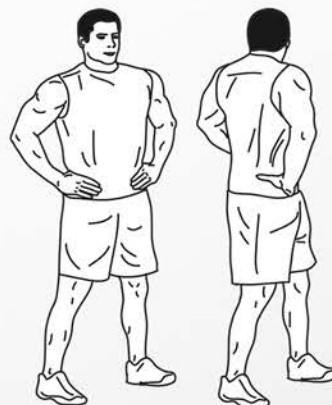
20 overhead clench/unclench



20 raised arm clench/unclench



20 hip rotations



20 torso twists

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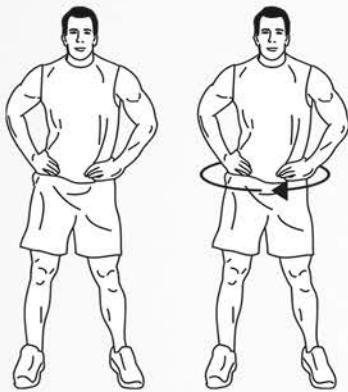
Day 15

Level I 3 sets

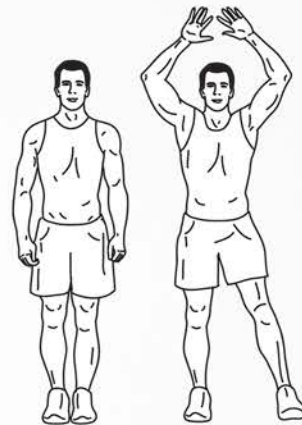
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



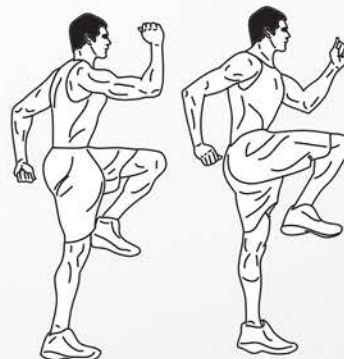
30 hip rotations



30 side steps



30 single hip rotation



30 march steps

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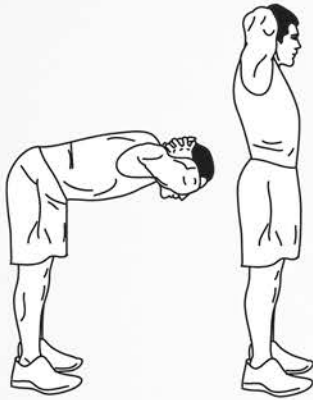
Day 16

Level I 3 sets

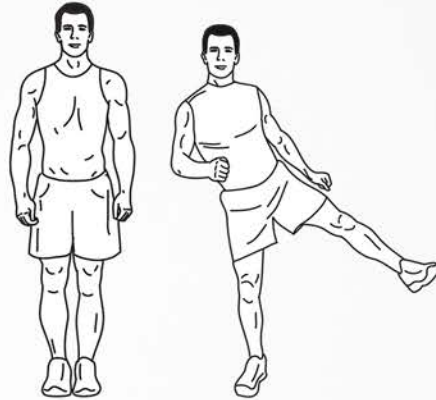
Level II 5 sets

Level III 7 sets

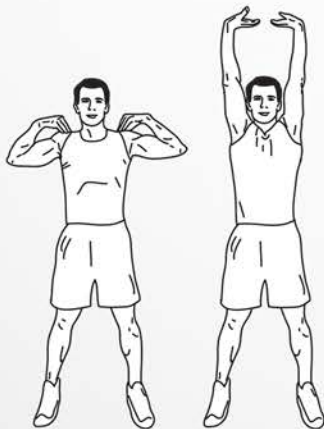
2 minutes rest
between sets



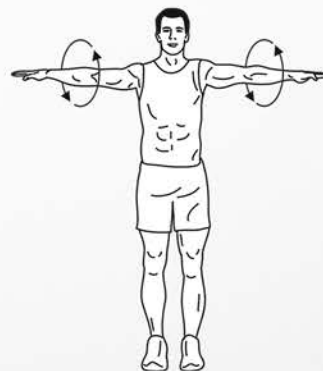
10 forward bends



30 side leg raises



30 standing shoulder taps



30 raised arm circles

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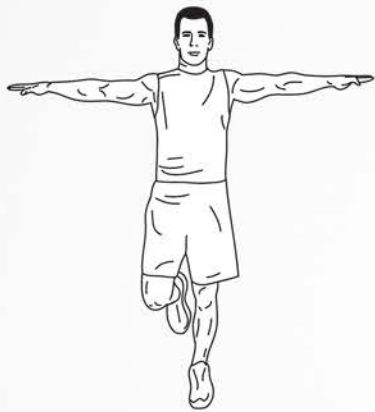
Day 17

Level I 3 sets

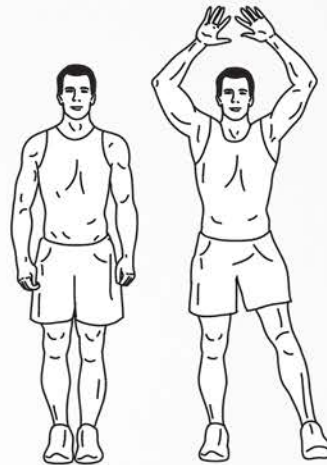
Level II 5 sets

Level III 7 sets

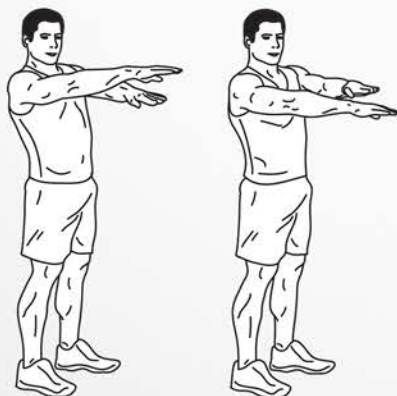
2 minutes rest
between sets



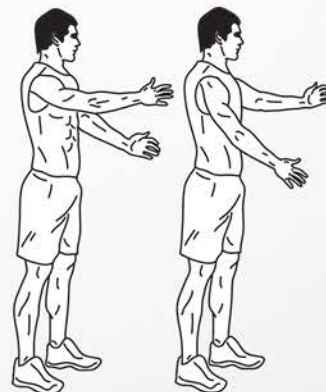
60-count balance hold



30 step jacks



30 arm scissors



30 scissor chops

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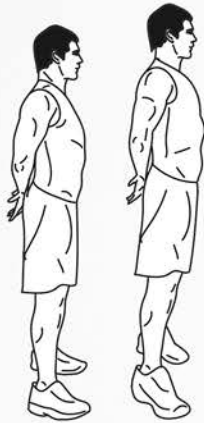
Day 18

Level I 3 sets

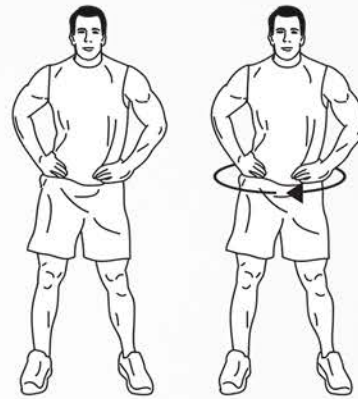
Level II 5 sets

Level III 7 sets

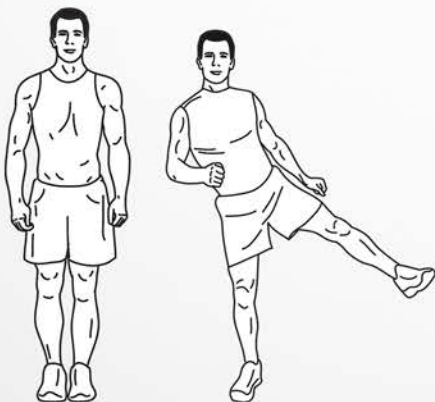
2 minutes rest
between sets



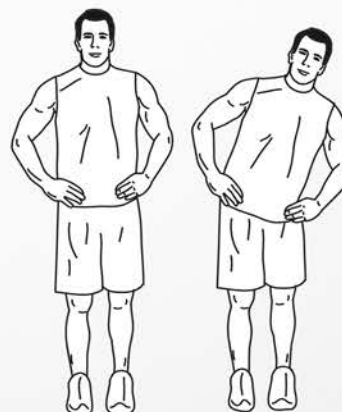
15 calf raises



30 hip rotations



30 side leg raises



30 side bends

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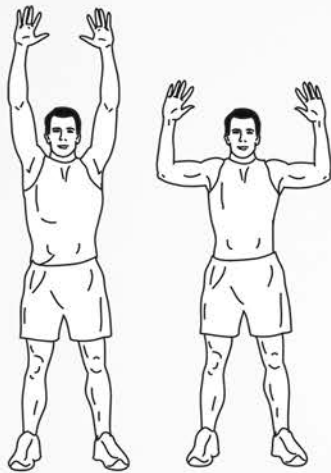
Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

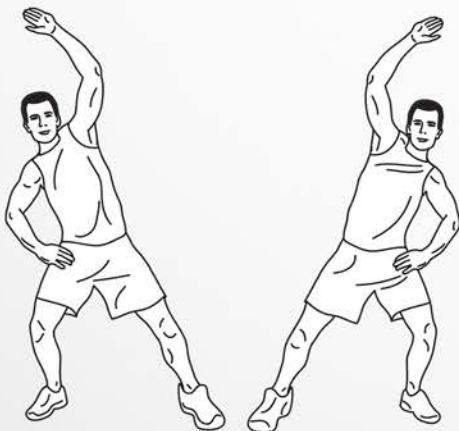
2 minutes rest
between sets



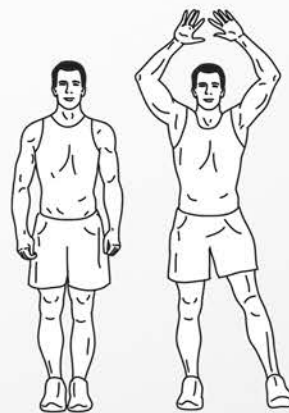
30 standing W-extensions



30 forward leg raises



30 side jacks



30 step jacks

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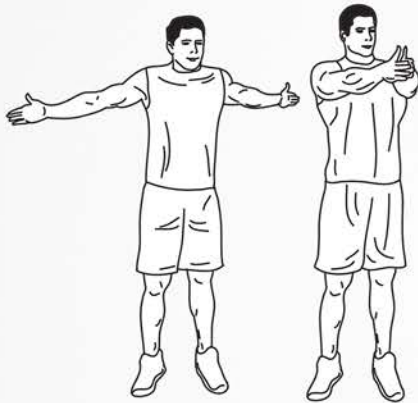
Day 20

Level I 3 sets

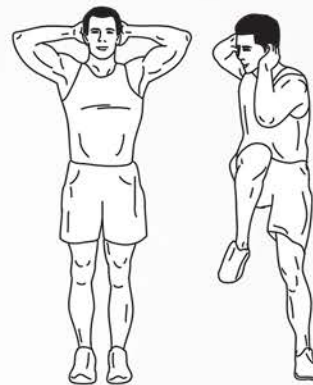
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



30 chest expansion



30 knee to elbows



30 torso rotations



60-count hamstring stretch

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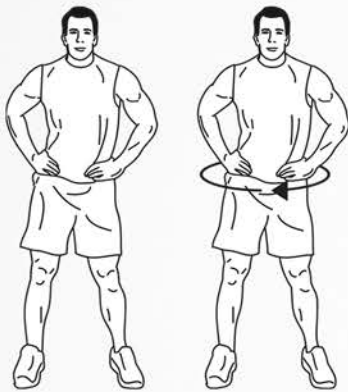
Day 21

Level I 3 sets

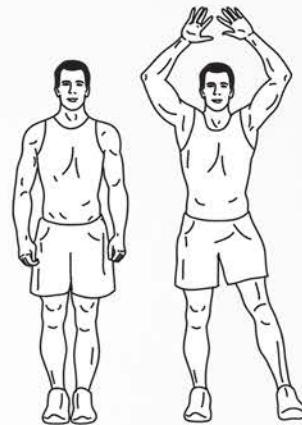
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



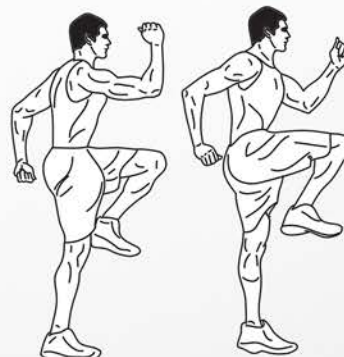
40 hip rotations



40 side steps



40 single hip rotation



40 march steps

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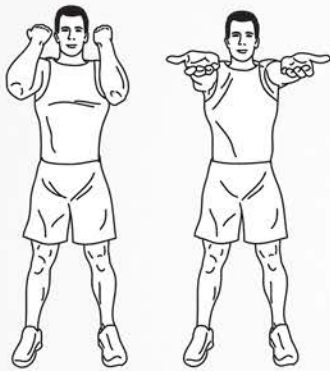
Day 22

Level I 3 sets

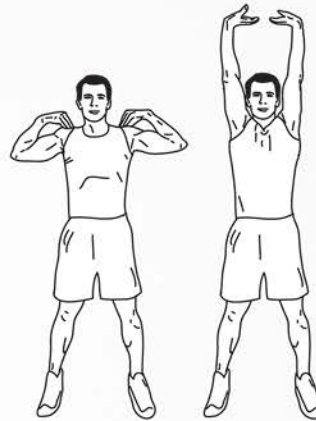
Level II 5 sets

Level III 7 sets

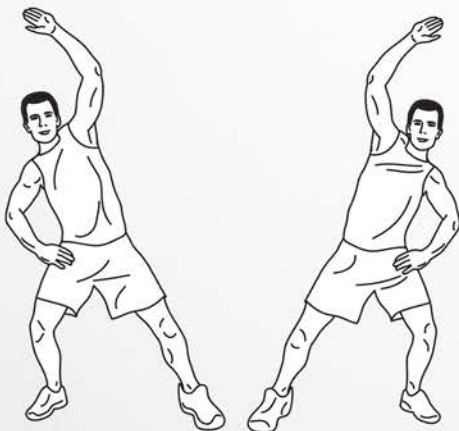
2 minutes rest
between sets



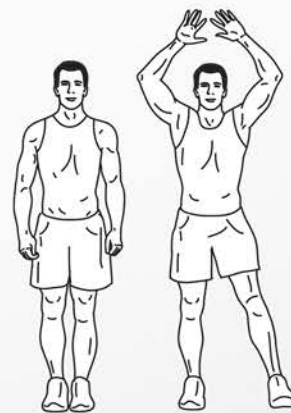
40 bicep extensions



40 standing shoulder taps



40 side jacks



40 step jacks

B SELINE



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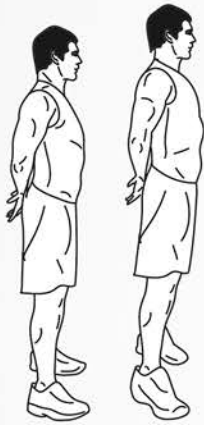
Day 23

Level I 3 sets

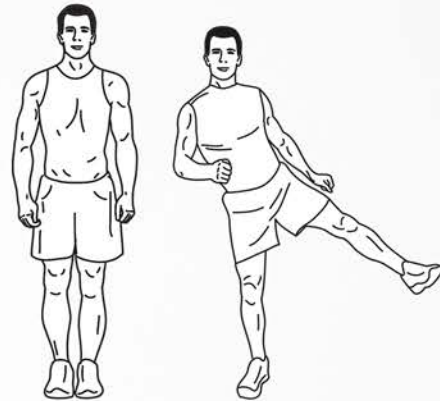
Level II 5 sets

Level III 7 sets

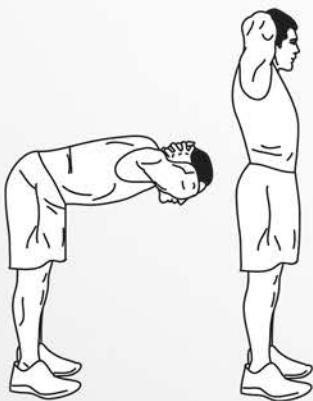
2 minutes rest
between sets



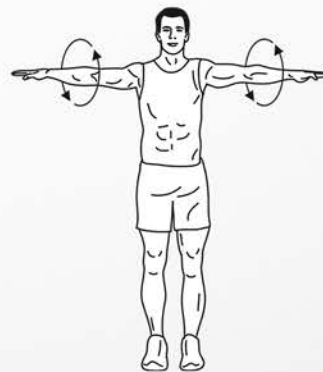
20 calf raises



40 side leg raises



20 forward bends



40 raised arm circles

B SELINE



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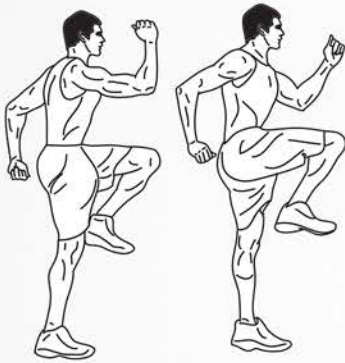
Day 24

Level I 3 sets

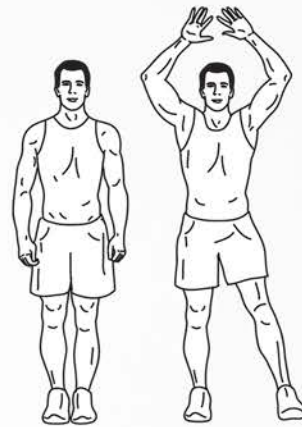
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



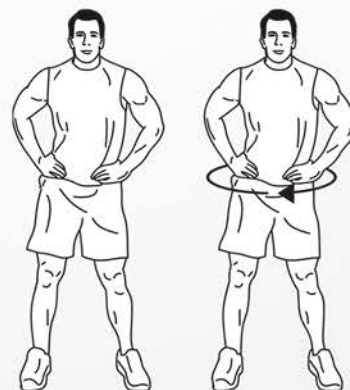
40 march steps



40 step jacks



40 single hip rotation



40 hip rotations

B SELINE



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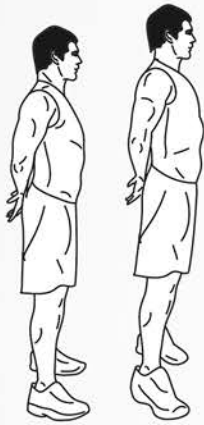
Day 25

Level I 3 sets

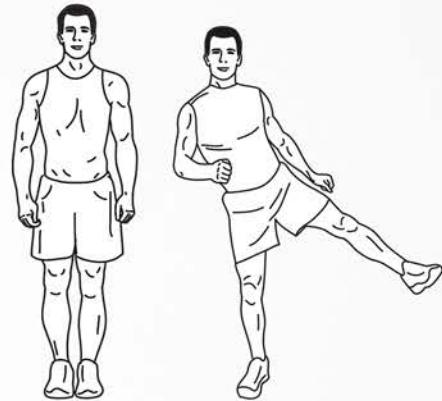
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



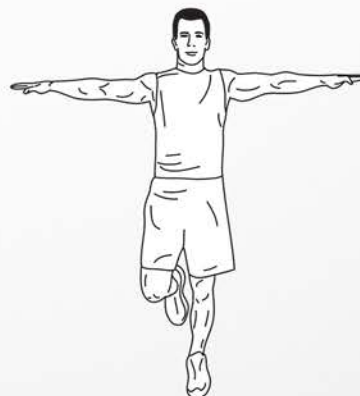
20 calf raises



40 side leg raises



20-count squat hold



60-count single leg hold

B SELINE



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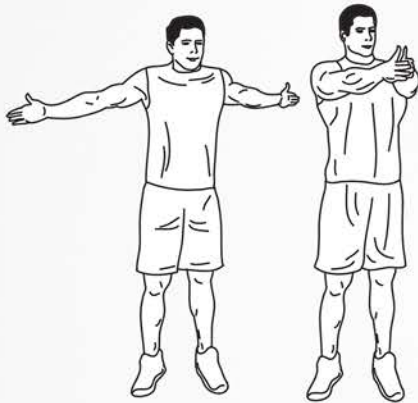
Day 26

Level I 3 sets

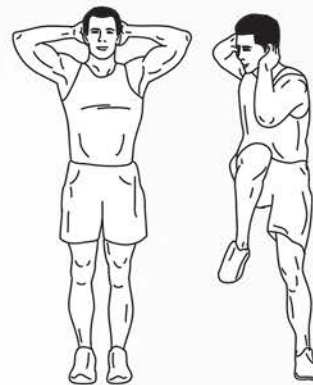
Level II 5 sets

Level III 7 sets

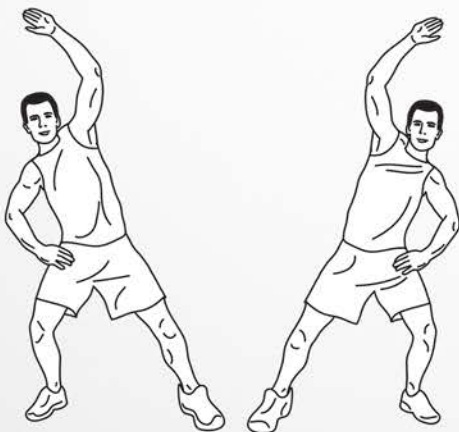
2 minutes rest
between sets



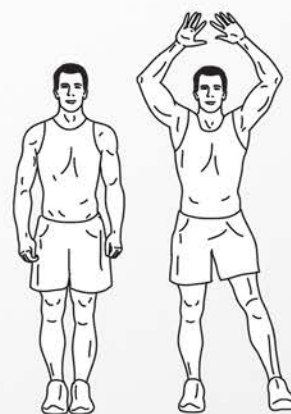
40 chest expansion



40 knee to elbows



40 side jacks



40 step jacks

BASELINE



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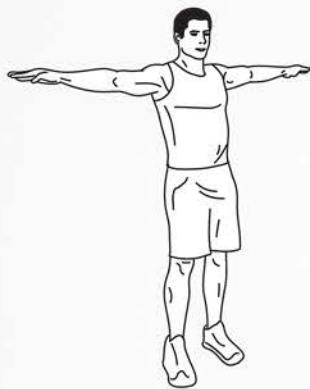
Day 27

Level I 3 sets

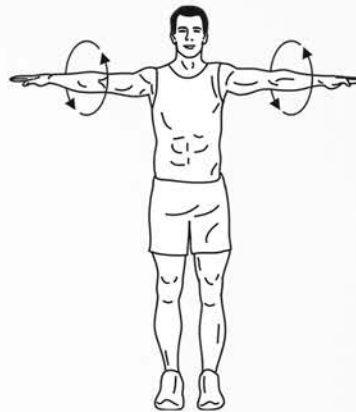
Level II 5 sets

Level III 7 sets

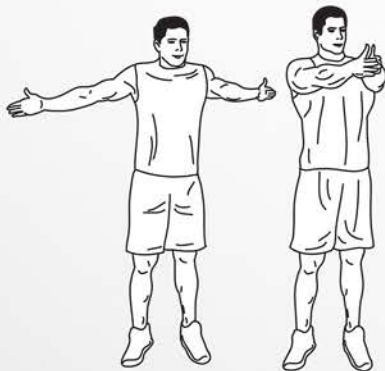
2 minutes rest
between sets



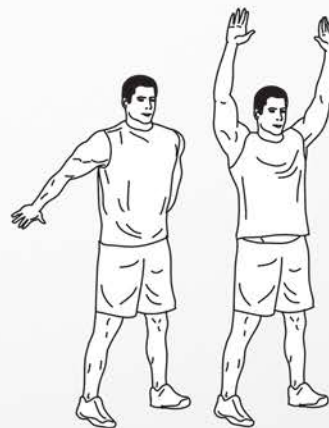
20-count raised arms hold



40 raised arm circles



40 chest expansions



40 wide shoulder rotations

B SELINE



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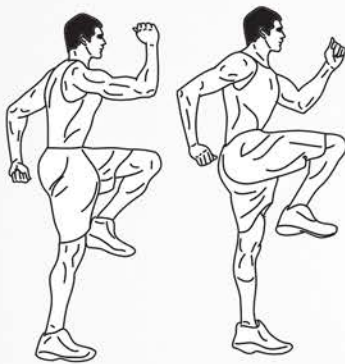
Day 28

Level I 3 sets

Level II 5 sets

Level III 7 sets

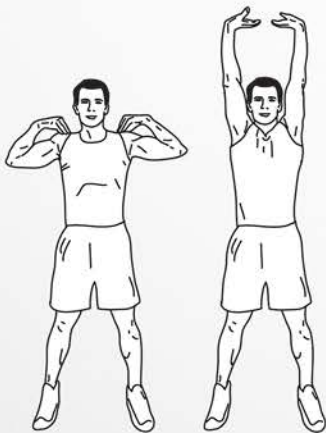
2 minutes rest
between sets



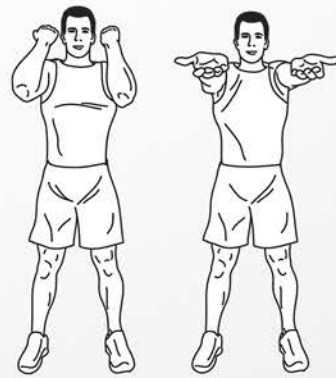
40 march steps



40 forward leg raises



40 standing shoulder taps



40 bicep extensions

BASELINE



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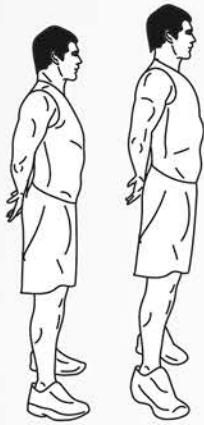
Day 29

Level I 3 sets

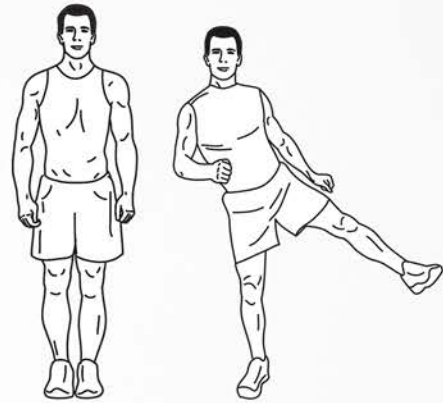
Level II 5 sets

Level III 7 sets

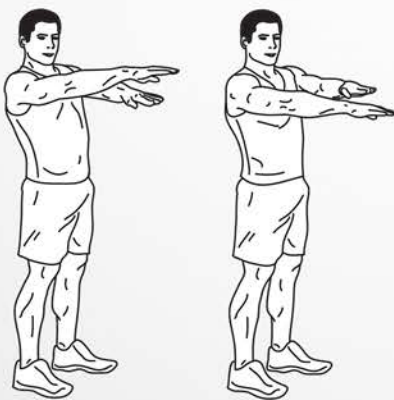
2 minutes rest
between sets



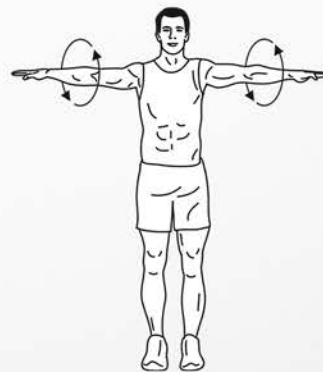
20 calf raises



40 side leg raises



40 arm scissors



40 raised arm circles

B SELINE



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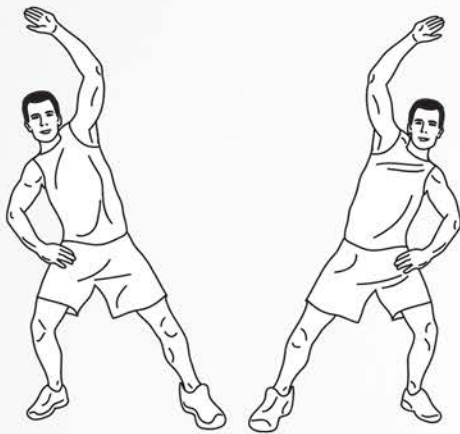
Day 30

Level I 3 sets

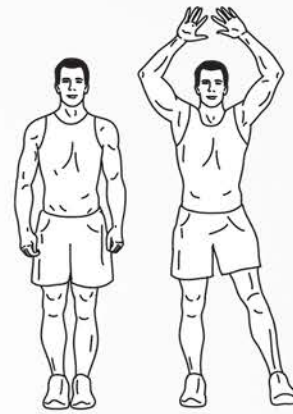
Level II 5 sets

Level III 7 sets

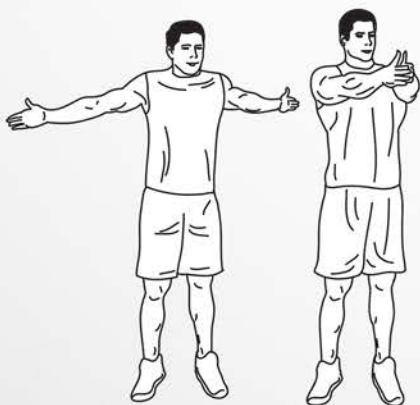
2 minutes rest
between sets



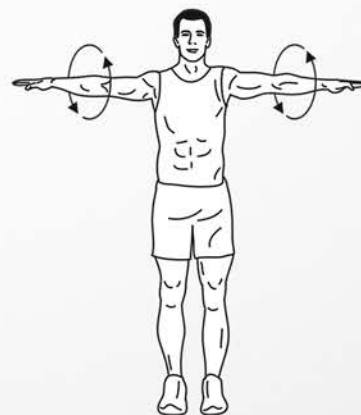
40 side jacks



40 step jacks



40 chest expansion



40 raised arm circles

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