

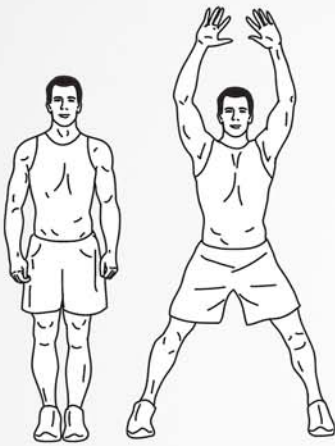
RUN LONGER

BY DAREBEE

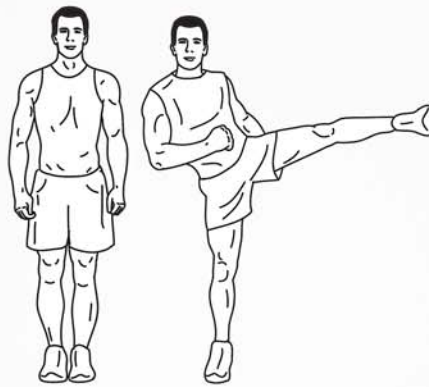
CIRCUIT

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



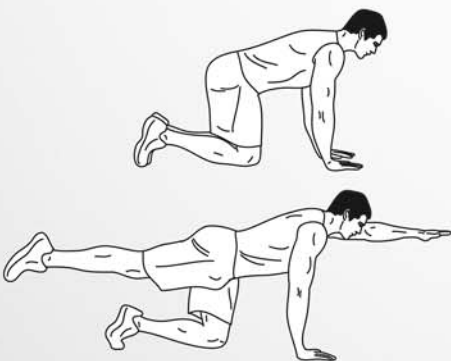
20 jumping jacks



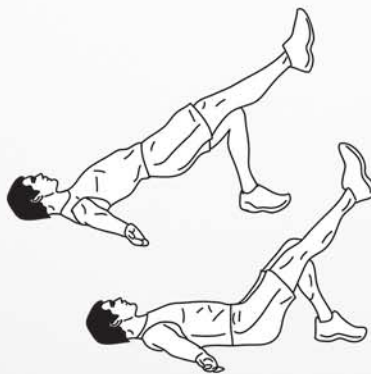
20 side leg raises



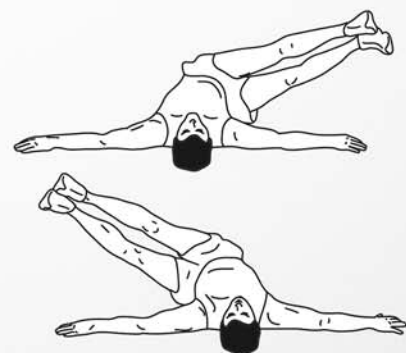
20 side-to-side deep lunges



20 alt arm/leg raises



20 single leg bridges



20 windshield wipers