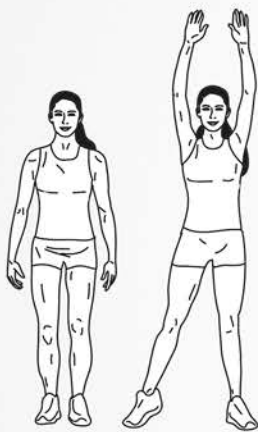


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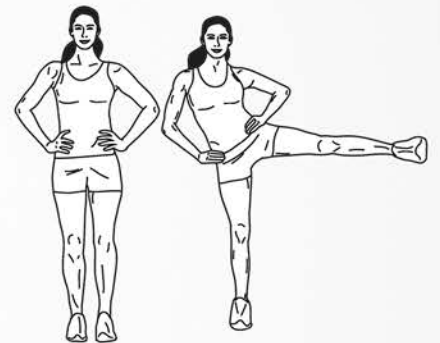
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



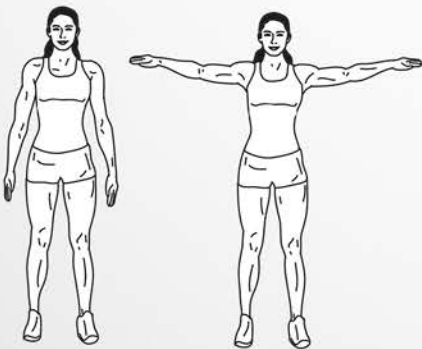
10 step jacks



6 squat step backs



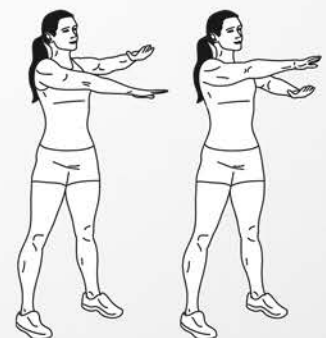
10 side leg raises



20 arm raises



20 raised arm circles



20 arm scissors