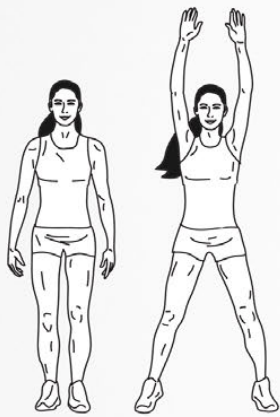


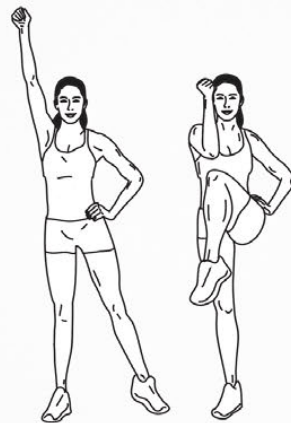
Good Morning!

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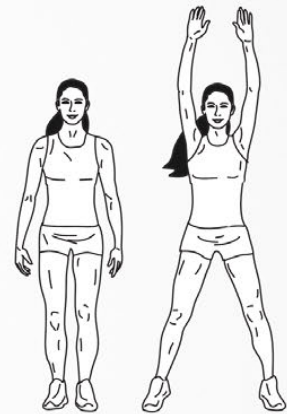
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



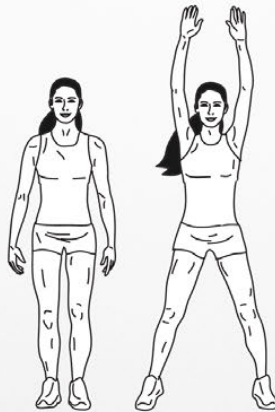
4 knee-to-elbows



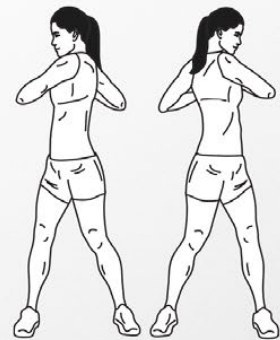
10 jumping jacks



4 side bends



10 jumping jacks



4 twists