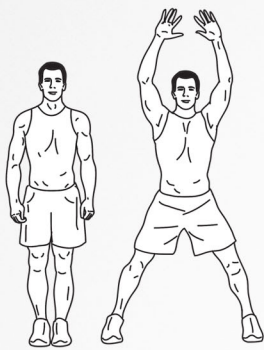


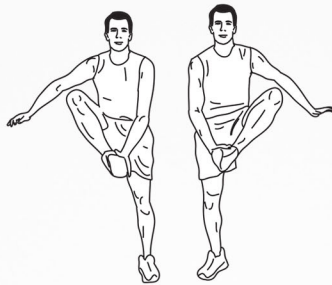
high burn

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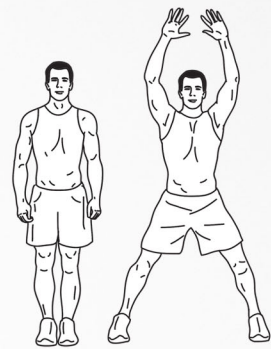
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



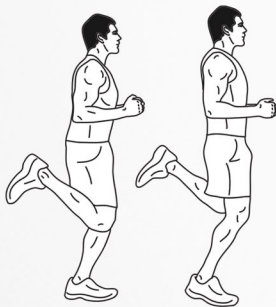
10 jumping jacks



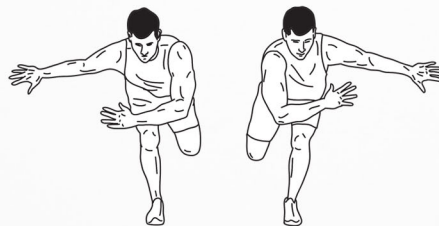
4 hop toe taps



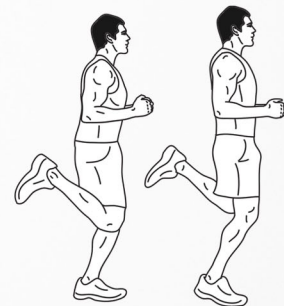
10 jumping jacks



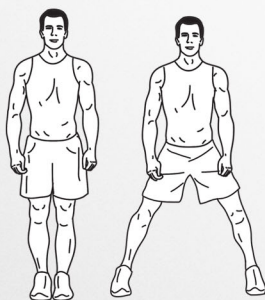
10 butt kicks



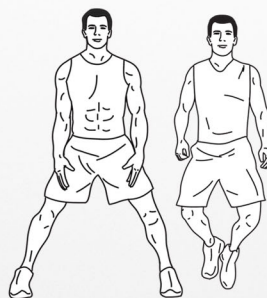
4 side-to-side jumps



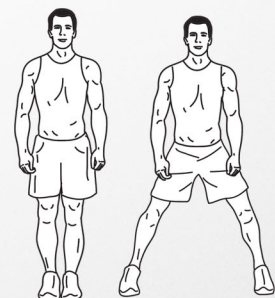
10 butt kicks



10 half jacks



4 hop heel clicks



10 half jacks