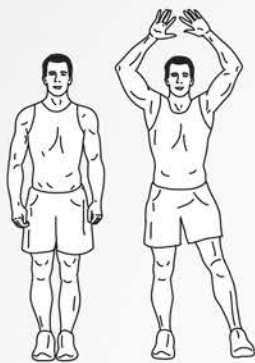


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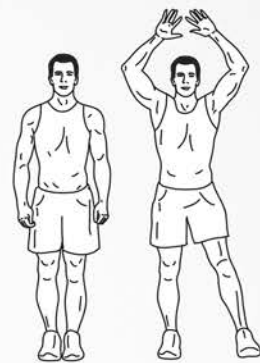
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



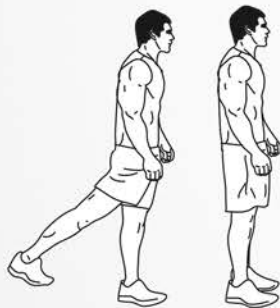
10 step jacks



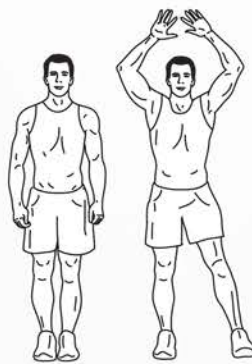
10 side-to-side leg raises



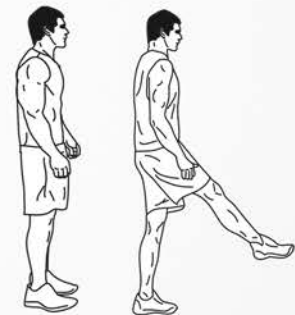
10 step jacks



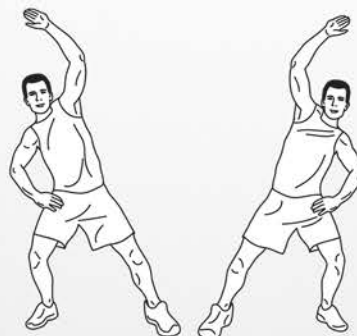
10 back leg raises



10 step jacks



10 front leg raises



10 side jacks