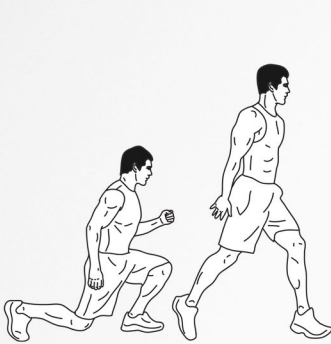


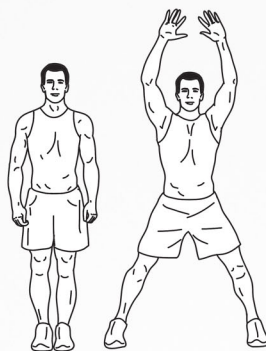
rocking it

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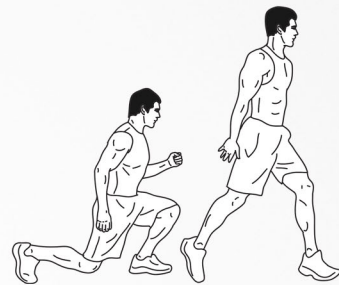
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



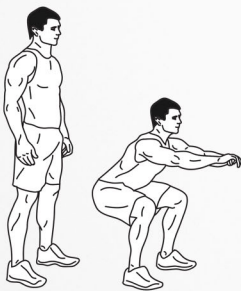
4 jumping lunges



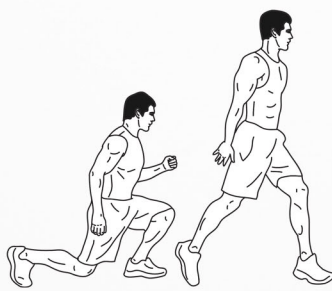
20 jumping jacks



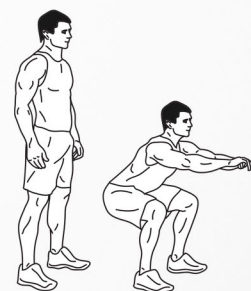
4 jumping lunges



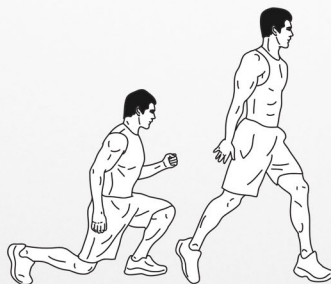
10 squats



4 jumping lunges



10 squats



4 jumping lunges