

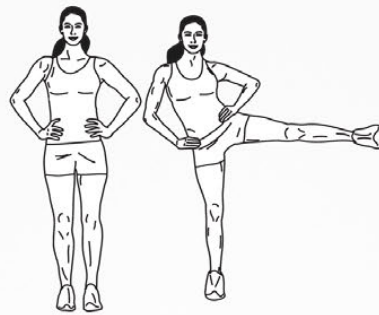
ADIRA

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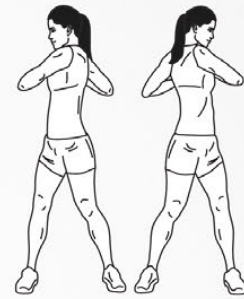
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



6 lunge step-ups



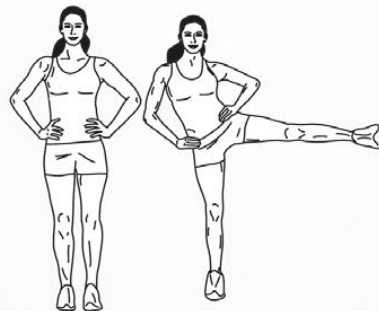
10 side leg raises



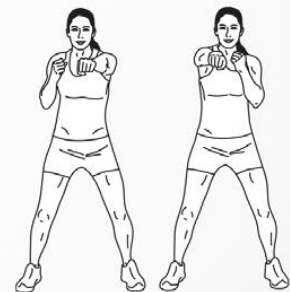
6 torso twists



6 lunge step-ups



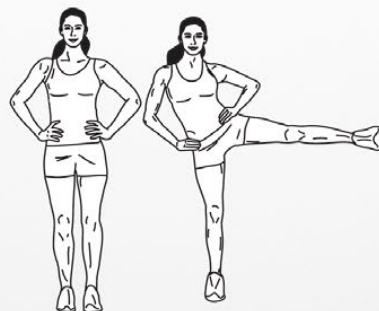
10 side leg raises



10 punches



6 lunge step-ups



10 side leg raises



6 side bends