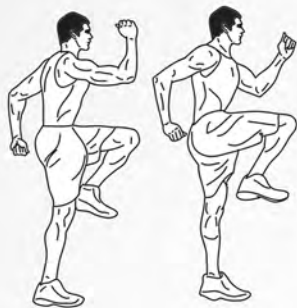


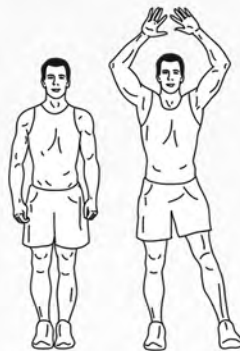
cardio **light**

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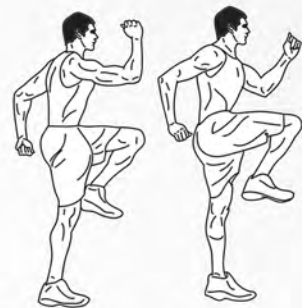
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 march steps



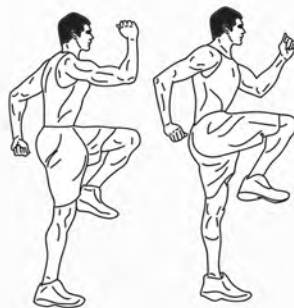
10 step jacks



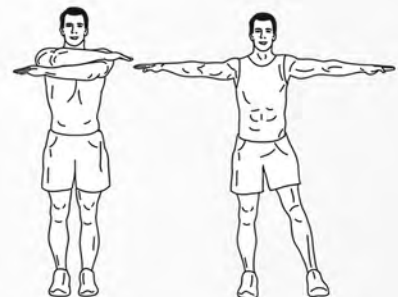
10 march steps



10 side jacks



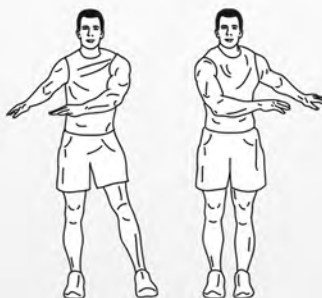
10 march steps



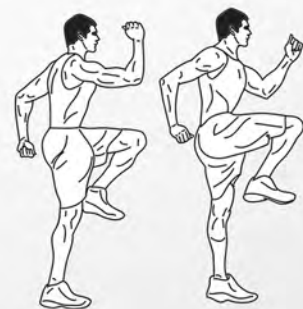
10 scissor steps



10 march steps



10 side-to-side steps



10 march steps