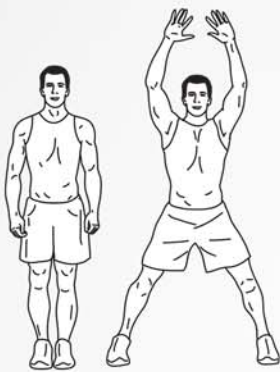


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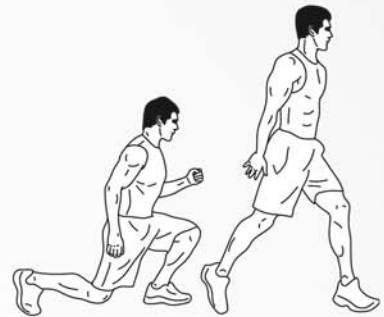
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



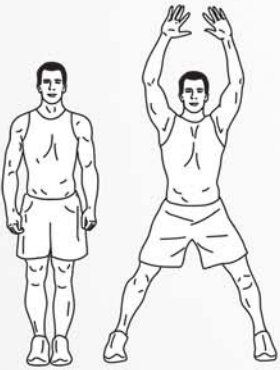
20sec jumping jacks



20sec lunges



20sec jumping lunges



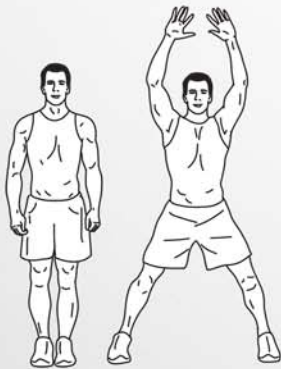
20sec jumping jacks



20sec plank



20sec raised leg plank



20sec jumping jacks



20sec squats



20sec jump squats