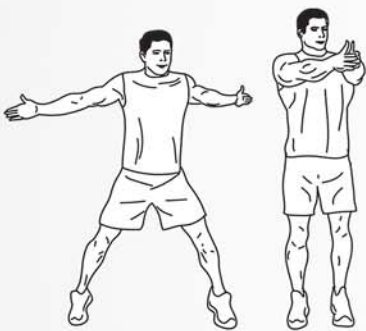


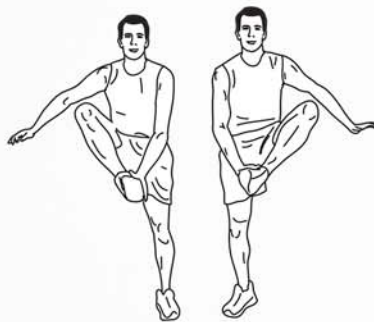
No One is Watching

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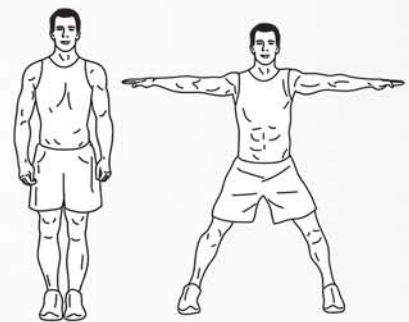
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



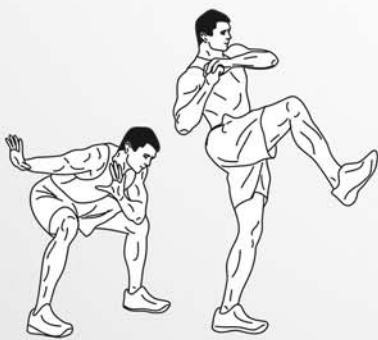
20sec seal jacks



20sec toe tap hops



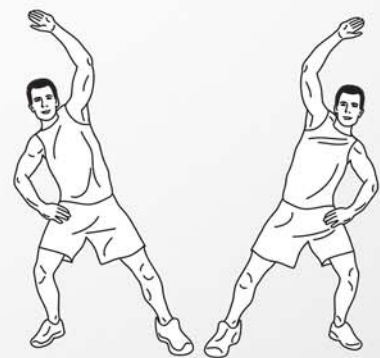
20sec jumping Ts



20sec squat step-ups



20sec split jacks



20sec side jacks