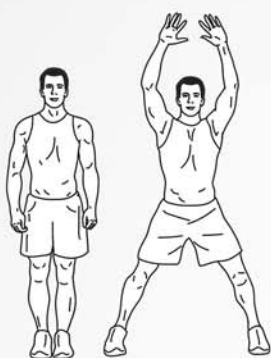


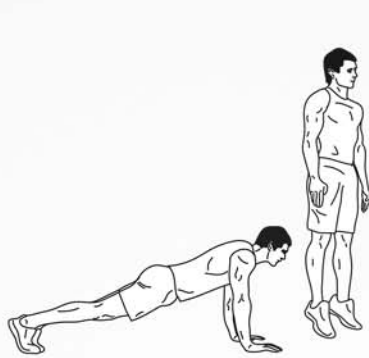
RECALIBRATOR

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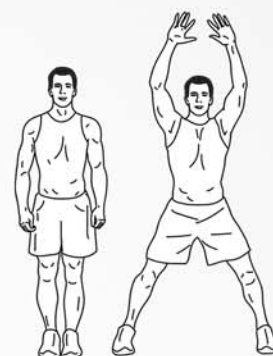
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



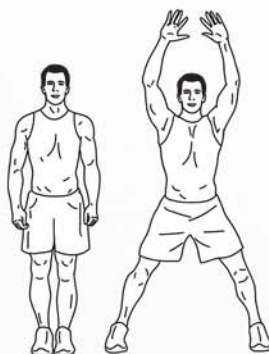
20sec b/ burpees w/jump



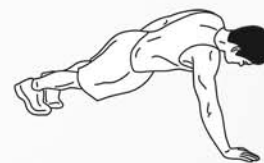
20sec jumping jacks



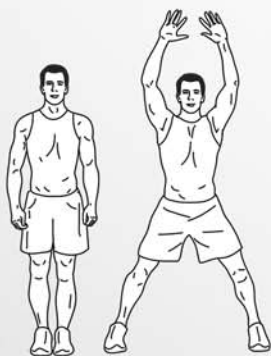
20sec one-arm plank



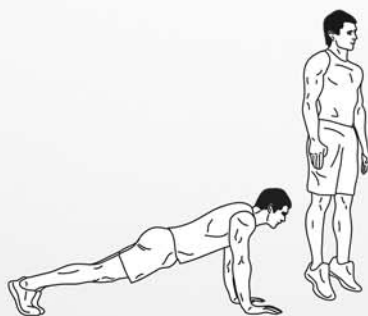
20sec jumping jacks



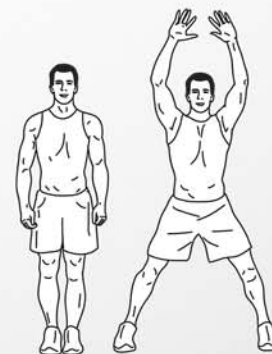
20sec one-arm plank



20sec jumping jacks



20sec b/ burpees w/jump



20sec jumping jacks