

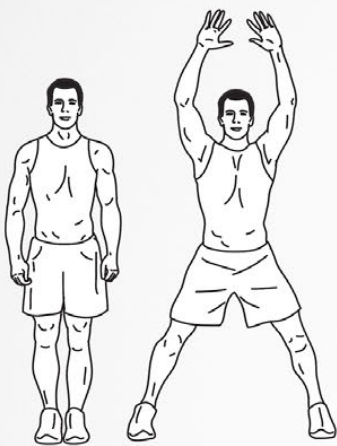
# RUN LONGER

BY DAREBEE

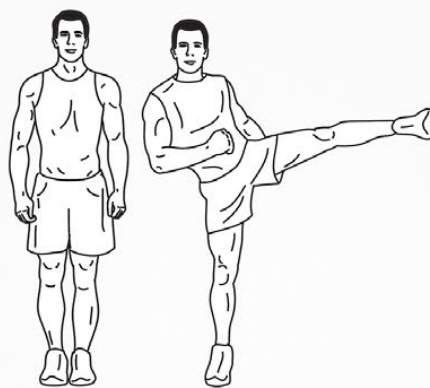
**CIRCUIT**

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



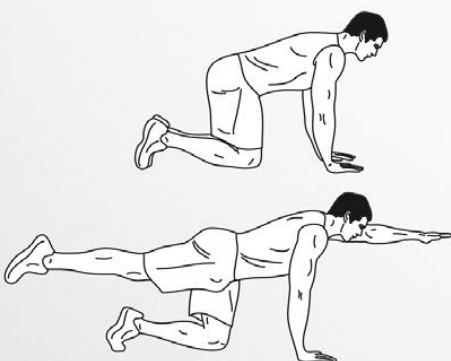
**20** jumping jacks



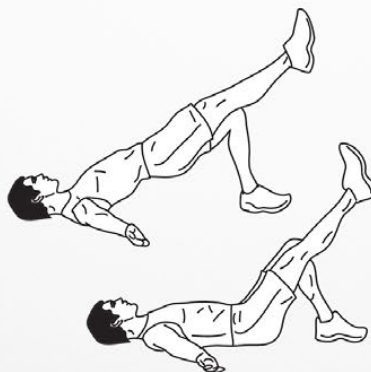
**20** side leg raises



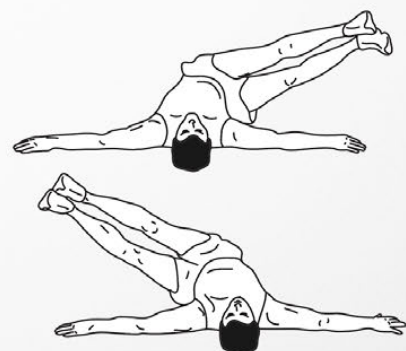
**20** side-to-side deep lunges



**20** alt arm/leg raises



**20** single leg bridges



**20** windshield wipers