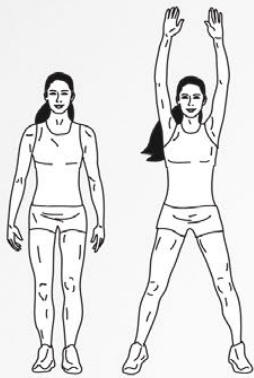


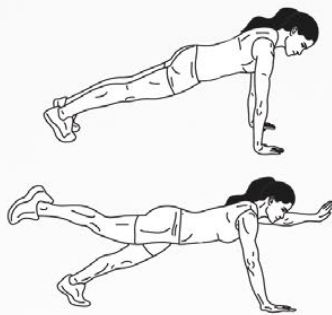
Unicorn

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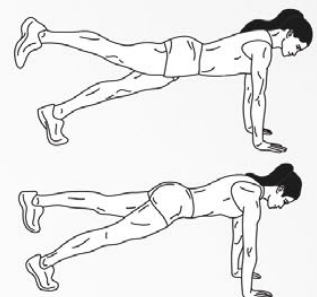
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



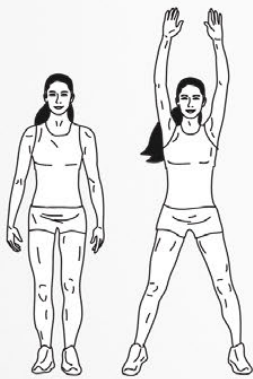
10 jumping jacks



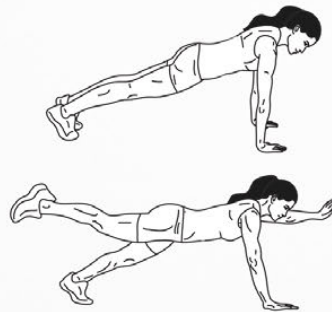
4 alt arm/leg raises



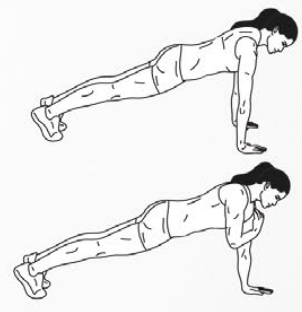
4 plank leg raises



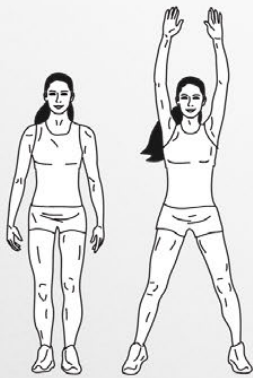
10 jumping jacks



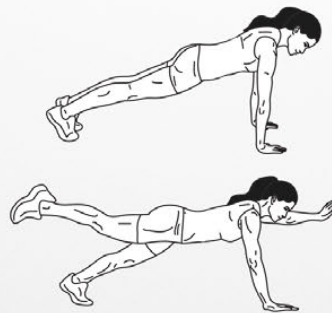
4 alt arm/leg raises



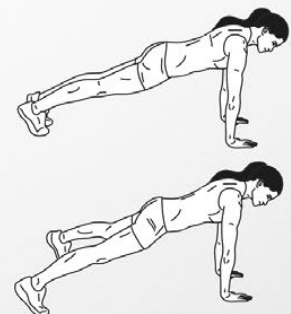
4 shoulder taps



10 jumping jacks



4 alt arm/leg raises



4 plank jacks