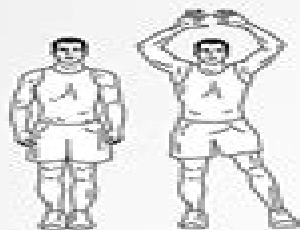


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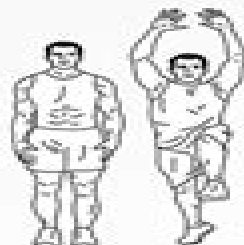
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



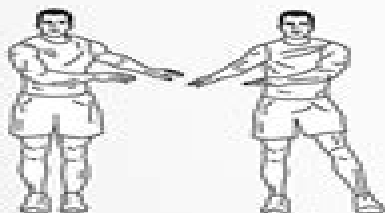
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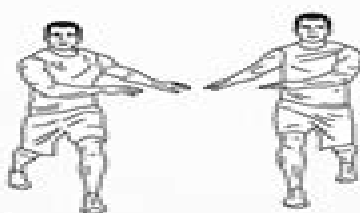
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20 side-to-side steps



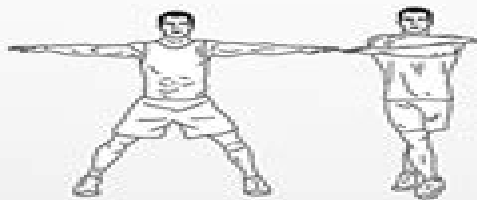
20 alternating steps back



20 step side jacks



20 step arm extensions



20 cross step arm extensions



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