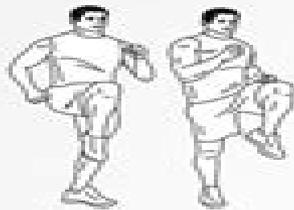


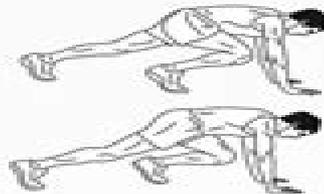
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



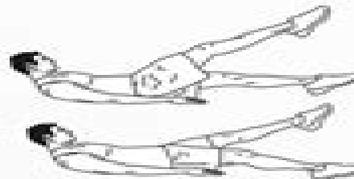
10 climbers



2 climber taps



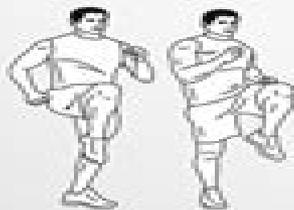
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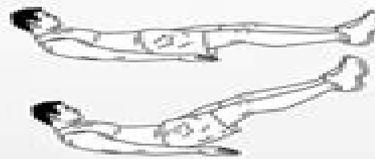
10 flutter kicks



2 scissors



20 high knees



10 leg raises



2 raised leg circles

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