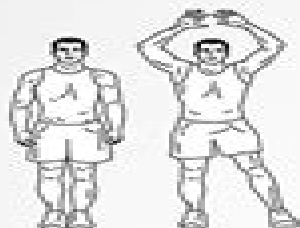


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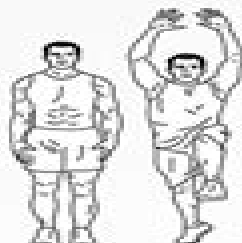
STEP

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



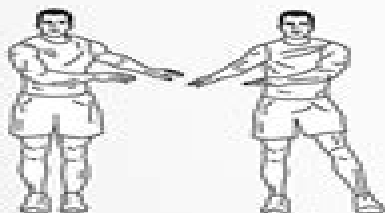
20 step jacks



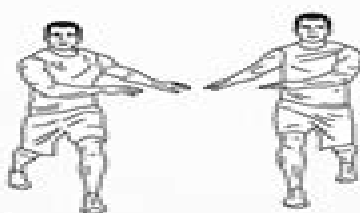
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20 step side jacks



20 side-to-side steps



20 alternating steps back



20 step side jacks



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