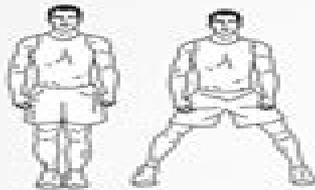


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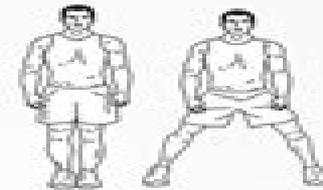
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



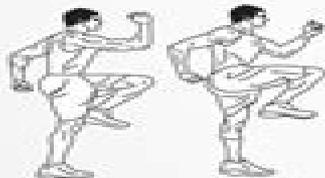
30sec half jacks



10sec jumping lunges



30sec half jacks



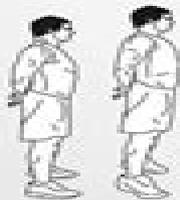
30sec march steps



10sec high knees



30sec march steps



10sec calf raises



10sec jump squats



10sec calf raises

Better Body Workout

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