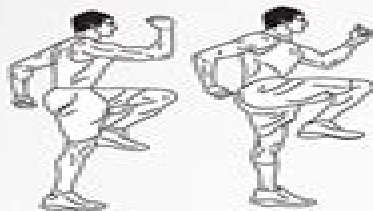


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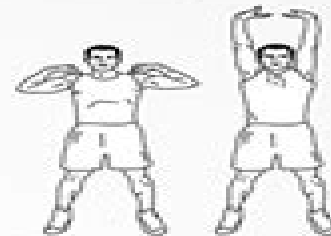
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



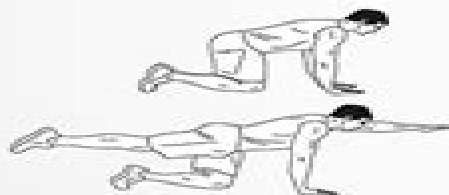
20 march steps



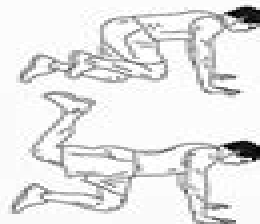
10 calf raises



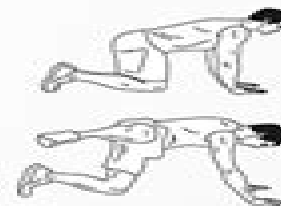
40 shoulder taps



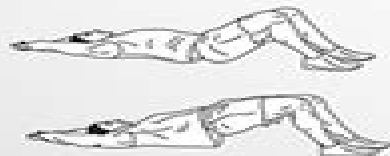
20 alt arm/leg raises



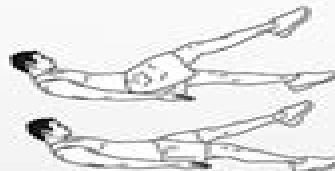
20 leg extensions



20 side leg extensions



10 bridges



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