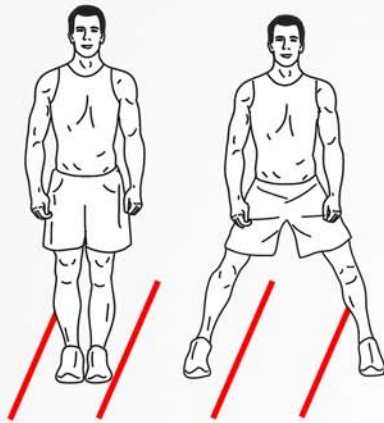


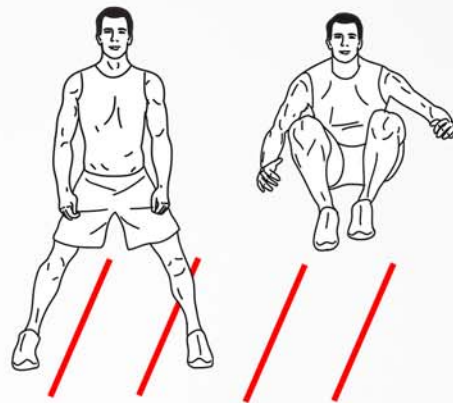
BORDERLINE 2.0

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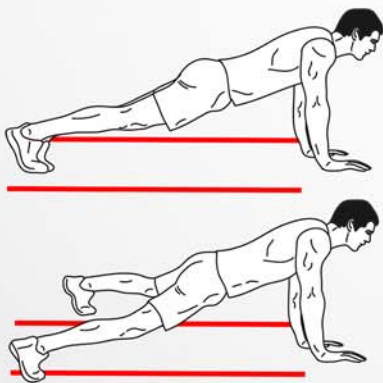
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
draw two lines shoulder length apart



20 half jacks
jump-inside the lines



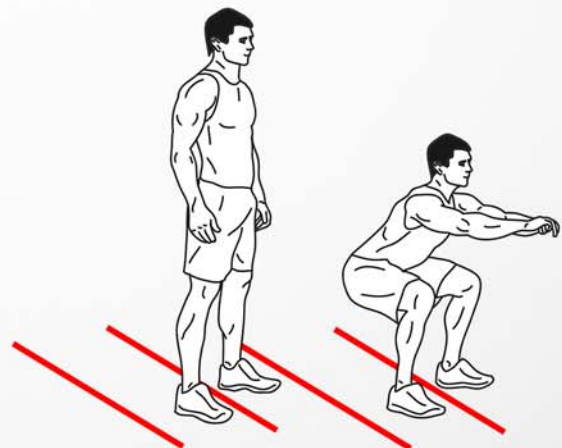
10 high jumps
with heel click in the air



10 plank half jacks
jump inside the lines



10 knee to elbow
across the lines



20 over the line step
side-to-side squats