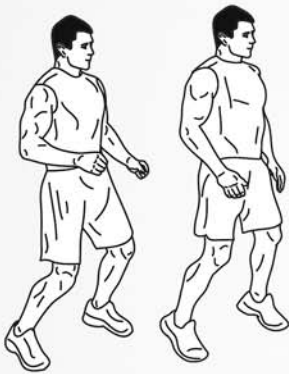


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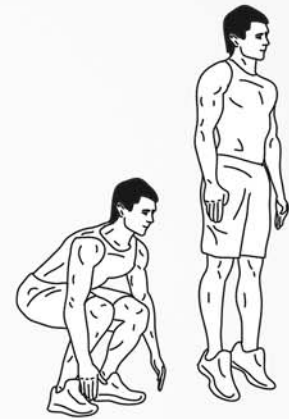
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



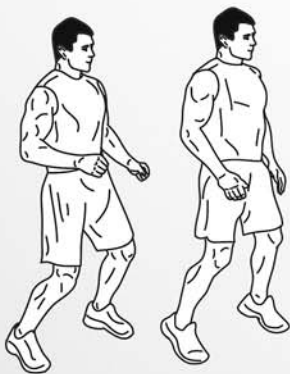
10 bounces on the spot



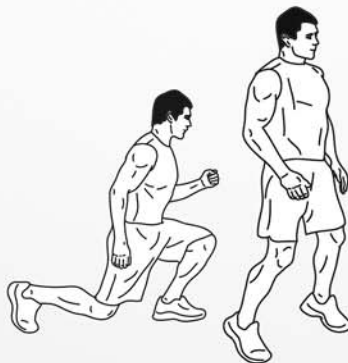
10 bounce+bounce+squat



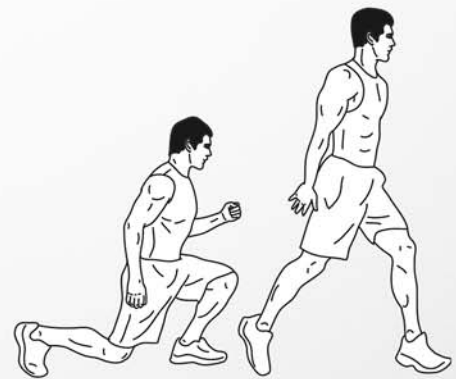
4 jump squats



10 bounces on the spot



10 bounce+bounce
+reverse lunge



4 jumping lunges