

FOUNTAIN OF YOUTH

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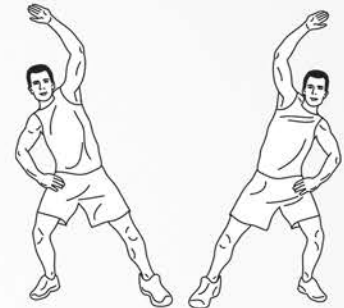
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



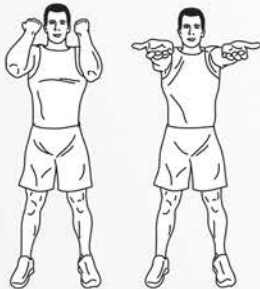
20 march steps



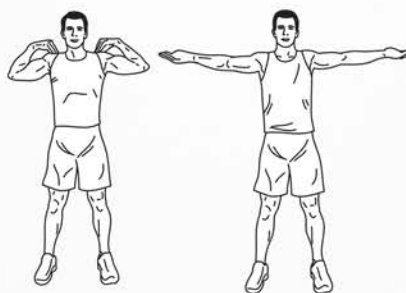
20 torso rotations



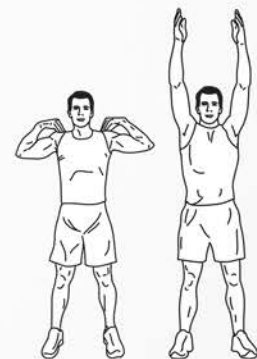
20 side jacks



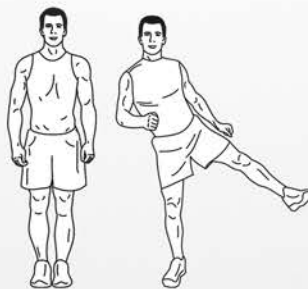
20 bicep extensions



20 side shoulder taps



20 shoulder taps



20 side leg raises