

PACER

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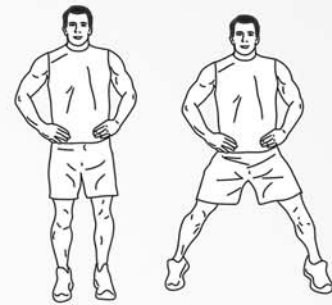
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



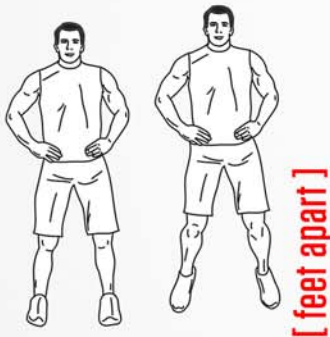
10 hops on the spot



10 side-to-side hops



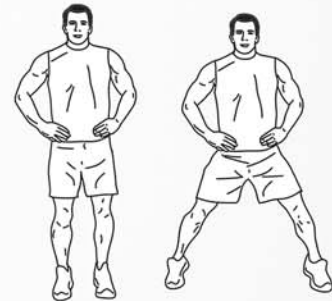
10 half jacks



10 hops on the spot



10 side-to-side hops



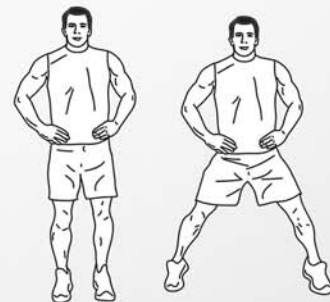
10 half jacks



10 hops on the spot



10 side-to-side hops



10 half jacks