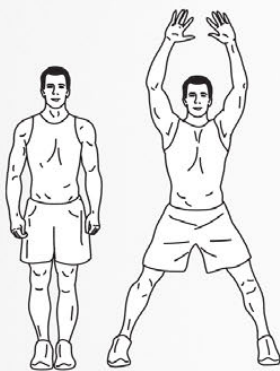


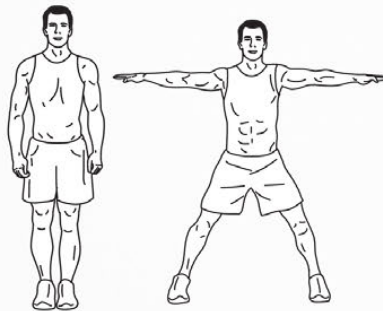
SPARKS WILL FLY

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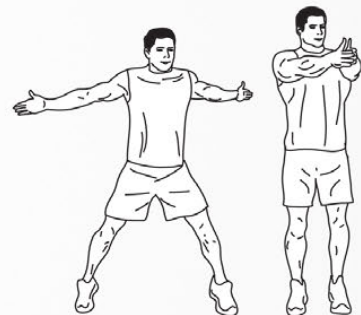
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



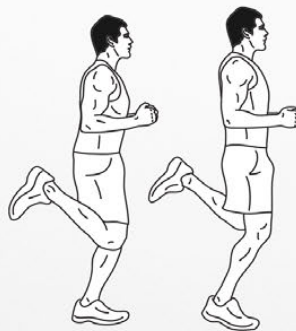
10 jumping Ts



10 seal jacks



10 split jacks



10 butt kicks



10 high knees