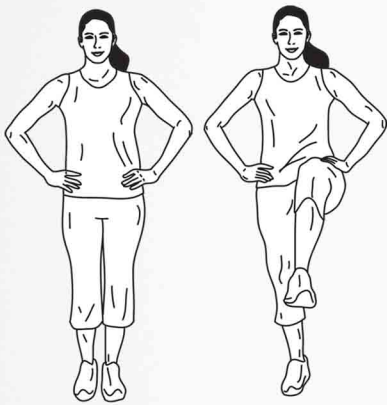
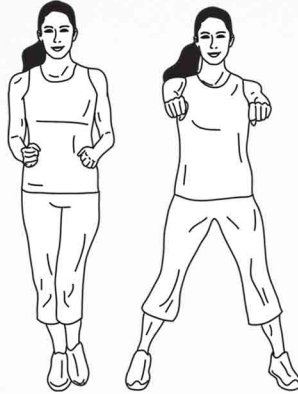


LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes

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FOR MOMS
AND MOMS-TO-BE



20 high knees march



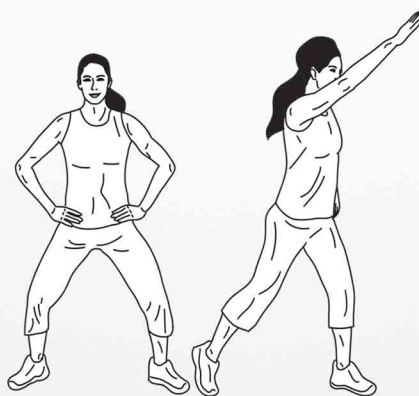
10 step & double punch



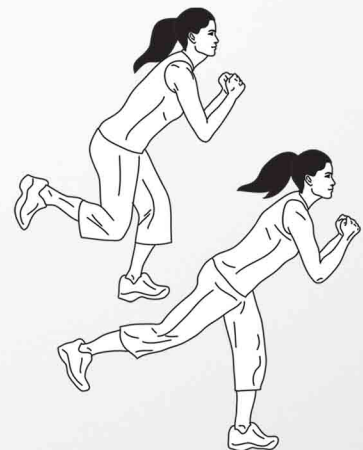
10 twist hops



10 jumping jacks



20 pivot & reach



10 back kicks