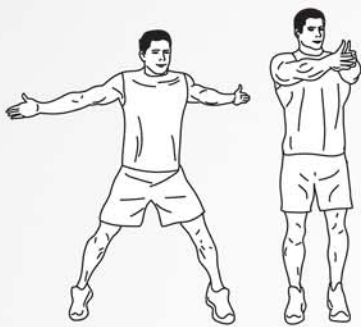


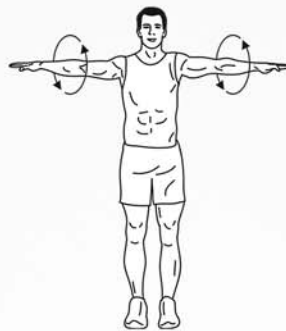
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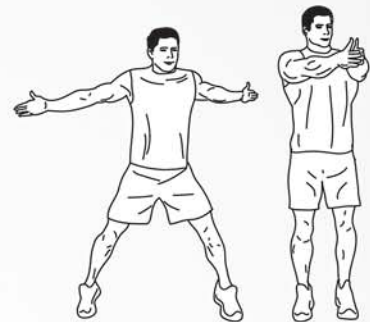
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec seal jacks



20sec raised arm circles



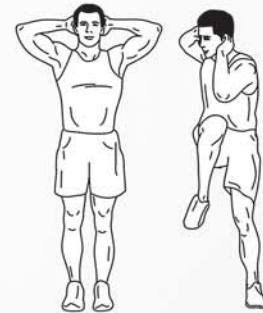
20sec seal jacks



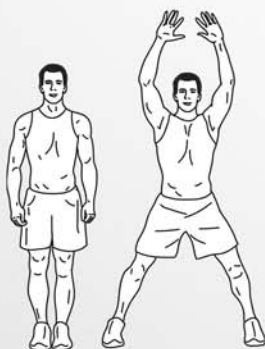
20sec knee-to-elbow



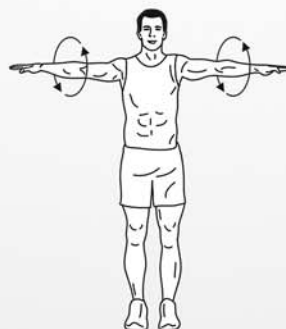
20sec high knees



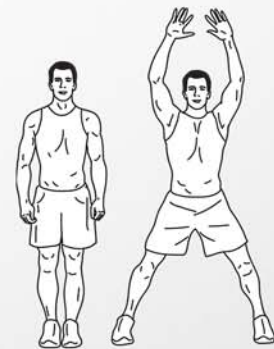
20sec knee-to-elbow



20sec jumping jacks



20sec raised arm circles



20sec jumping jacks