

THRIVE

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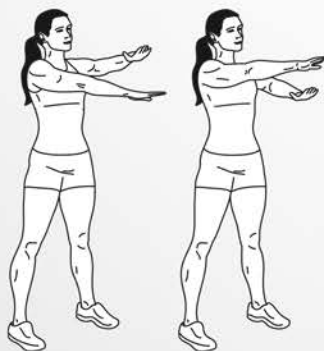
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side leg raises
right leg

10 knee-to-elbows

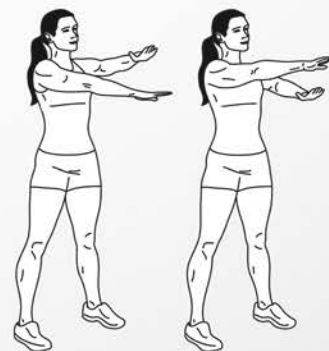
20 side leg raises
left leg



20 arm scissors



10 raised arm circles



20 arm scissors