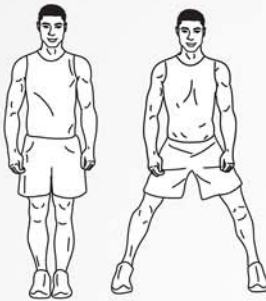


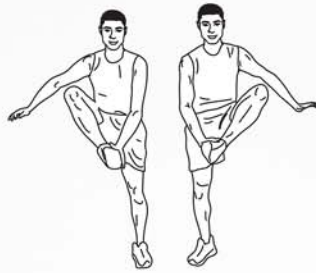
Total Blast

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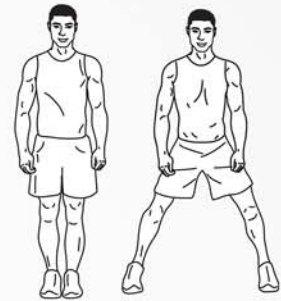
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



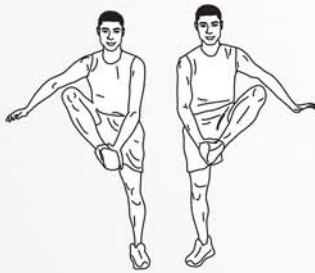
10 half jacks



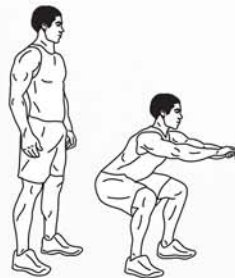
4 toe tap hops



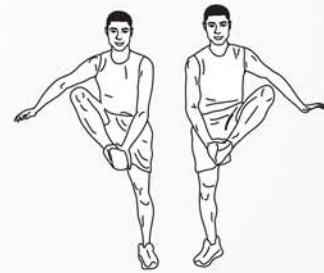
10 half jacks



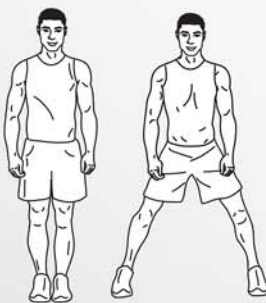
4 toe tap hops



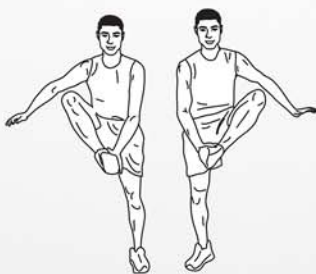
4 squats



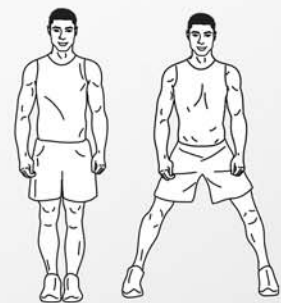
4 toe tap hops



10 half jacks



4 toe tap hops



10 half jacks