

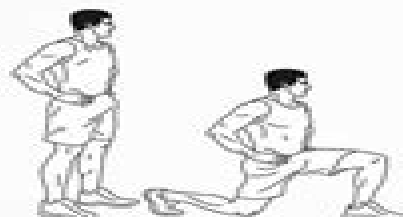
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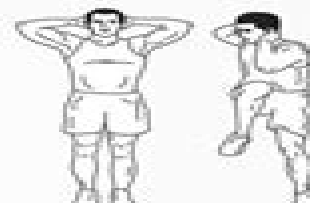
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



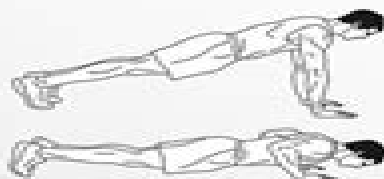
10 squats



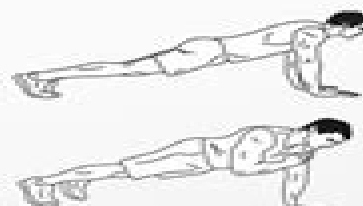
20 lunges



20 knee-to-elbows



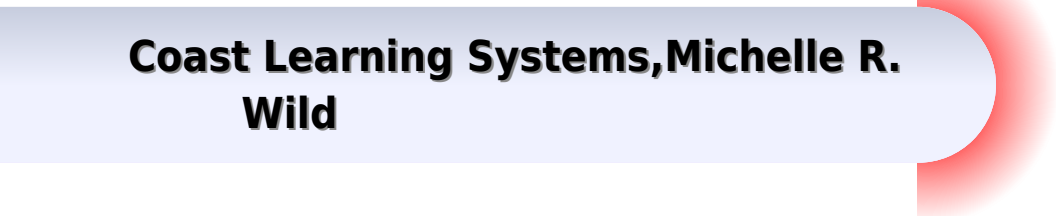
10 push-ups



20 shoulder taps

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**Coast Learning Systems,Michelle R.
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