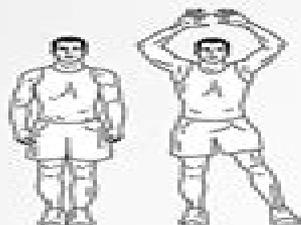


CARDIO

STEP

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



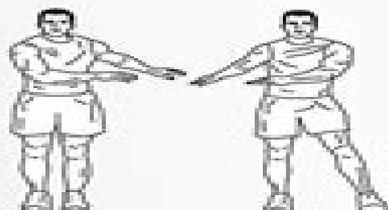
20 step jacks



20 march jacks



20 step side jacks



20 side-to-side steps



20 alternating steps back



20 step side jacks



20 step arm extensions



20 cross step arm extensions



20 step side jacks

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Camilla Rothe



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