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20 Sec. Wall Sit



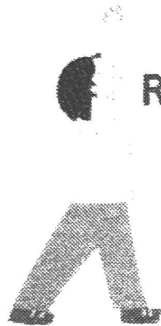
Hold a Plank
for 15 Seconds



Tricep Stretch for
12 seconds



8
Reachers



Runners Stretch
for 15 Sec



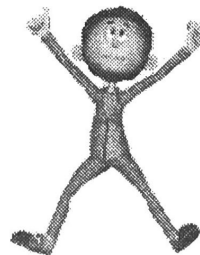
8 Burpees



12 Skier Jumps



7 Star Jumps



10 Lunges



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