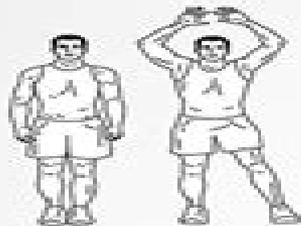


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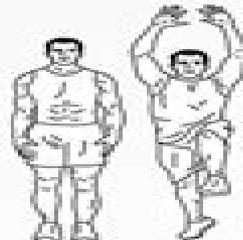
# STEP

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



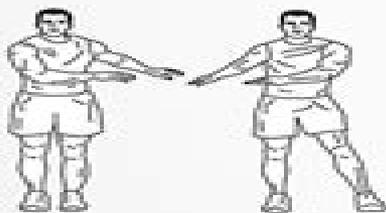
**20** step jacks



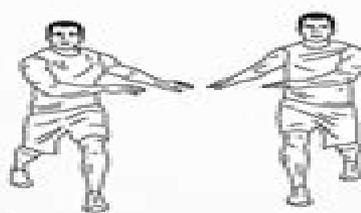
**20** march jacks



**20** step side jacks



**20** side-to-side steps



**20** alternating steps back



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**20** step arm extensions



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**Peipei Pang**



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