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T
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c

T
o
e

20 Arm Rotations



8 Straddle Jumps



12 Standing Toe Touches



Hold a Sit & Reach for 15 Seconds



10 Curl Ups



15 Sec. Butterfly Stretch



10 Push Ups



Hold a Plank for 15 Seconds



15 Mountain Climbers



F
I
T
N
E
S
S