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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



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Card 1

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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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E
S
S

Card 2

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