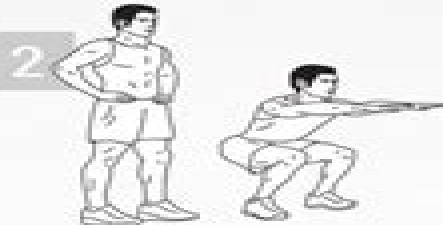


daily workout

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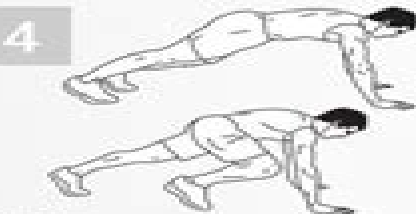
10 jumping jacks



10 squats



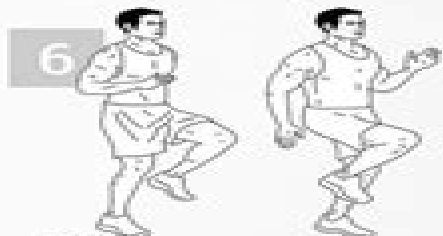
5 push-ups



10 climbers



10 plank jump-ins



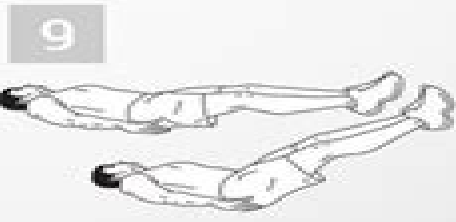
10 high knees



10 knee pull-ins



10 cross crunches



10 leg raises

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

Daily Work Outs 4

Thomas Spencer Baynes



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