

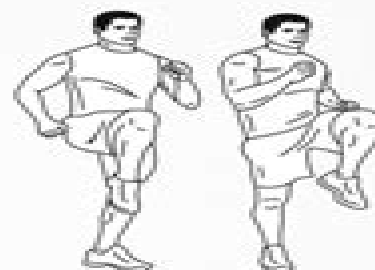
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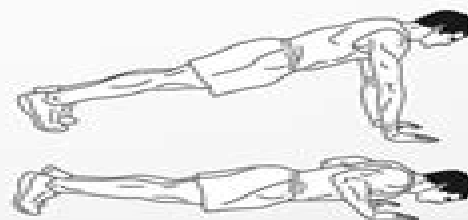
20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups

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