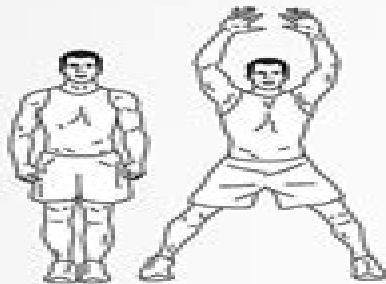


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10 jumping jacks



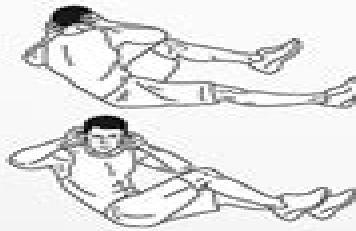
5 basic burpees (no push-up)



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10 knee-to-elbow crunches



20sec elbow plank hold

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