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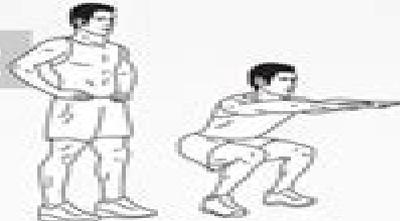
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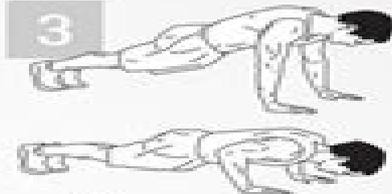
**10** jumping jacks

2



**10** squats

3



**5** push-ups

4



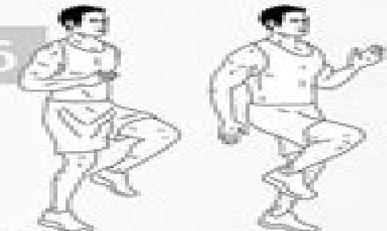
**10** climbers

5



**10** plank jump-ins

6



**10** high knees

7



**10** knee pull-ins

8



**10** cross crunches

9



**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 5

**Yan Bai**



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