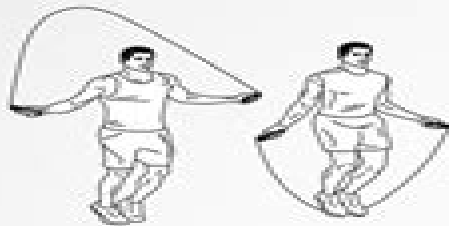


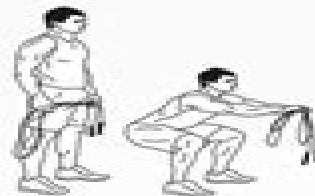
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Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec skips



15sec squats



15sec jump squats



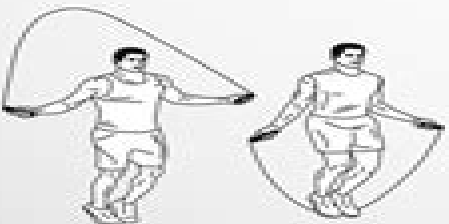
30sec skips



15sec squats



15sec calf raises



30sec skips



15sec squats



15sec jumping lunges

Jump Rope Training Nd Edition

Buddy Lee



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