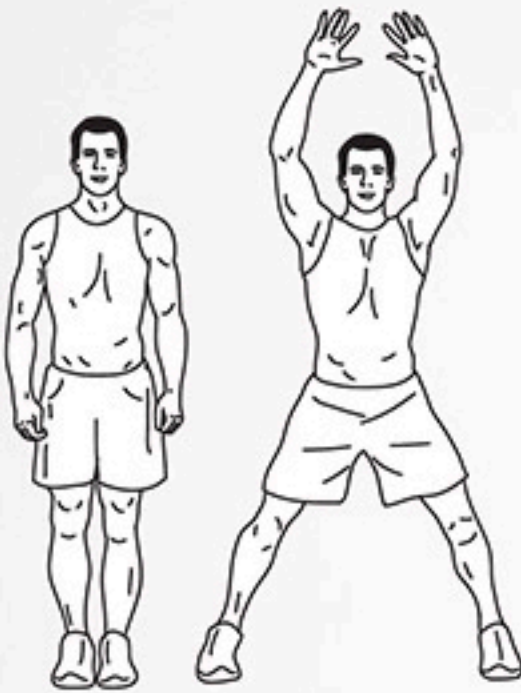




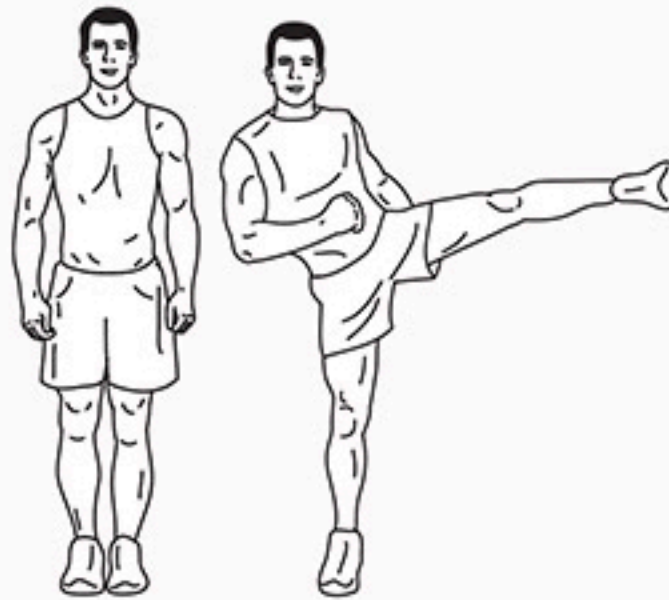
LEVEL 1 // 2 SETS  
LEVEL 2 // 4 SETS  
LEVEL 3 // 7 SETS

# RUN LONGER CIRCUIT

2 MINUTES REST



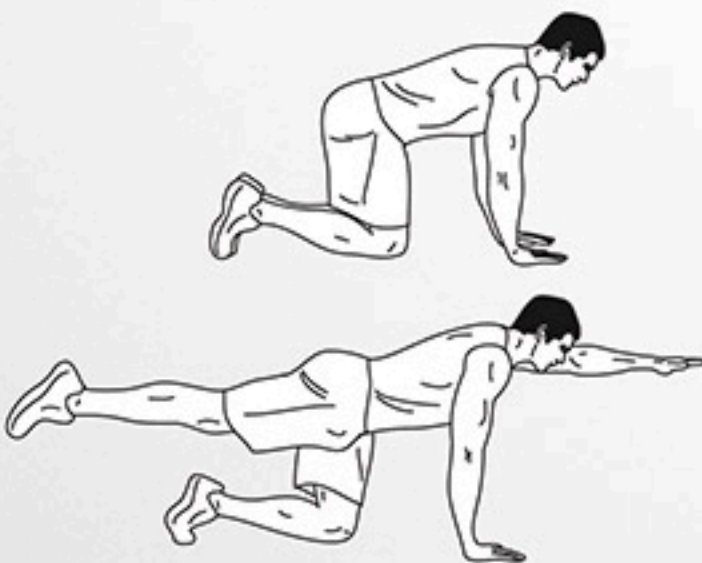
**20** jumping jacks



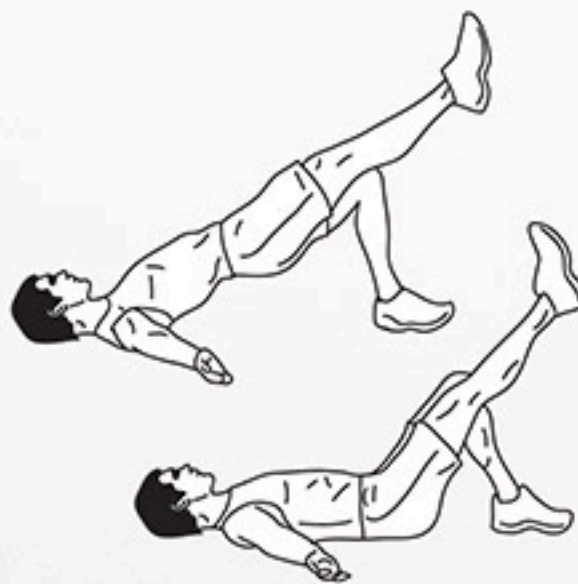
**20** side leg raises



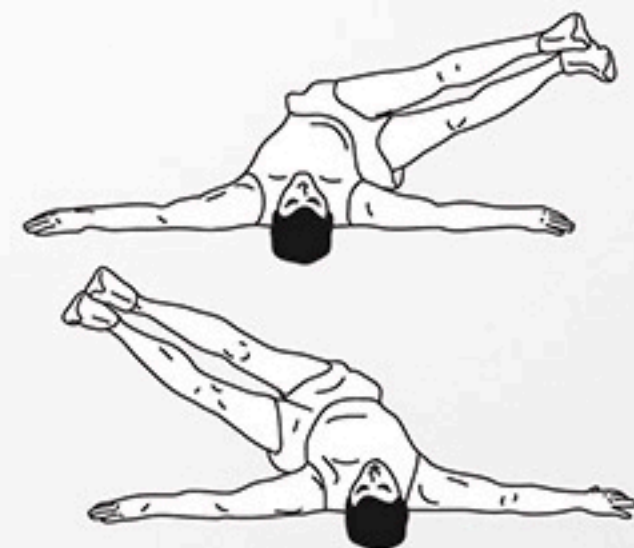
**20** side-to-side deep lunges



**20** alt arm/leg raises



**20** single leg bridges



**20** windshield wipers