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| 1 | 5 Push-Ups (any style) |

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| 2 | 8 Burpees |

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| 3 | 8 Snowflake Jumps |

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| 4 | 10-Count Plank |

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| 5 | 25 Jumping Jack Frosts |

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| 6 | 30 Seconds Jog in Place |