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|  | **10 Plank Jacks** |

Darebee Video Link: <https://darebee.com/exercises/plank-jacks.html>

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|  | **15 March Jacks** |

Darebee Video Link: <https://darebee.com/exercises/march-jacks.html>

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|  | **20 Side Jacks** |

Darebee Video Link: <https://darebee.com/exercises/side-jacks.html>

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|  | **20 Split Jacks** |

Darebee Video Link: <https://darebee.com/exercises/split-jacks.html>

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|  | **20 Half-Jacks** |

Darebee Video Link: <https://darebee.com/exercises/half-jacks.html>

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|  | **25 Step Jacks** |

Darebee Video Link: <https://darebee.com/exercises/step-jacks.html>