

A black and white photograph of a woman from the chest down to the waist, wearing a black tank top. A red ECG line graphic is overlaid on the image, starting from the left, rising to a peak, falling to a trough, rising to a second peak, and then continuing as a horizontal line to the right. The word "BASELINE" is written in white, bold, serif capital letters across the middle of the image, with the red ECG line passing through the letter 'A'.

BASELINE

BASELINE



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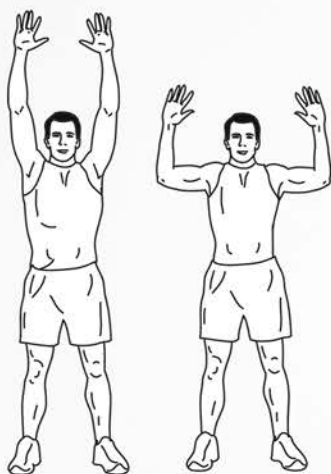
Day 1

Level I 3 sets

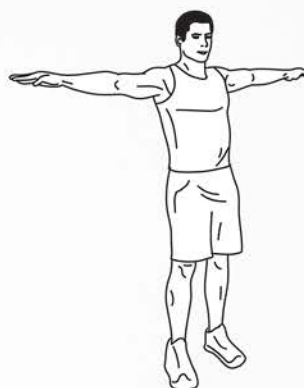
Level II 5 sets

Level III 7 sets

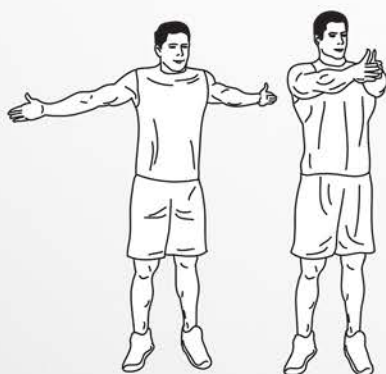
2 minutes rest
between sets



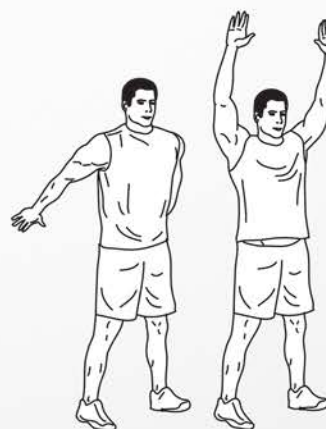
10 standing W-extensions



10-count raised arms hold



10 chest expansions



10 wide shoulder rotations

BASELINE



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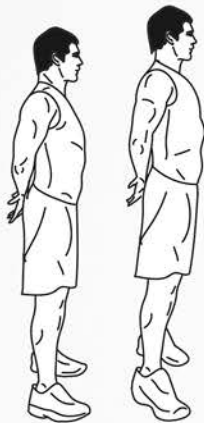
Day 2

Level I 3 sets

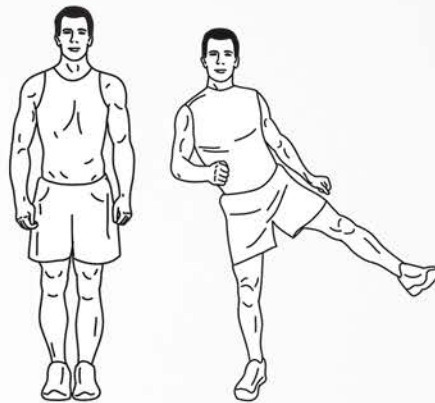
Level II 5 sets

Level III 7 sets

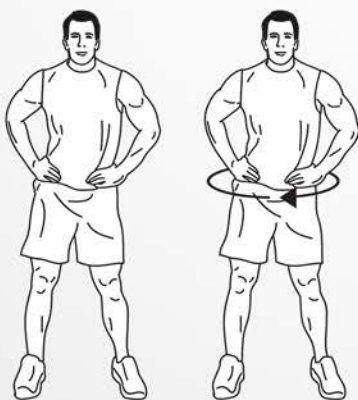
2 minutes rest
between sets



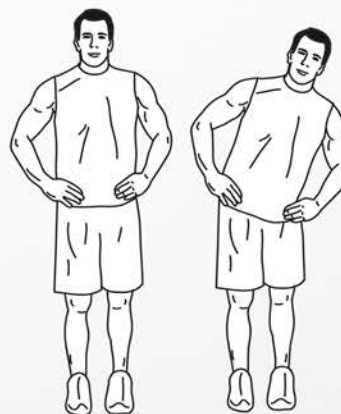
10 calf raises



20 side leg raises



10 hip rotations



10 side bends

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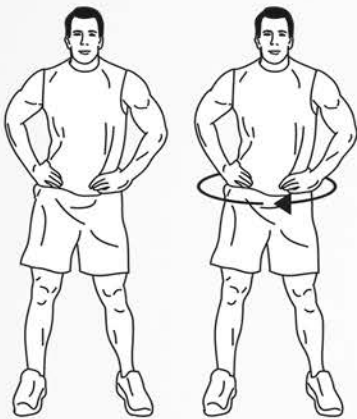
Day 3

Level I 3 sets

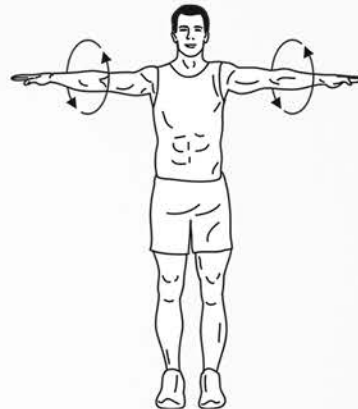
Level II 5 sets

Level III 7 sets

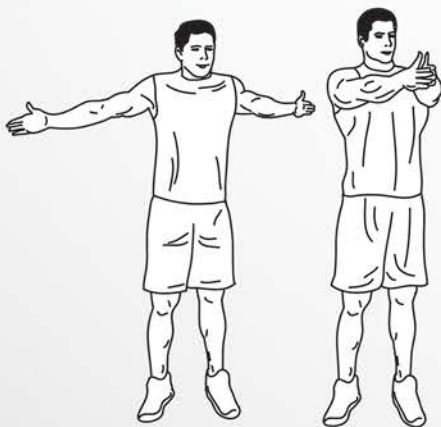
2 minutes rest
between sets



10 hip rotations



20 raised arm circles



20 chest expansions



20-count single leg hold

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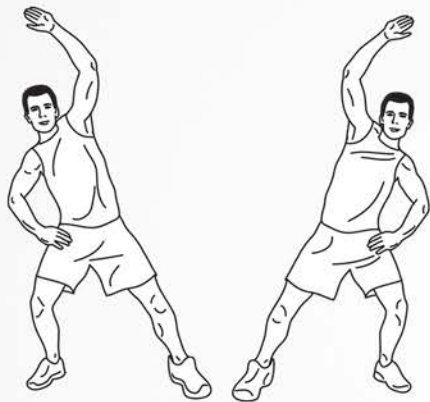
Day 4

Level I 3 sets

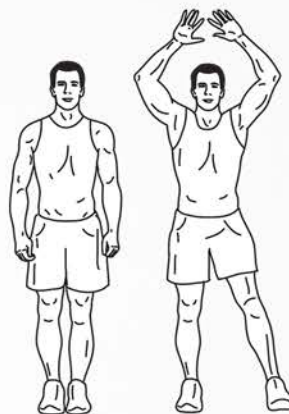
Level II 5 sets

Level III 7 sets

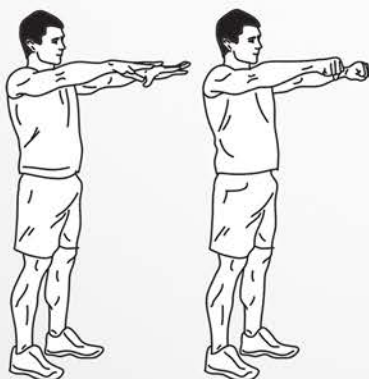
2 minutes rest
between sets



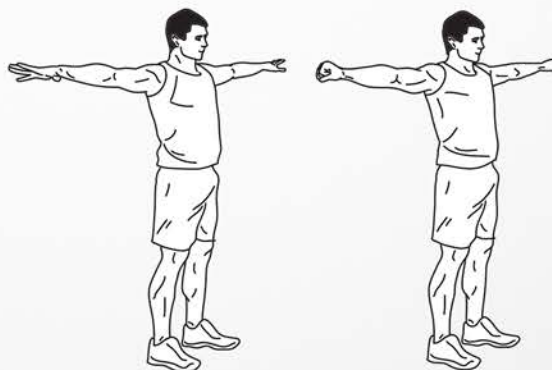
10 side jacks



10 step jacks



20 raised arms clench/unclench



20 raised arms clench/unclench

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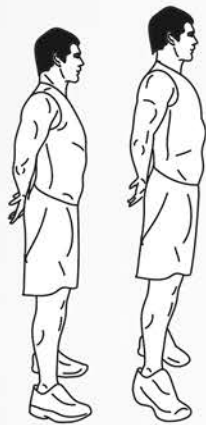
Day 5

Level I 3 sets

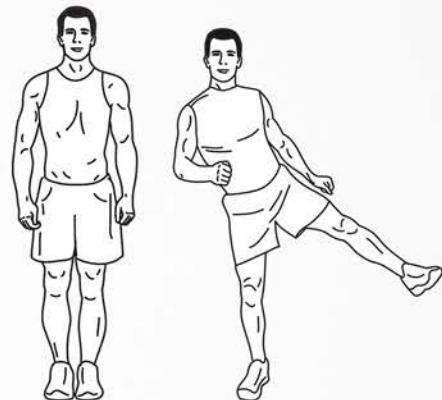
Level II 5 sets

Level III 7 sets

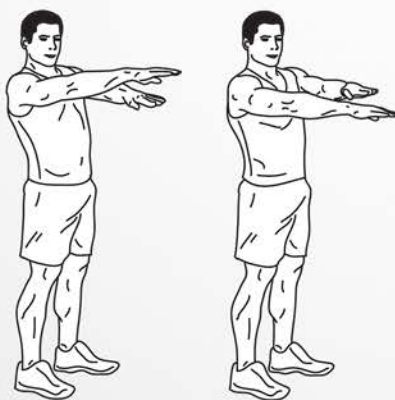
2 minutes rest
between sets



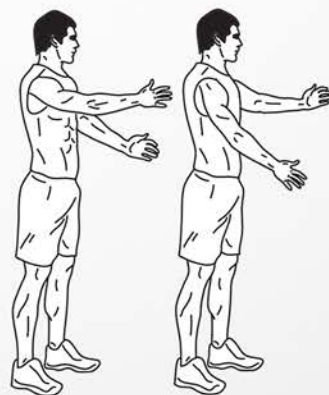
10 calf raises



20 side leg raises



20 arm scissors



20 scissor chops

B SELINE



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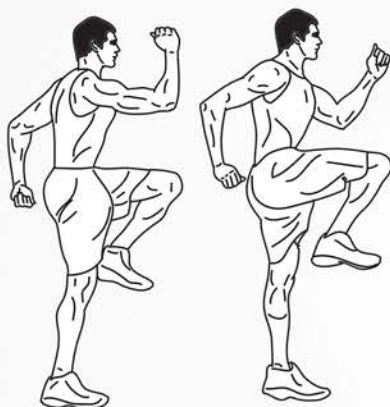
Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



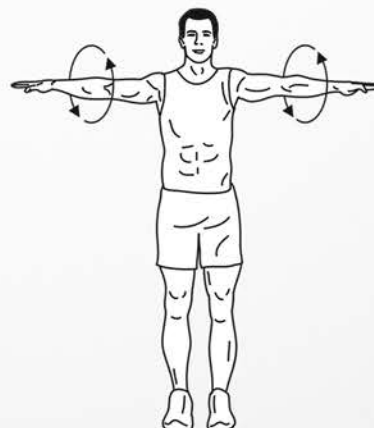
20 march steps



40-count calf stretches



20 torso rotations



20 raised arm circles

BASELINE



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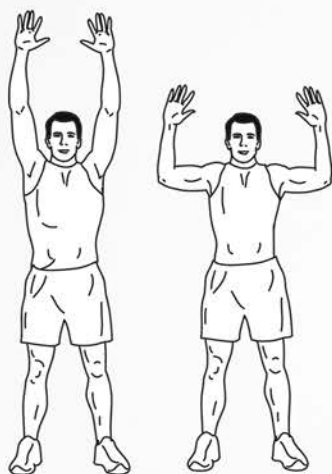
Day 7

Level I 3 sets

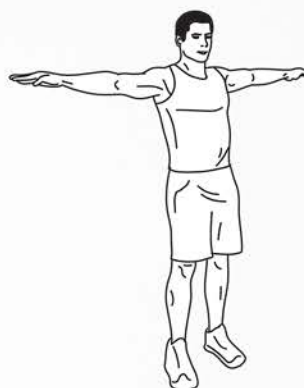
Level II 5 sets

Level III 7 sets

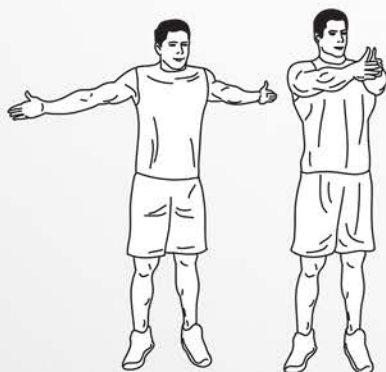
2 minutes rest
between sets



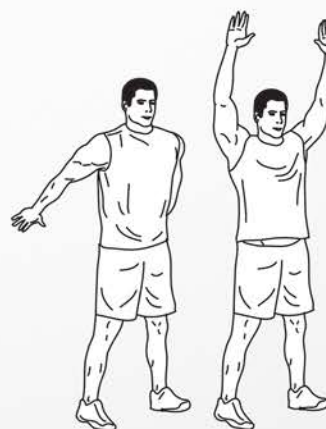
20 standing W-extensions



20-count raised arms hold



20 chest expansions



20 wide shoulder rotations

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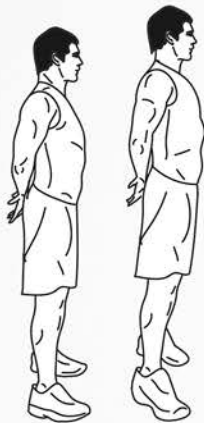
Day 8

Level I 3 sets

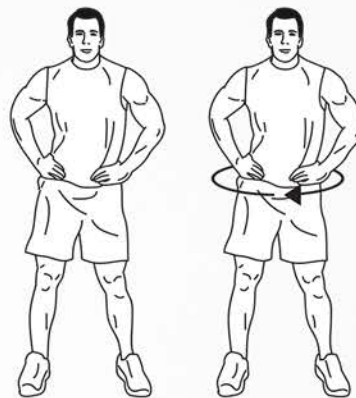
Level II 5 sets

Level III 7 sets

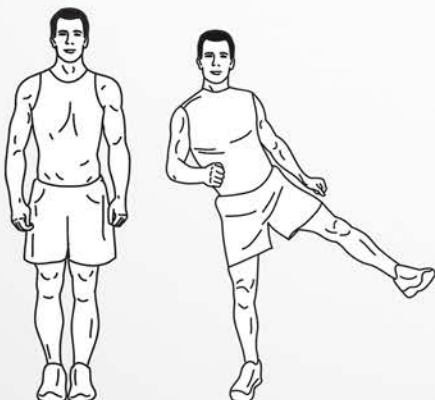
2 minutes rest
between sets



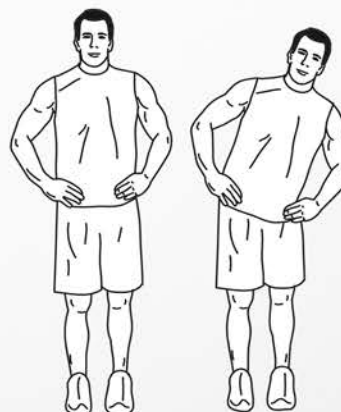
20 calf raises



20 hip rotations



30 side leg raises



30 side bends

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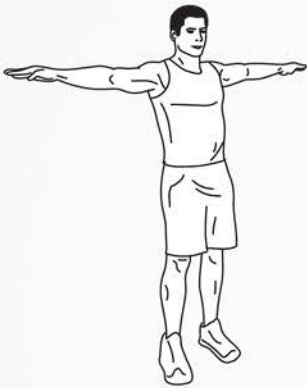
Day 9

Level I 3 sets

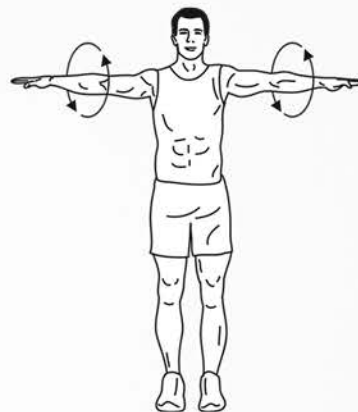
Level II 5 sets

Level III 7 sets

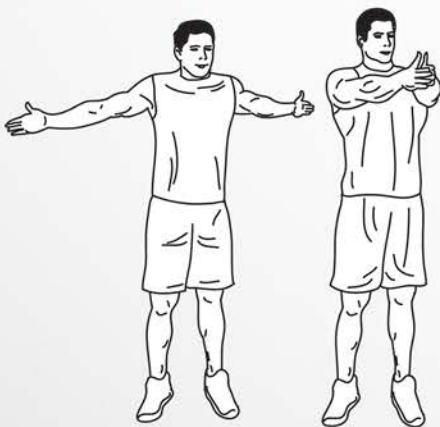
2 minutes rest
between sets



20-count raised arms hold



20 raised arm circles



40 chest expansions



20-count single leg hold

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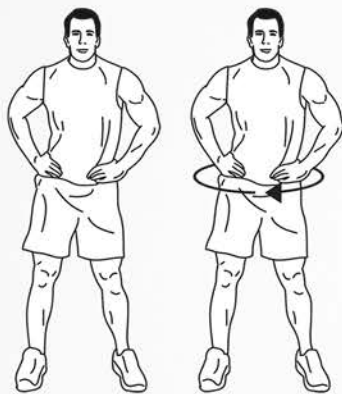
Day 10

Level I 3 sets

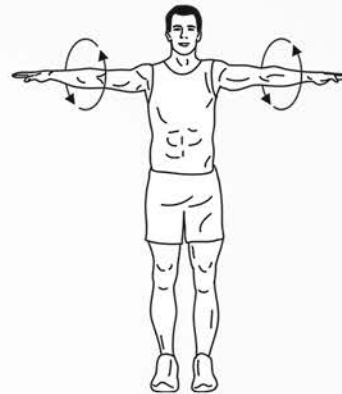
Level II 5 sets

Level III 7 sets

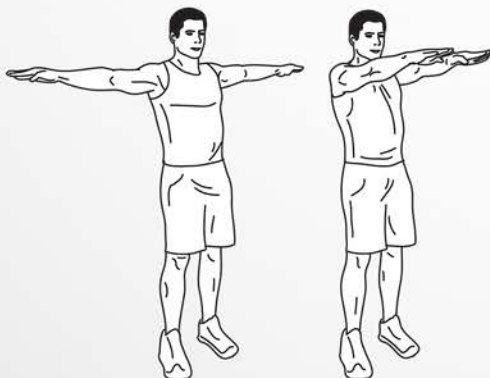
2 minutes rest
between sets



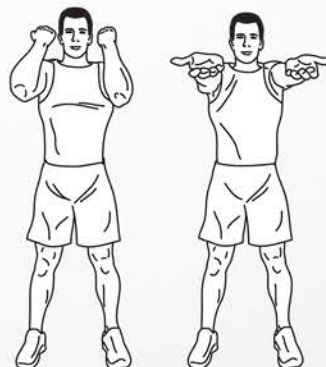
10 hip rotations



30 raised arm circles



30 arm extensions



30 bicep extensions

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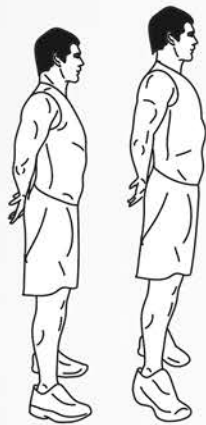
Day 11

Level I 3 sets

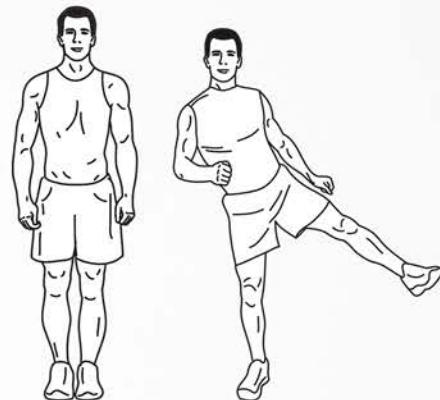
Level II 5 sets

Level III 7 sets

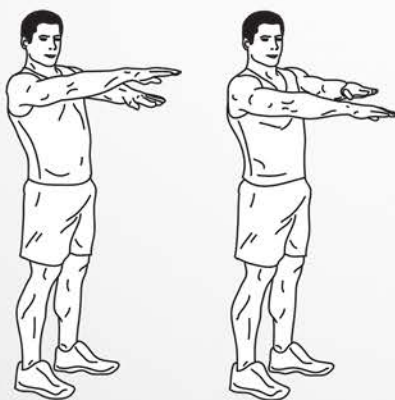
2 minutes rest
between sets



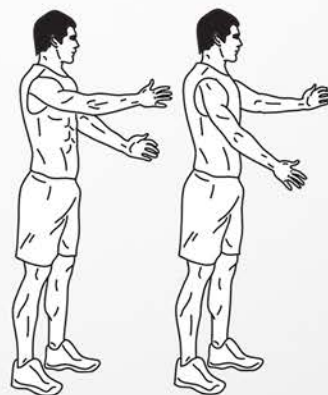
15 calf raises



30 side leg raises



30 arm scissors



30 scissor chops

B SELINE



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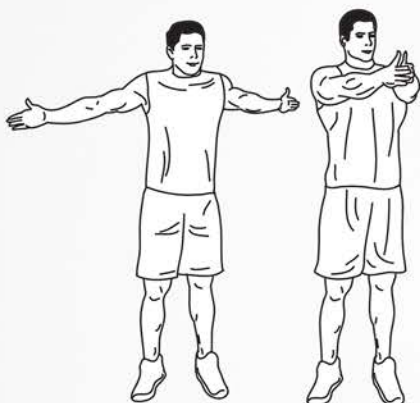
Day 12

Level I 3 sets

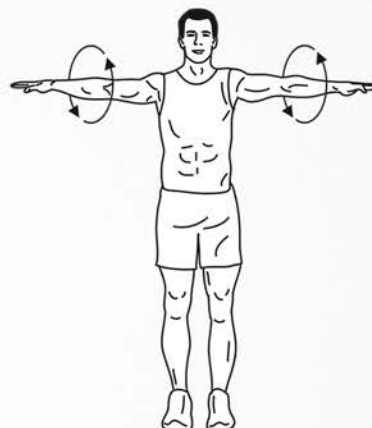
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



30 chest expansion



30 raised arm circles



30 torso rotations



60-count calf stretch

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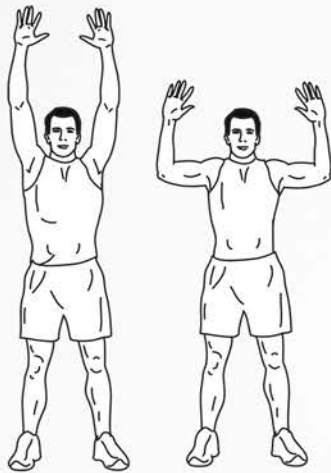
Day 13

Level I 3 sets

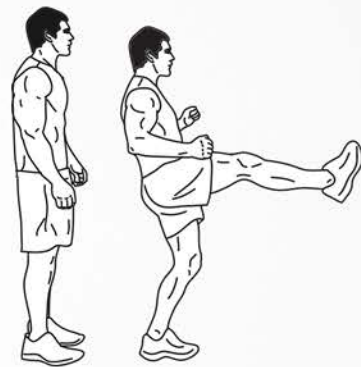
Level II 5 sets

Level III 7 sets

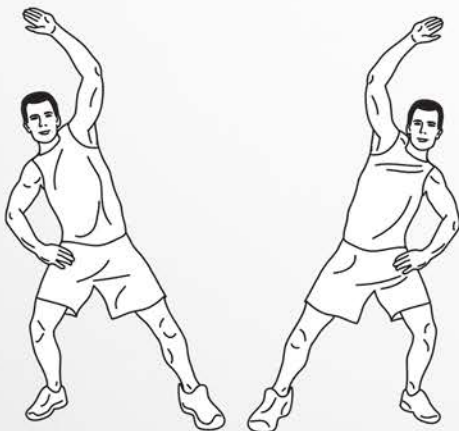
2 minutes rest
between sets



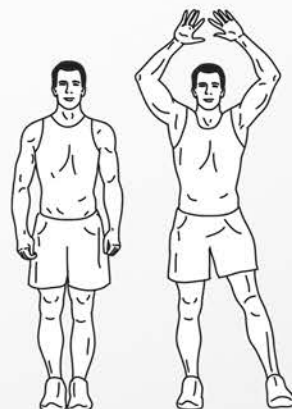
15 standing W-extensions



30 forward leg raises



20 side jacks



20 step jacks

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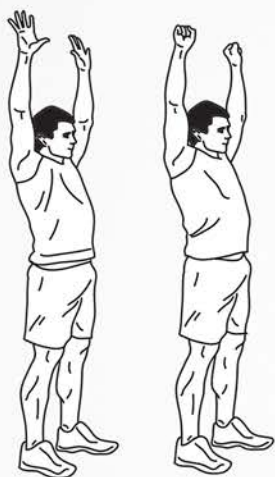
Day 14

Level I 3 sets

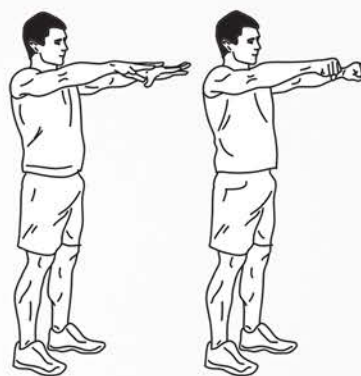
Level II 5 sets

Level III 7 sets

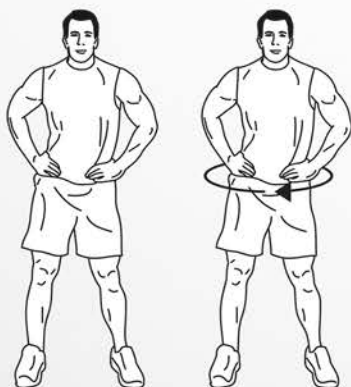
2 minutes rest
between sets



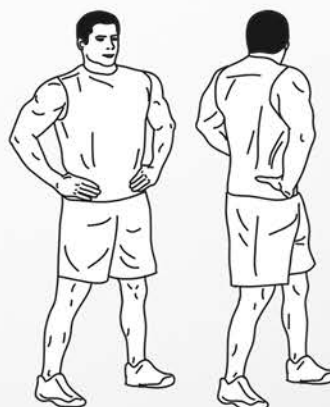
20 overhead clench/unclench



20 raised arm clench/unclench



20 hip rotations



20 torso twists

B SELINE



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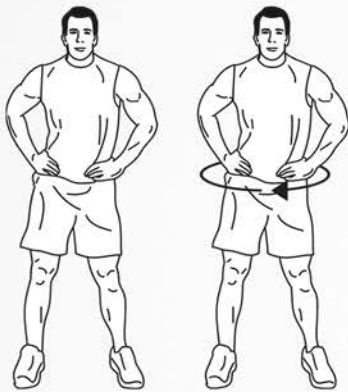
Day 15

Level I 3 sets

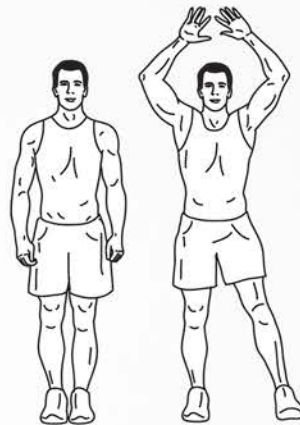
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



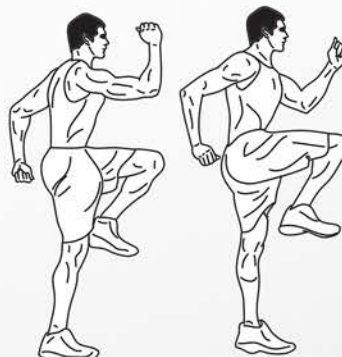
30 hip rotations



30 side steps



30 single hip rotation



30 march steps

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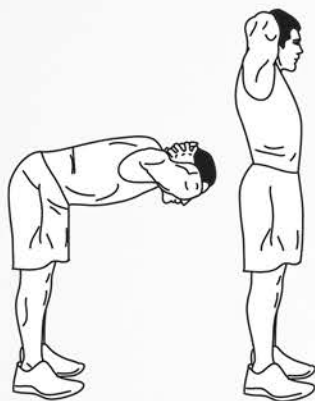
Day 16

Level I 3 sets

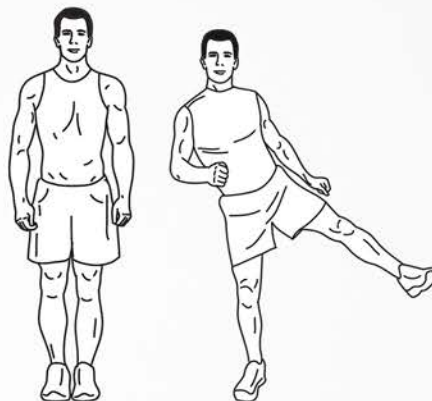
Level II 5 sets

Level III 7 sets

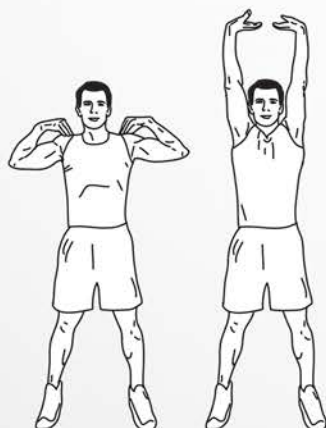
2 minutes rest
between sets



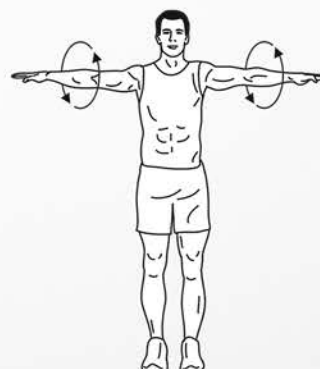
10 forward bends



30 side leg raises



30 standing shoulder taps



30 raised arm circles

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Day 17

Level I 3 sets

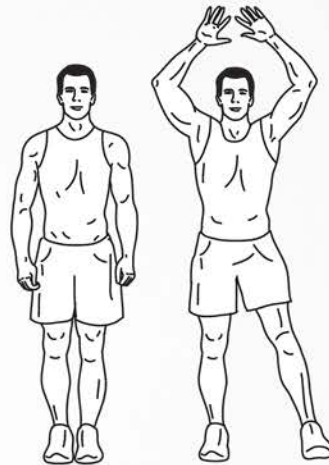
Level II 5 sets

Level III 7 sets

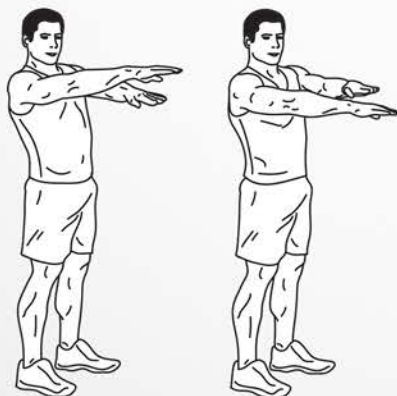
2 minutes rest
between sets



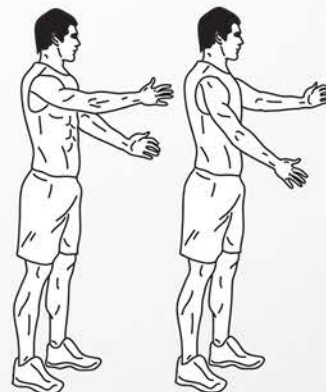
60-count balance hold



30 step jacks



30 arm scissors



30 scissor chops

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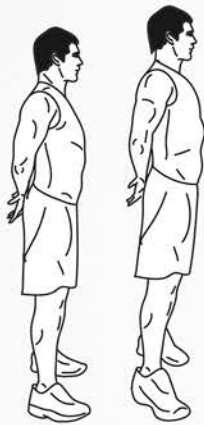
Day 18

Level I 3 sets

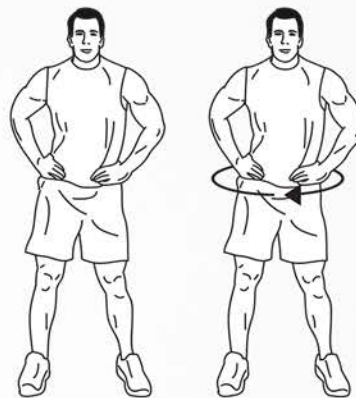
Level II 5 sets

Level III 7 sets

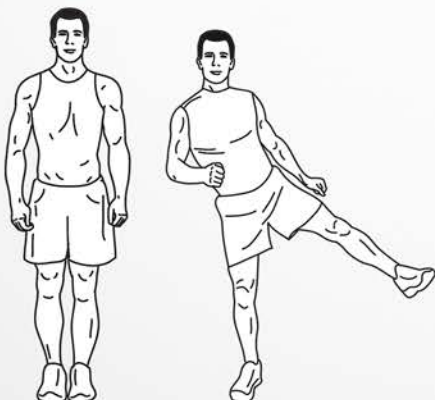
2 minutes rest
between sets



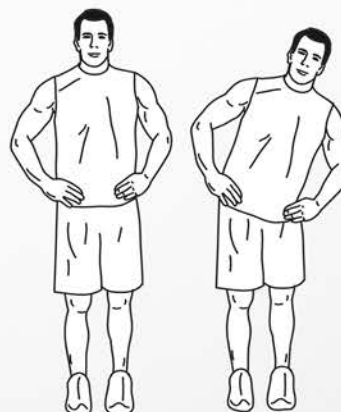
15 calf raises



30 hip rotations



30 side leg raises



30 side bends

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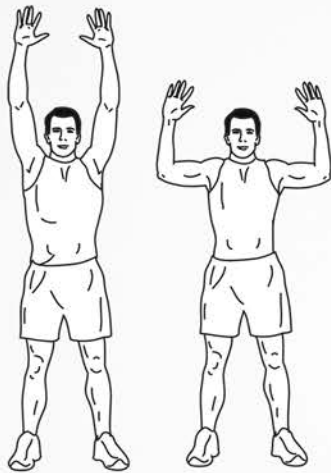
Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

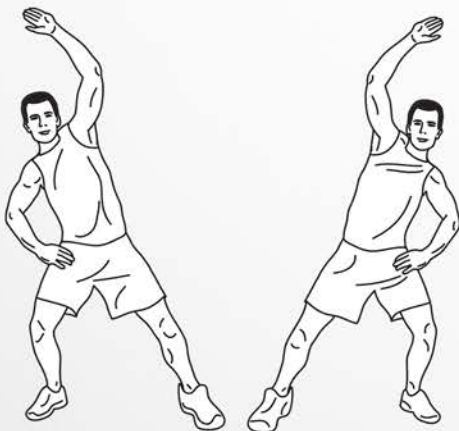
2 minutes rest
between sets



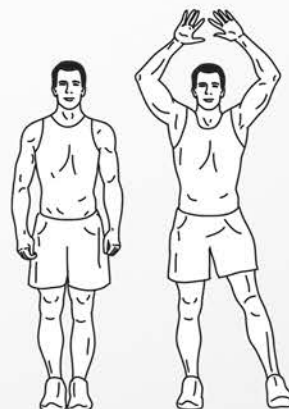
30 standing W-extensions



30 forward leg raises



30 side jacks



30 step jacks

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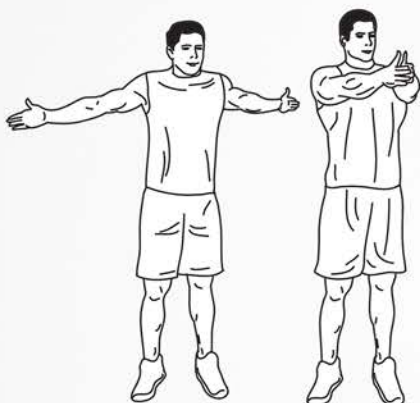
Day 20

Level I 3 sets

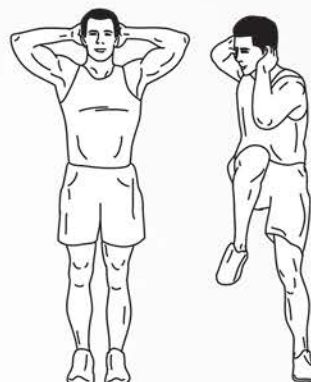
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



30 chest expansion



30 knee to elbows



30 torso rotations



60-count hamstring stretch

B SEL



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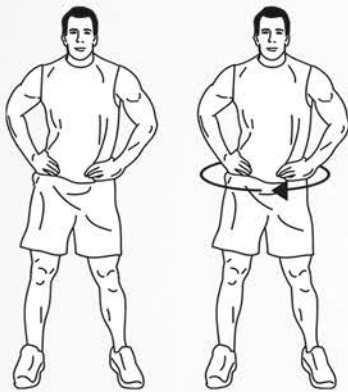
Day 21

Level I 3 sets

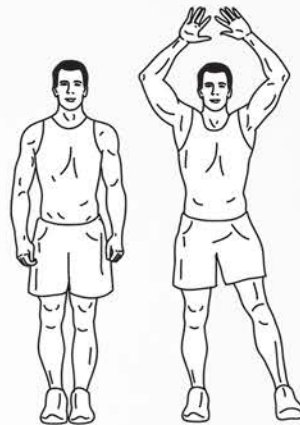
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



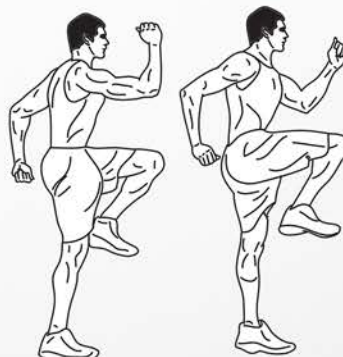
40 hip rotations



40 side steps



40 single hip rotation



40 march steps

B A S E L I N E



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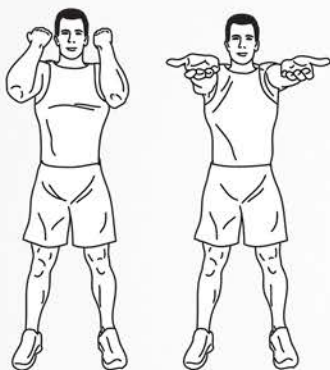
Day 22

Level I 3 sets

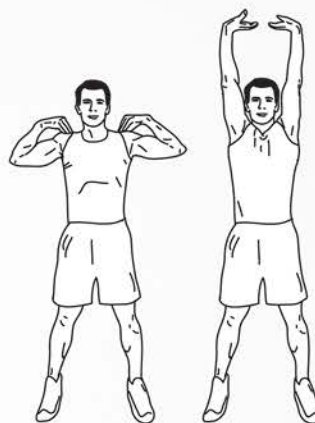
Level II 5 sets

Level III 7 sets

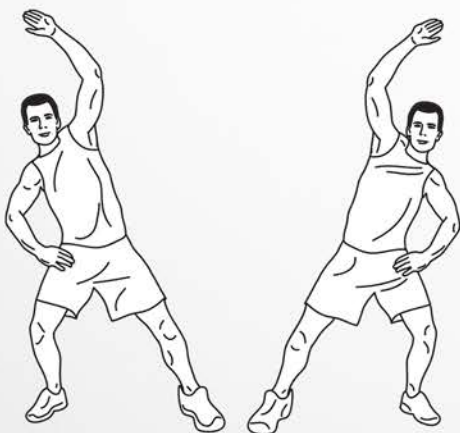
2 minutes rest
between sets



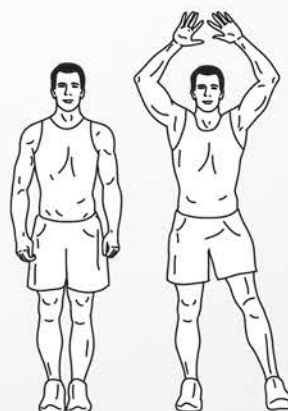
40 bicep extensions



40 standing shoulder taps



40 side jacks



40 step jacks

B A S E L I N E



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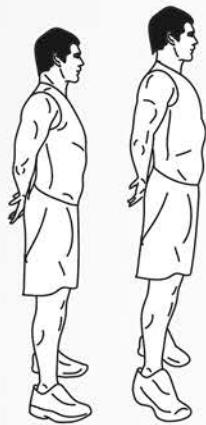
Day 23

Level I 3 sets

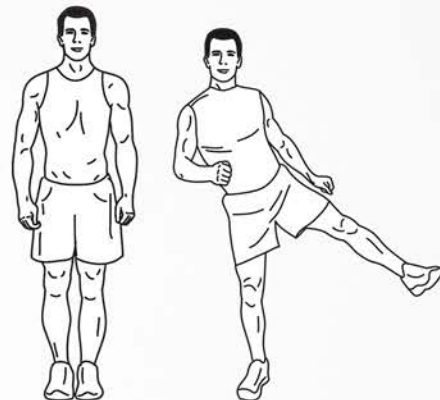
Level II 5 sets

Level III 7 sets

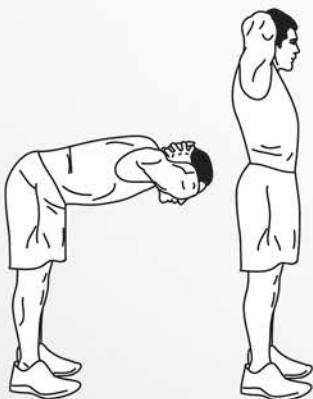
2 minutes rest
between sets



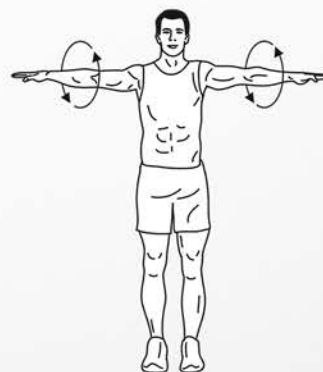
20 calf raises



40 side leg raises



20 forward bends



40 raised arm circles

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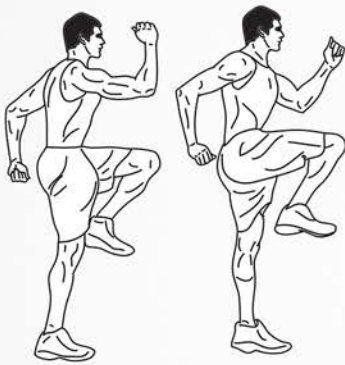
Day 24

Level I 3 sets

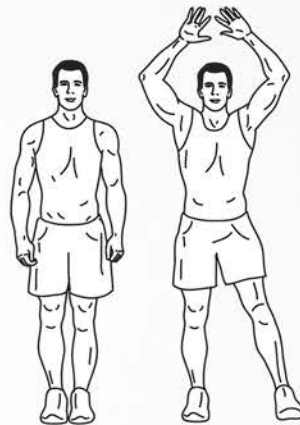
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



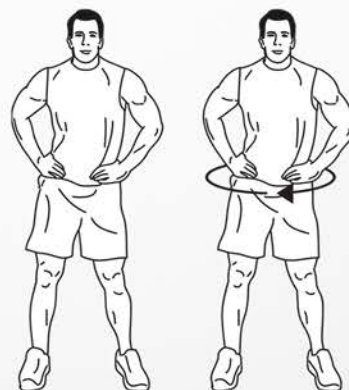
40 march steps



40 step jacks



40 single hip rotation



40 hip rotations

B SELINE



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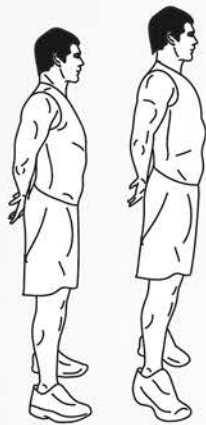
Day 25

Level I 3 sets

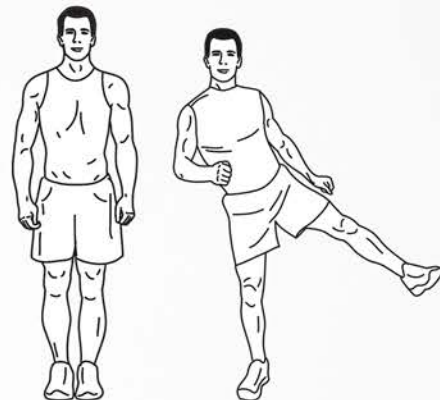
Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



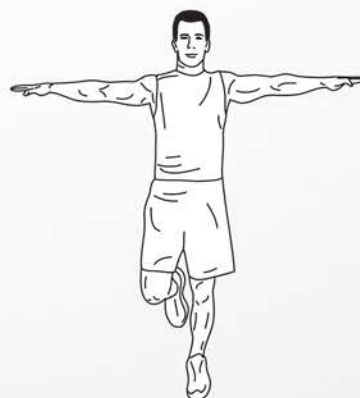
20 calf raises



40 side leg raises



20-count squat hold



60-count single leg hold

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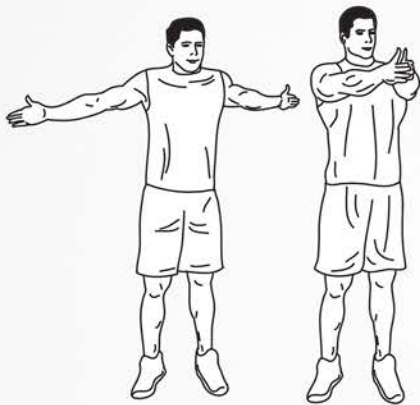
Day 26

Level I 3 sets

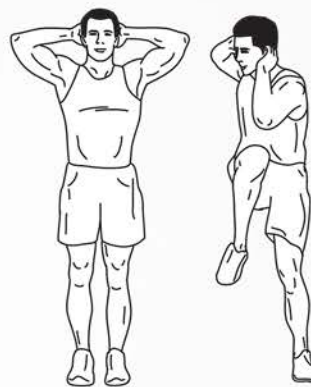
Level II 5 sets

Level III 7 sets

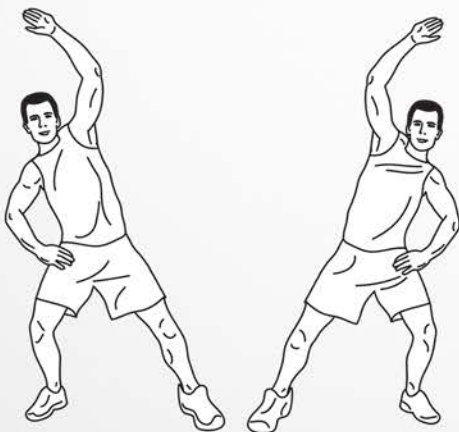
2 minutes rest
between sets



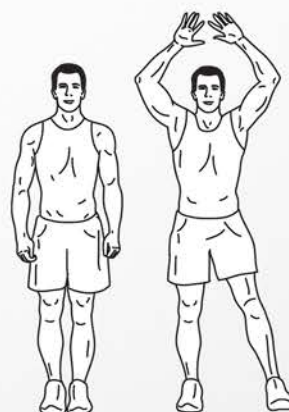
40 chest expansion



40 knee to elbows



40 side jacks



40 step jacks

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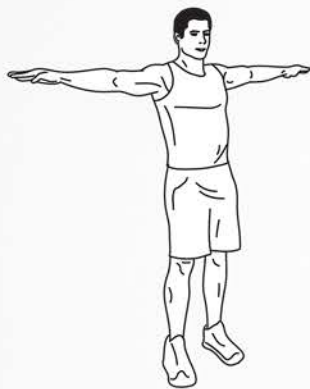
Day 27

Level I 3 sets

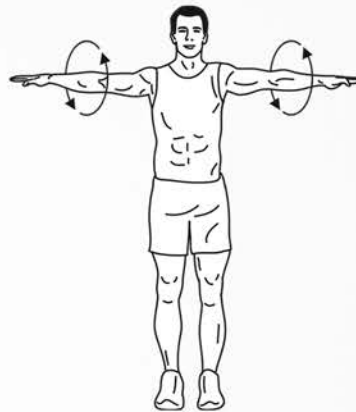
Level II 5 sets

Level III 7 sets

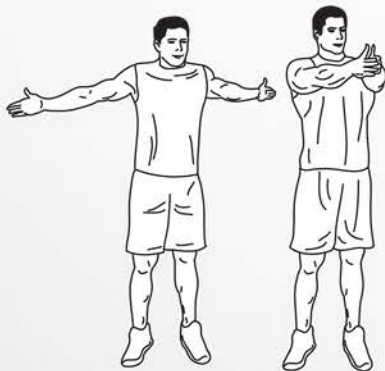
2 minutes rest
between sets



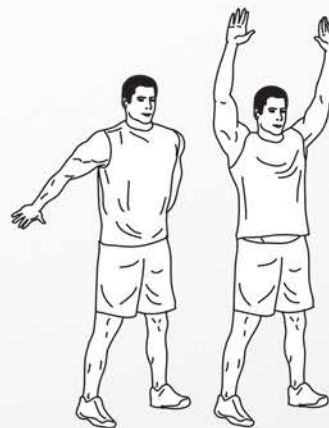
20-count raised arms hold



40 raised arm circles



40 chest expansions



40 wide shoulder rotations

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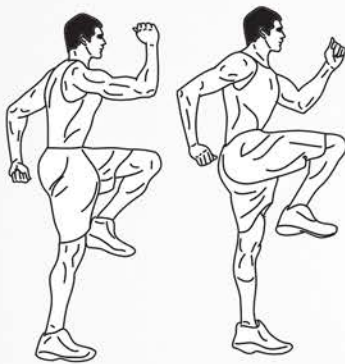
Day 28

Level I 3 sets

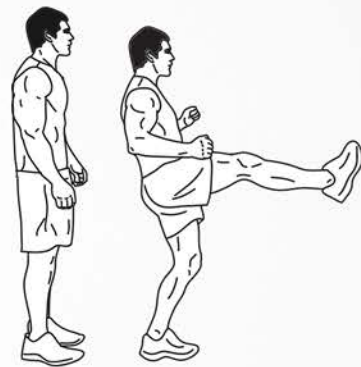
Level II 5 sets

Level III 7 sets

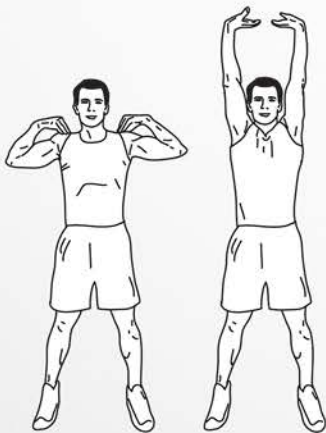
2 minutes rest
between sets



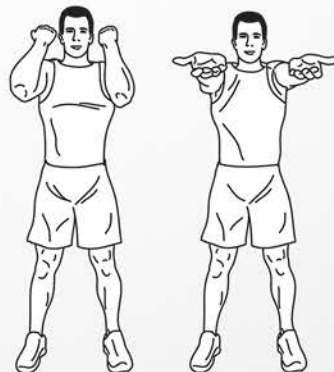
40 march steps



40 forward leg raises



40 standing shoulder taps



40 bicep extensions

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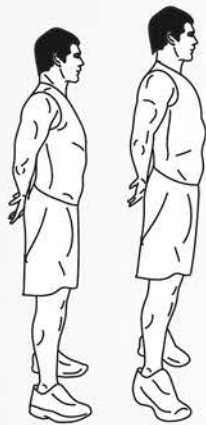
Day 29

Level I 3 sets

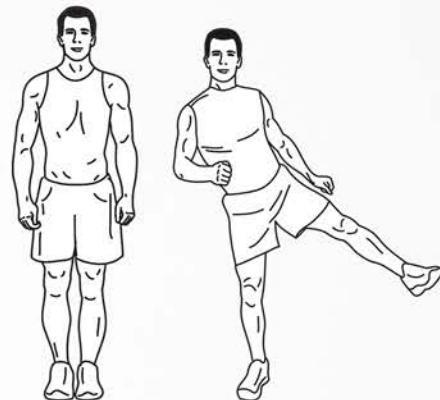
Level II 5 sets

Level III 7 sets

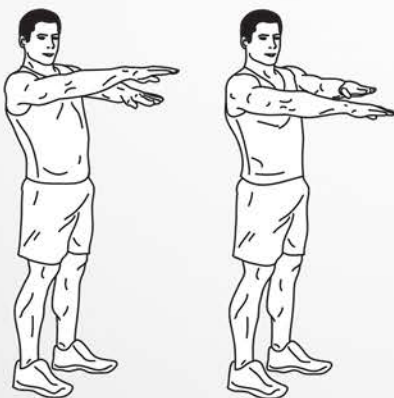
2 minutes rest
between sets



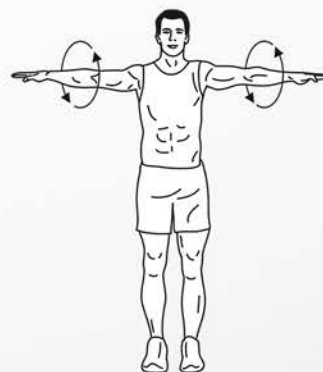
20 calf raises



40 side leg raises



40 arm scissors



40 raised arm circles

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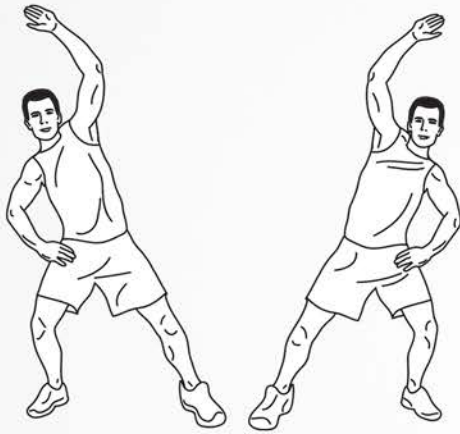
Day 30

Level I 3 sets

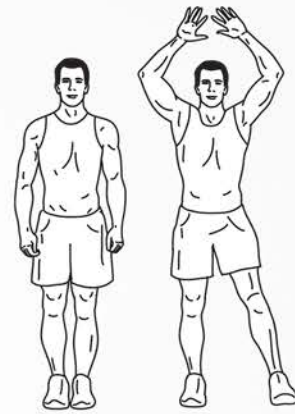
Level II 5 sets

Level III 7 sets

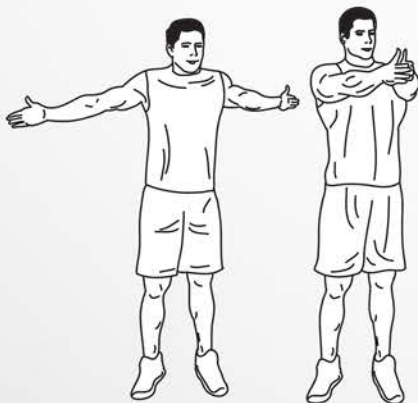
2 minutes rest
between sets



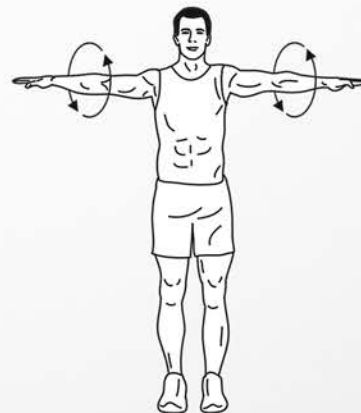
40 side jacks



40 step jacks



40 chest expansion



40 raised arm circles

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