

**August 29, 2013**

Written by Andrea  
Wednesday, 28 August 2013 18:43 -

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**"Baby Annie"**

**Advanced**

30-25-20

Double unders or single unders

Knees to elbows

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## **Intermediate**

25-20-15

Single unders or step ups

Knees to elbows

## **Beginner**

20-15-10

Step ups

Knees to elbows