

ASSASSIN'S WORKOUT

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping Ts



3 combos: 20 high knees + 2 jump squats



10-count plank



10 push-ups



10 plank jump-ins



10-count wide leg plank



20 climbers



10-count squat hold