

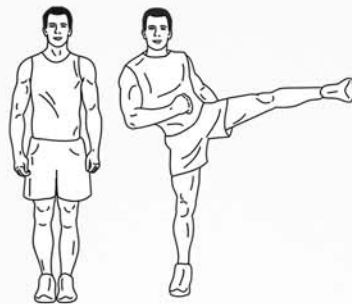
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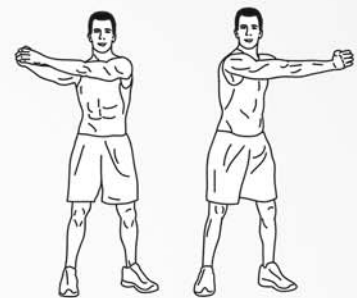
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



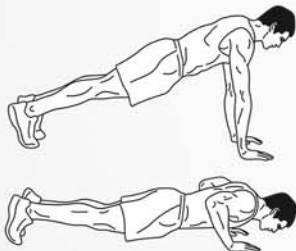
10 lunges



20 side leg raises



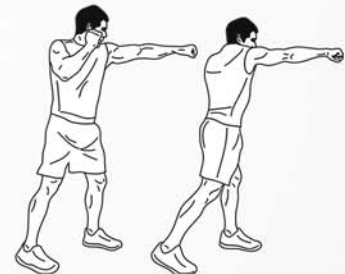
20 side chops



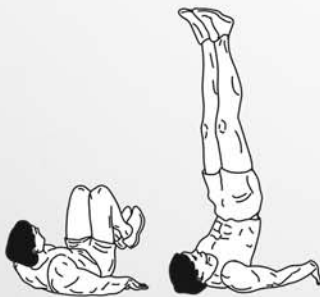
4 push-ups



4 planks-into-lunges



20 punches



4 butt-ups



10 get-ups



10 sitting twists