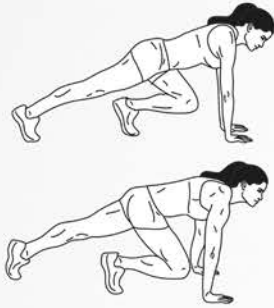


CIRI

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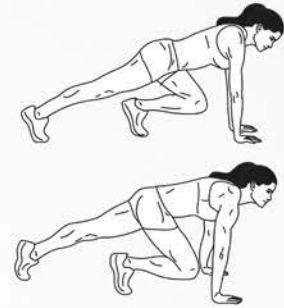
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



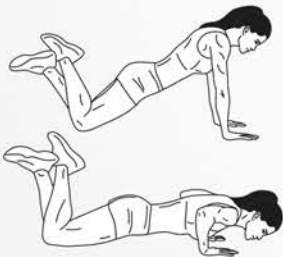
10 climbers



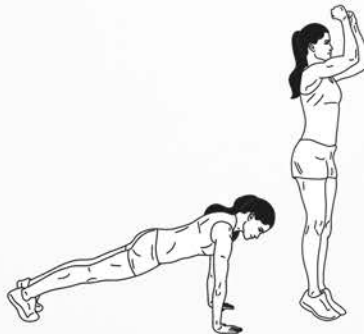
2 jumping lunges



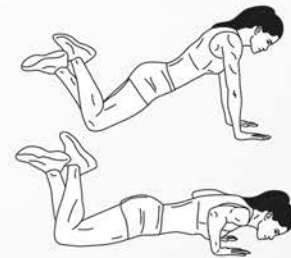
10 climbers



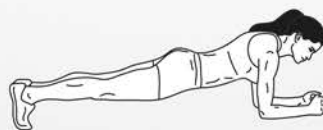
2 knee push-ups



10 basic burpees



2 knee push-ups



10-count elbow plank hold