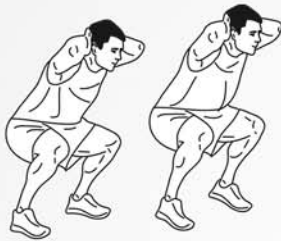


CRUX

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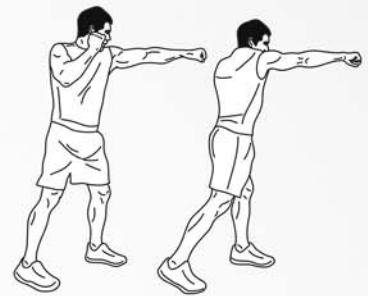
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



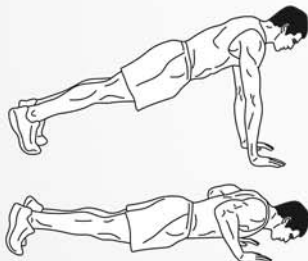
20 squat hops



10 jump squats



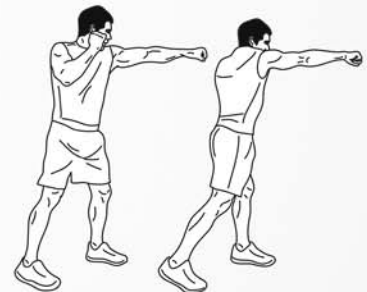
40 punches



20 push-ups



10 plank rotations



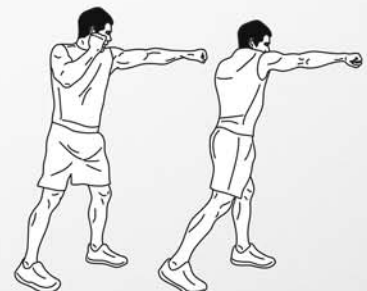
40 punches



20 sit-ups



10 get-ups



40 punches