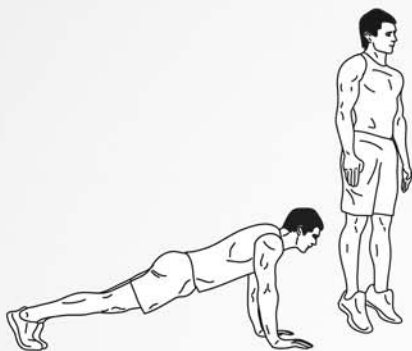


ENDER+

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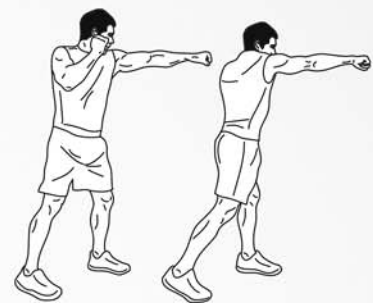
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



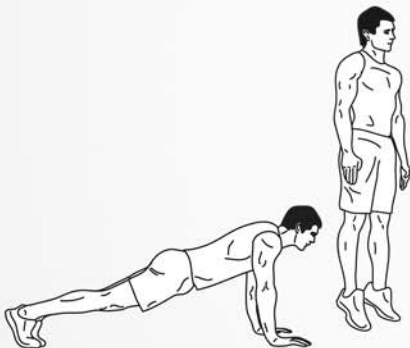
10 basic burpees w/ jump



5 rows



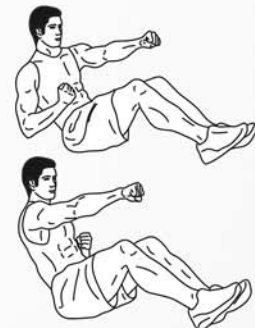
20 punches



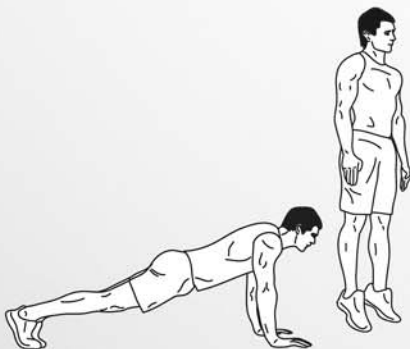
10 basic burpees w/ jump



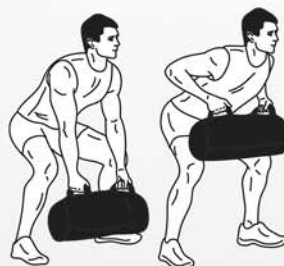
5 sit-ups



20 sitting punches



10 basic burpees w/ jump



5 rows



20sec plank