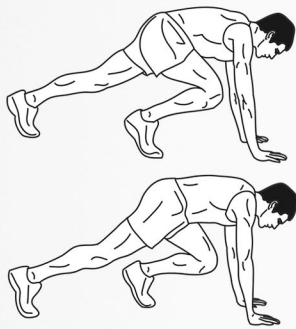


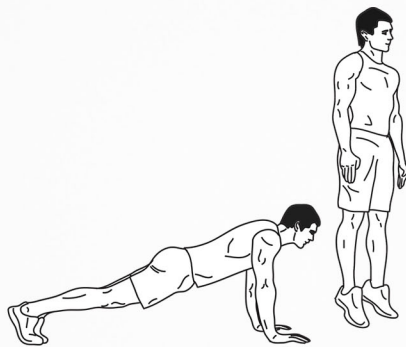
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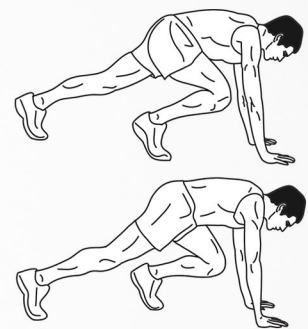
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 climbers



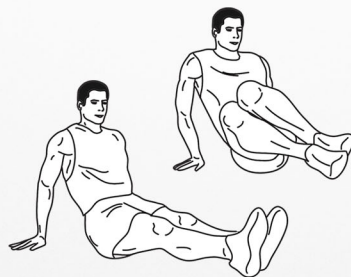
2 basic burpees with jump



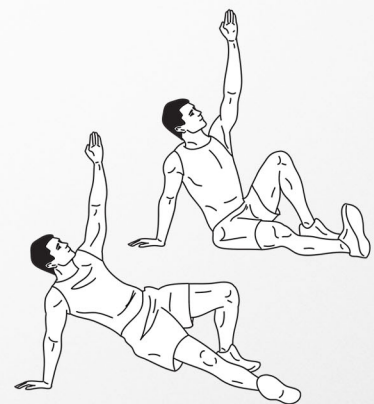
20 climbers



10 get-ups



10 knee-ins with twist



10 get-ups