

HALL *OF* FAME

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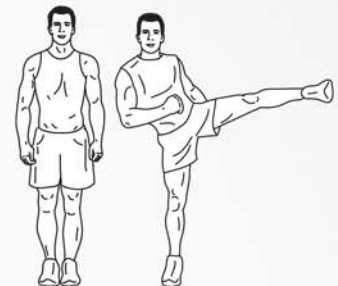
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



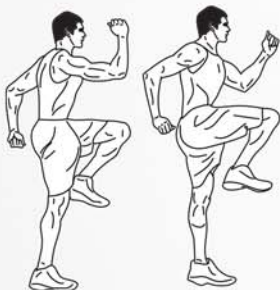
20 march steps



4 reverse lunges



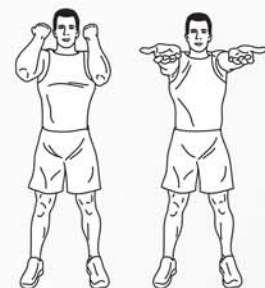
10 side leg raises



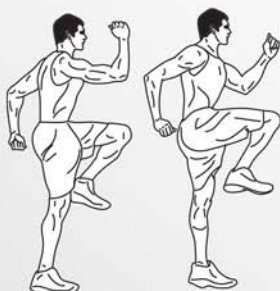
20 march steps



4 reverse lunges



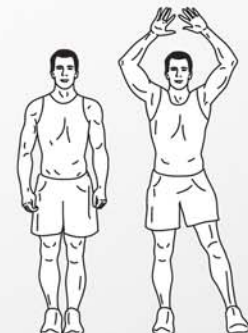
10 bicep extensions



20 march steps



4 reverse lunges



10 step jacks