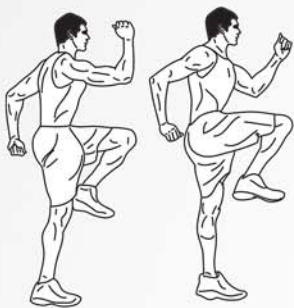


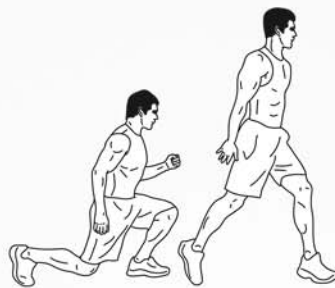
HOT ZONE

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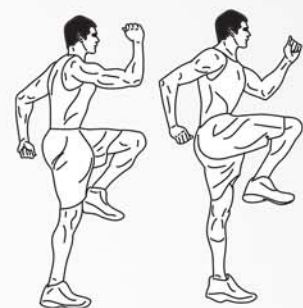
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec march steps



10sec jumping lunges



30sec march steps



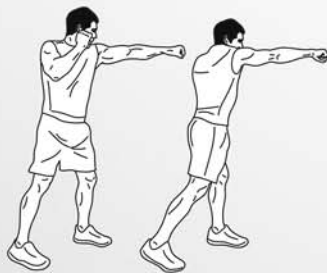
30sec plank hold



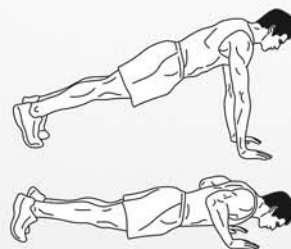
10sec plank rotations



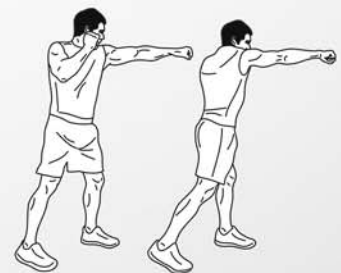
30sec plank hold



30sec punches



10sec push-ups



30sec punches