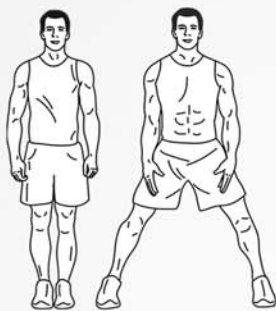


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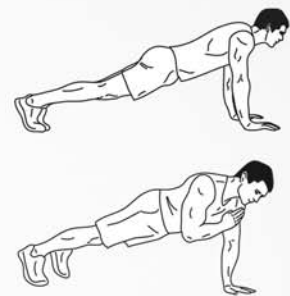
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



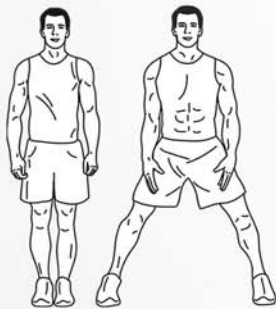
10 half jacks



20 high knees



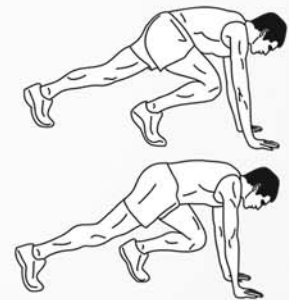
4 shoulder taps



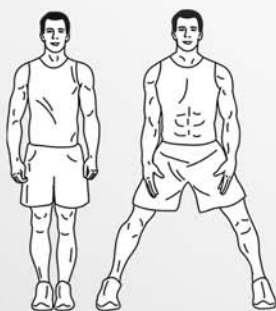
10 half jacks



20 high knees



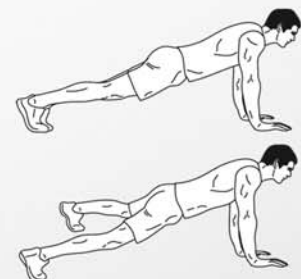
4 climbers



10 half jacks



20 high knees



4 plank jacks