

OFF THE GRID

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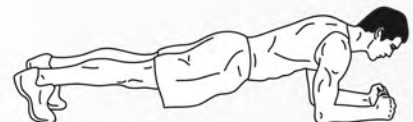
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



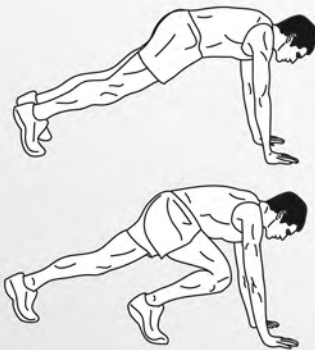
20 high knees



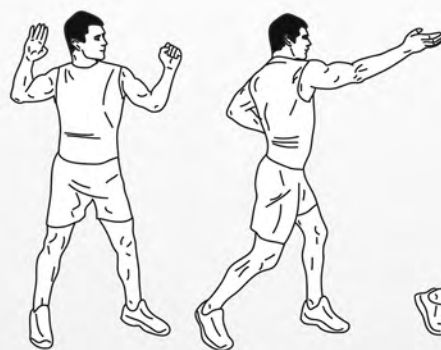
10 lunges



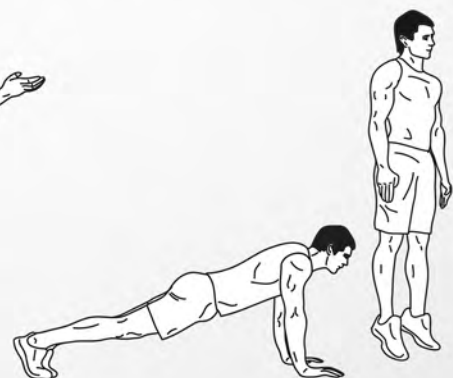
20sec elbow plank



20 climbers



20 knife hand strikes



10 basic burpees