

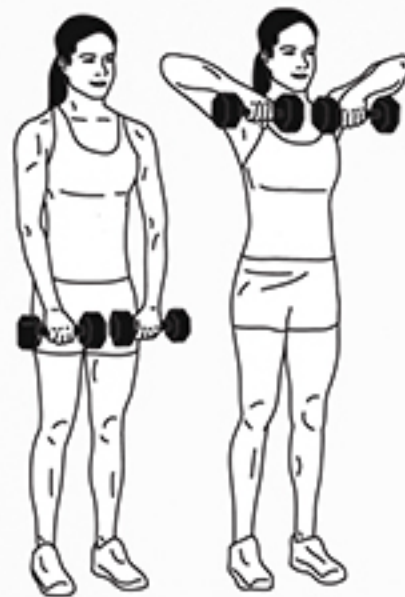
ORION

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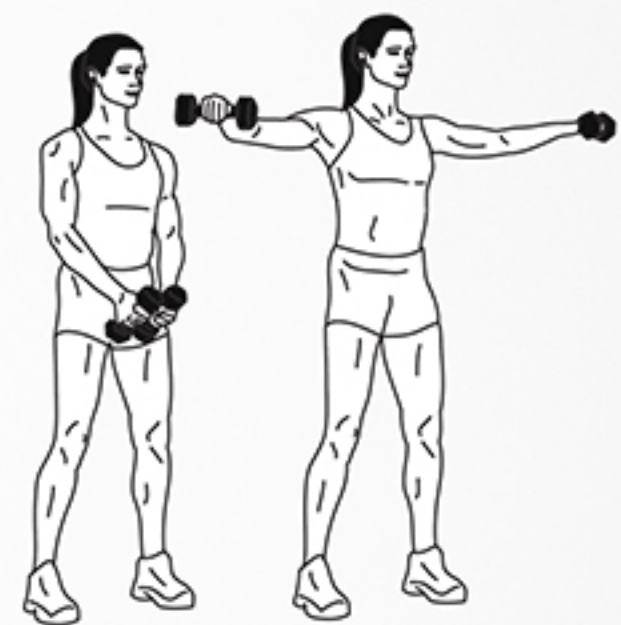
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
60 seconds crunches between sets - active rest



12 bicep curls



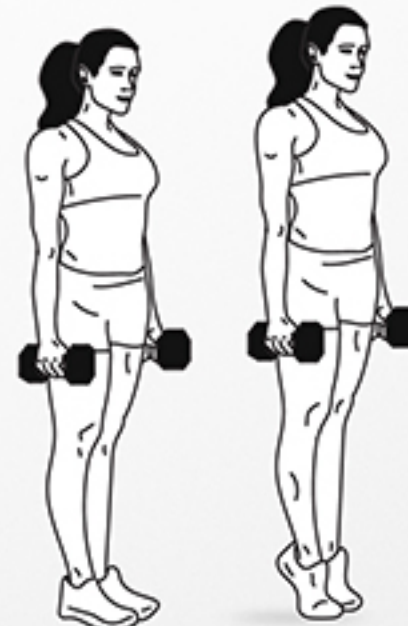
12 chest rows



6 lateral raises



24 split lunges



12 calf raises