

OVER 9000

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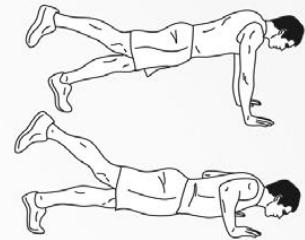
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 squats



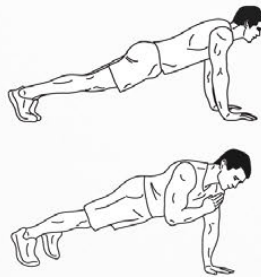
4 jump squats



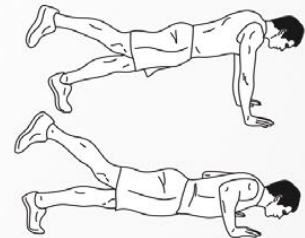
4 raised leg push-ups



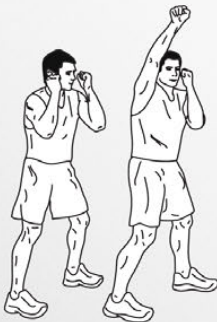
4 plank rotations



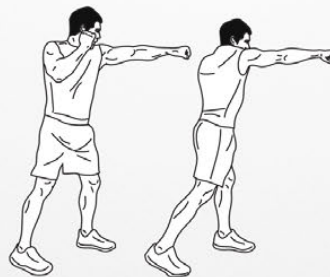
10 shoulder taps



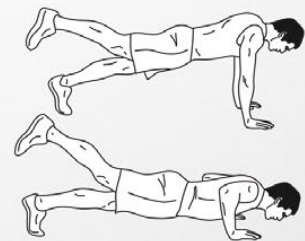
4 raised leg push-ups



10 overhead punches



10 punches



4 raised leg push-ups