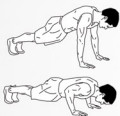


PALADIN

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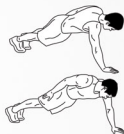
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



6 push-ups



2 plank walk-outs



20 thigh taps



6 push-ups



2 plank walk-outs



20 shoulder taps