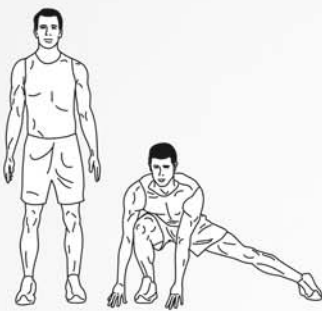


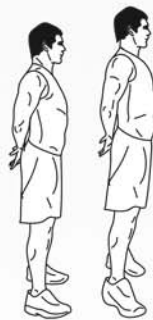
Perfect **10**

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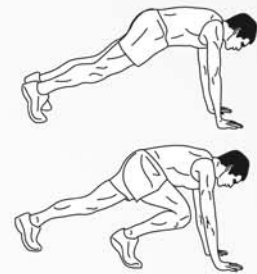
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



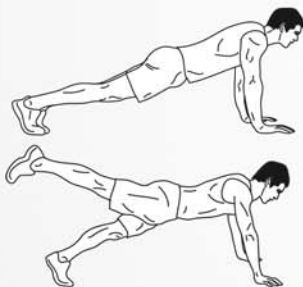
10 side lunges



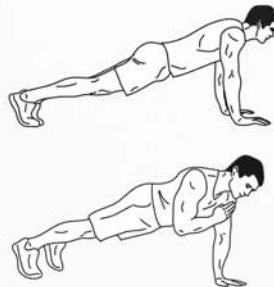
10 calf raises



10 slow climbers



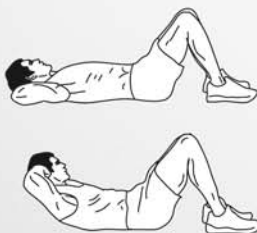
10 plank leg raises



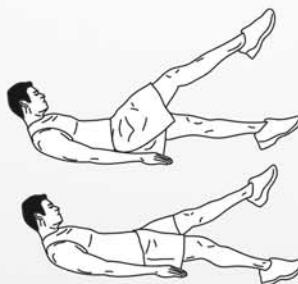
10 shoulder taps



10 plank rotations



10 crunches



10 flutter kicks



10 sitting twists