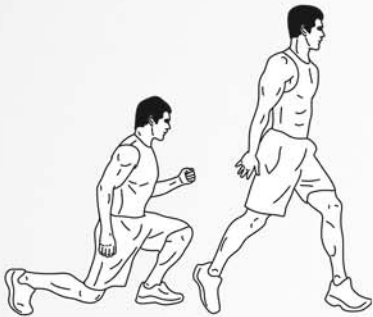


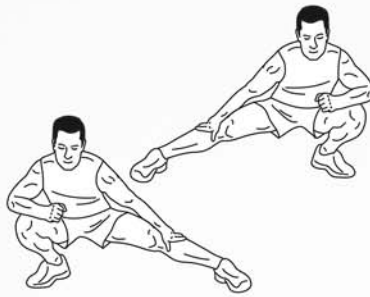
WARRIOR

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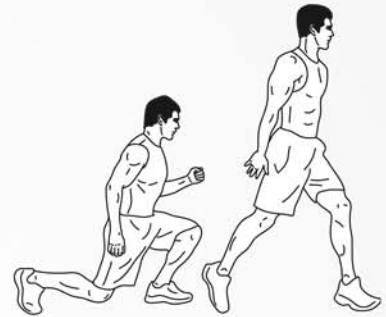
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



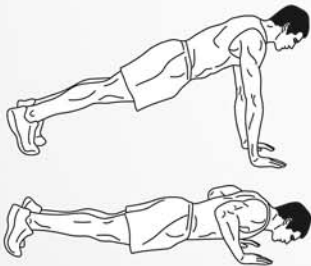
10 jumping lunges



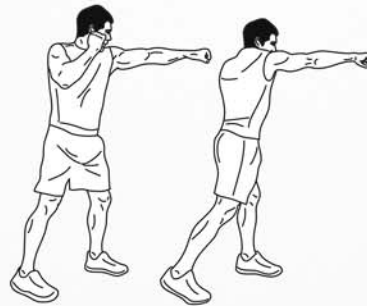
4 side-to-side lunges



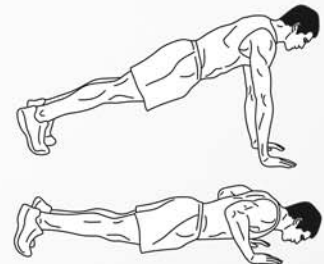
10 jumping lunges



10 push-ups



40 punches



10 push-ups



10sec elbow plank



40sec side elbow plank



10sec elbow plank