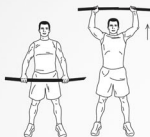


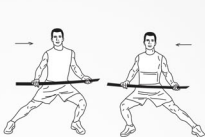
SHOGUN

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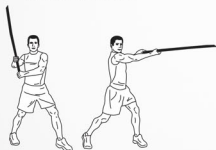
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 overhead raises



10 side-to-side lunges



20 horizontal cuts



20 cross cuts



20 squat hold pulses