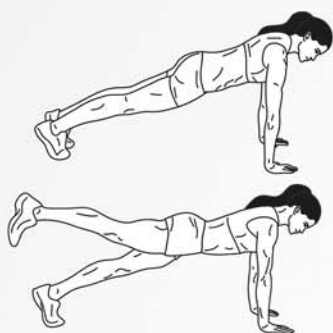


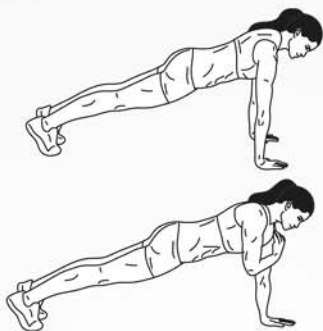
STORMBORN

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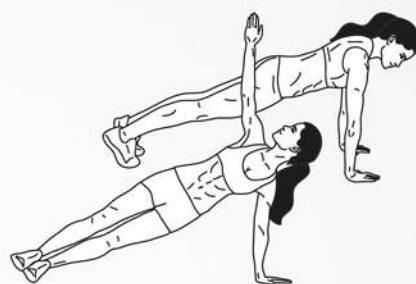
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 plank leg raises



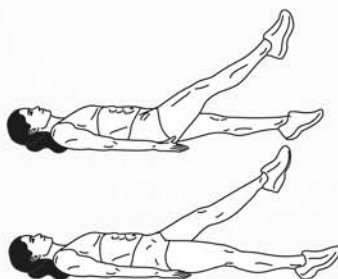
20 shoulder taps



20 plank rotations



20 crunches



20 flutter kicks



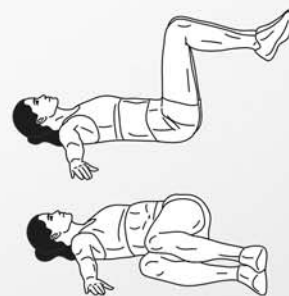
20 sitting punches



20 bridges



20 back kicks



20 half wipers