

SURVEY



CORPS

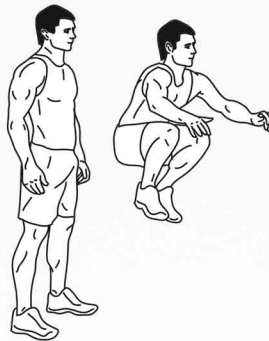
TRIBUTE WORKOUT

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



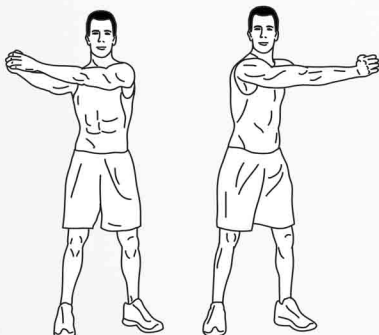
10 high knees



4 jump knee tucks



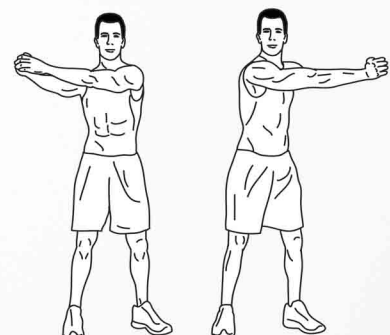
10 high knees



10 side-to-side chops



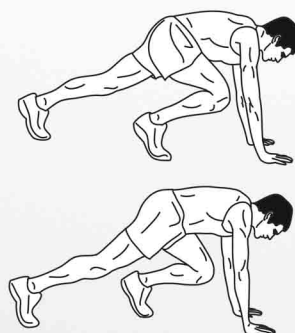
10 high knees



10 side-to-side chops



10 high knees



10 climbers



10 high knees