

# Aves

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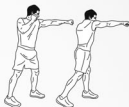
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunges



10 jumping lunges



40 punches



20 squats



10 jump squats



40 punches



20 shoulder taps



10 push-up shoulder taps



40 punches