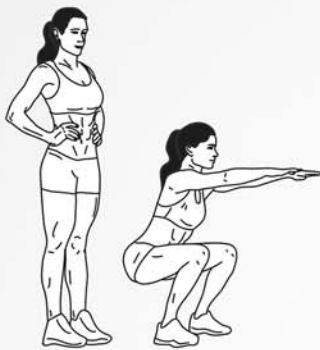


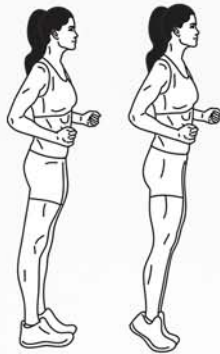
Claymore

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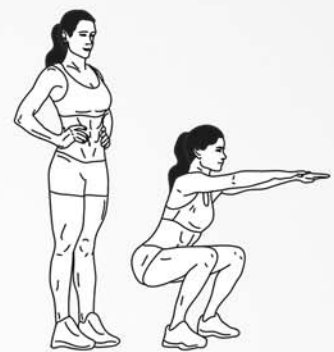
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



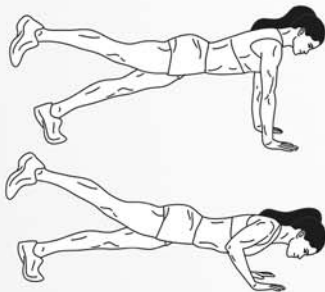
10 squats



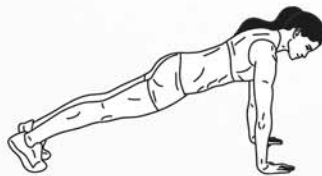
4 calf raises



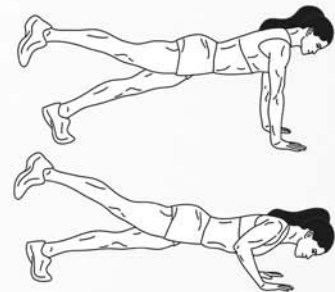
10 squats



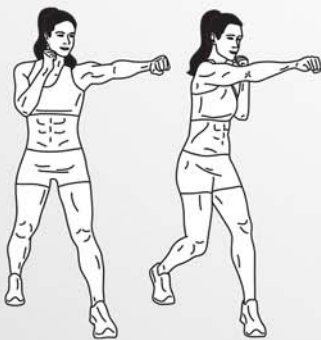
4 raised leg push-ups



10-count plank hold



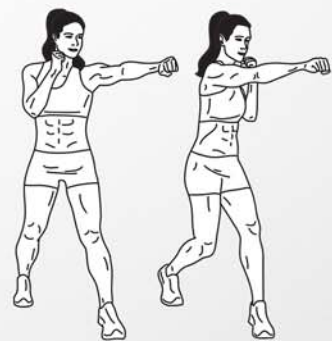
4 raised leg push-ups



10 punches



4 jumping lunges



10 punches