

Bag & Tag

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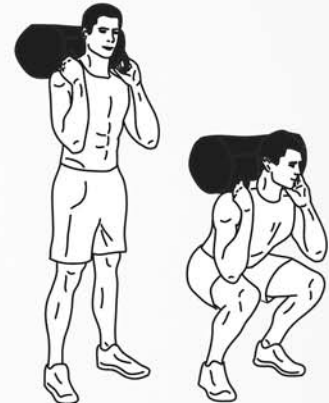
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



10 deadlifts



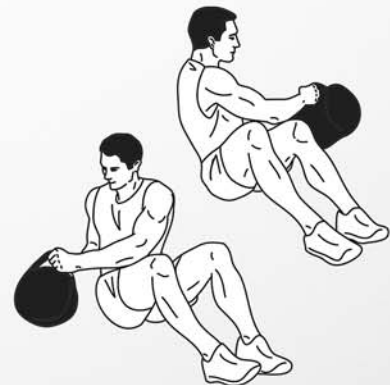
10 squats



10 upright rows



10 staggered push-ups



10 sitting twists