

CHEETAH

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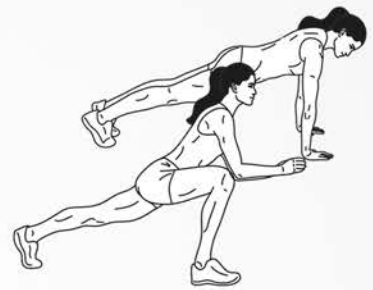
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



10 climbers



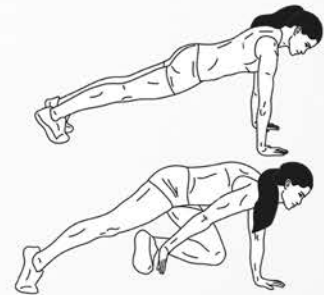
4 plank-into-lunges



20 high knees



10 climbers



4 climber taps



20 high knees



10 climbers



4 jump squats