

K-SCULPT

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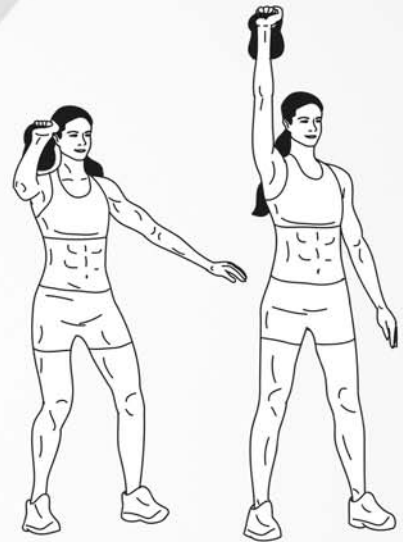
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 squats



20 deadlifts



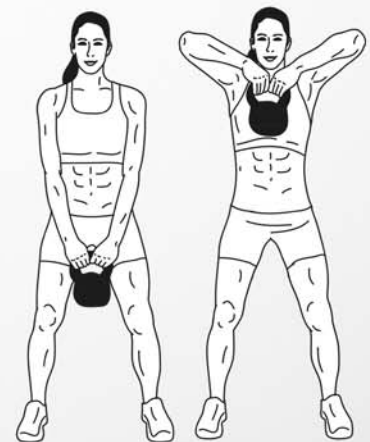
20 press



10 swings



10 rows



10 upright rows