

# QUICK HIT

WORKOUT  
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



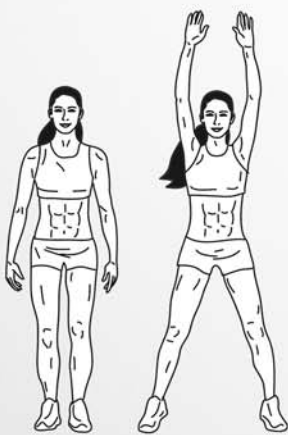
**20sec** high knees



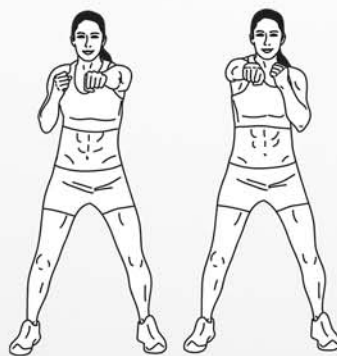
**20sec** climbers



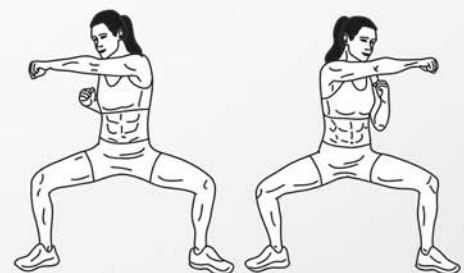
**20sec** plank hold



**20sec** jumping jacks



**20sec** punches



**20sec** squat hold punches