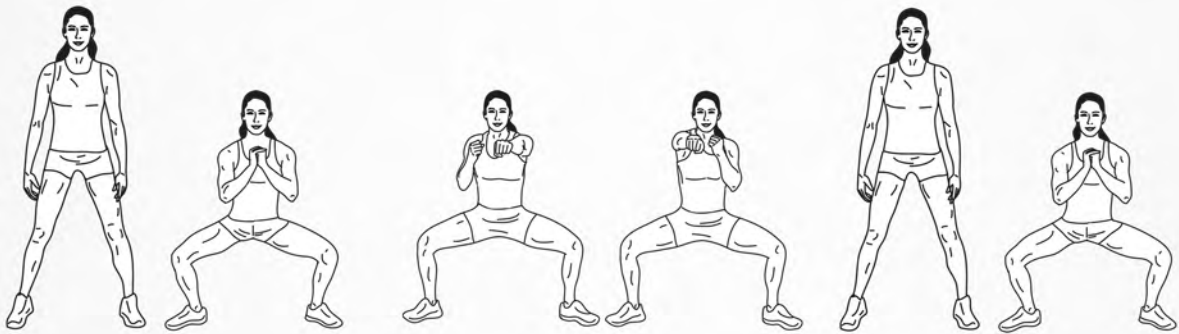


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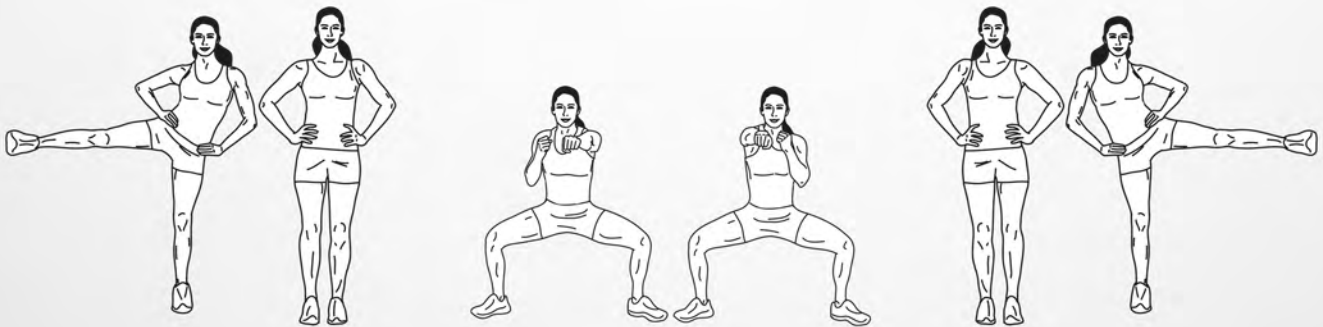
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



5 squats

20 squat hold punches

5 squats



10 side leg raises
right leg

20 squat hold punches

10 side leg raises
left leg