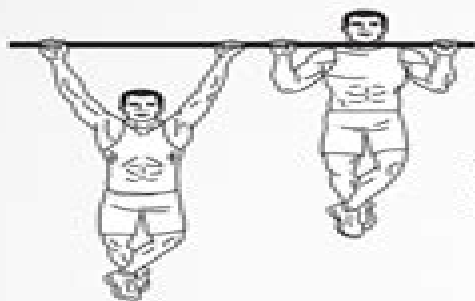


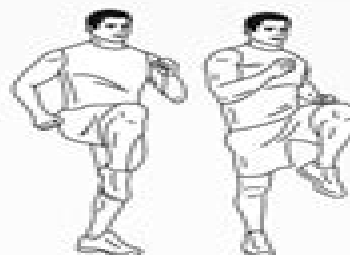
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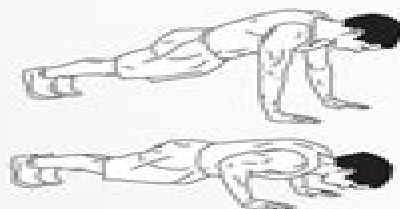
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



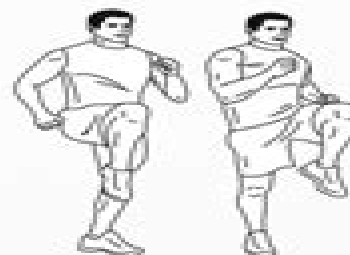
to failure
pull-ups



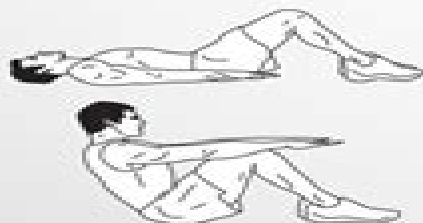
40 high knees
run on a spot
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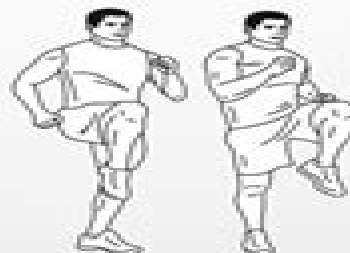
to failure
push-ups



40 high knees
run on a spot
or 60 second run



to failure
sit-ups



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