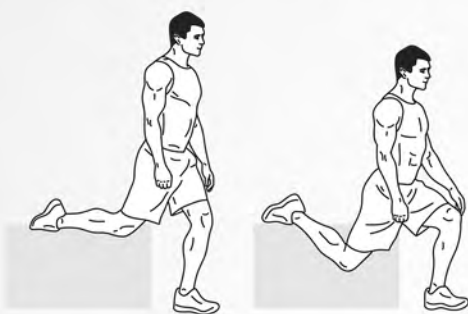


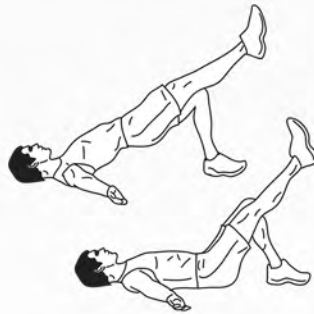
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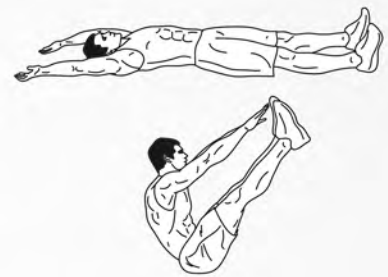
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 split squats



20 single leg bridges



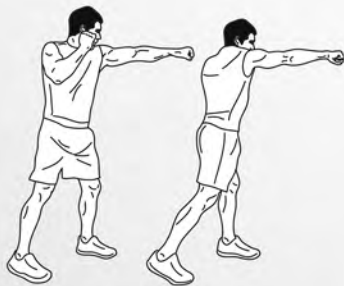
20 V-ups



10 circle push-ups



10 cross tricep extensions



40 punches



40sec elbow plank hold



40sec side elbow plank