

BECAUSE CAKE

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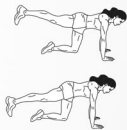
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 climbers



10 plank kicks



10 leg swings



10 climbers



10 plank rotations



5 knee push-ups