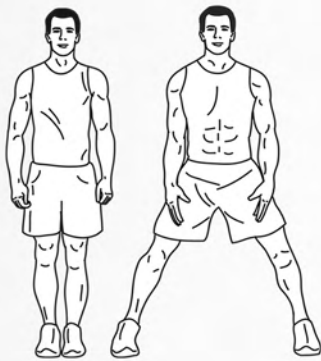


THE CAKE IS A LIE

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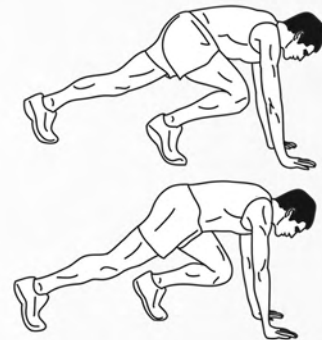
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



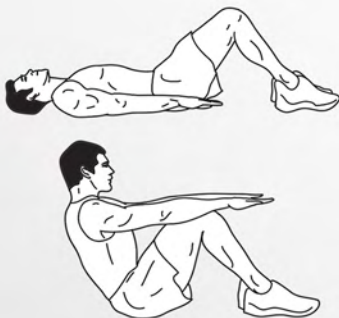
10 half jacks



4 squats



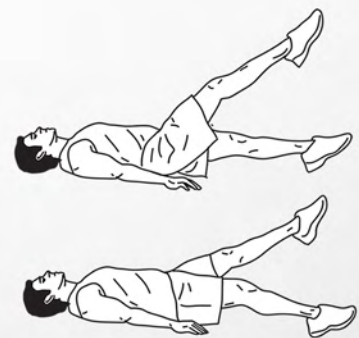
10 climbers



10 sit-ups



4 sitting twists



10 flutter kicks