

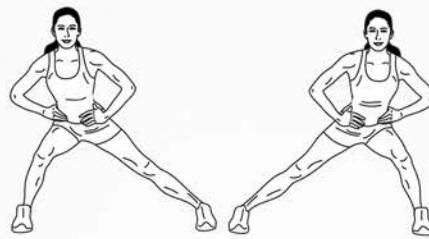
CHOSEN ONE

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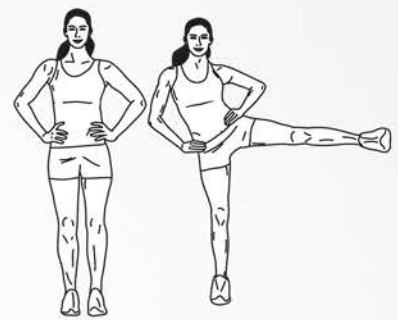
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



8 reverse lunges



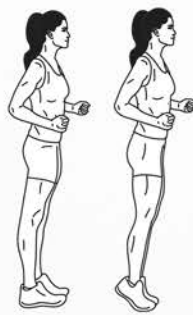
4 side-to-side lunges



20 side leg raises



8 reverse lunges



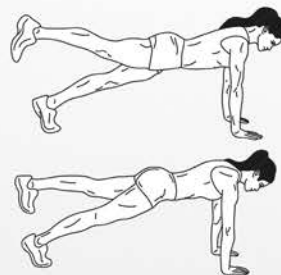
4 calf raises



20 punches



8 reverse lunges



4 plank leg raises



8 plank rotations