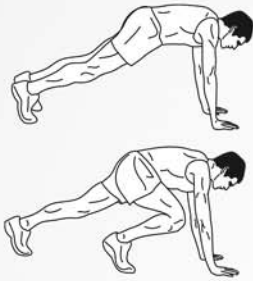


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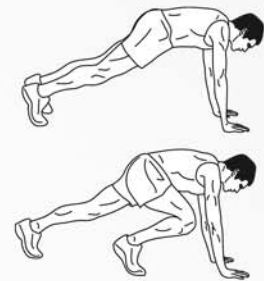
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



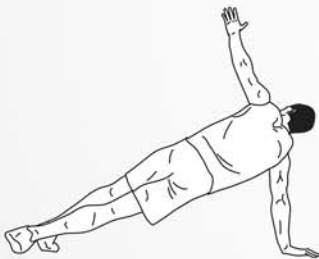
20sec climbers



20sec side plank hold



20sec climbers



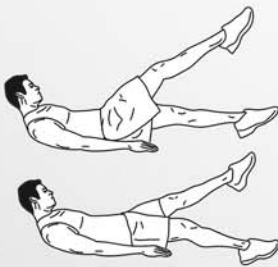
20sec side plank hold



20sec plank rotations



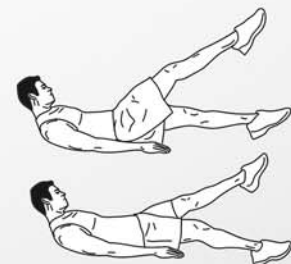
20sec side plank hold



20sec flutter kicks



20sec side plank hold



20sec flutter kicks