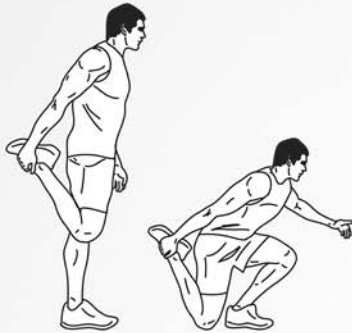


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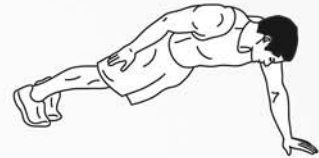
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 shrimp squats



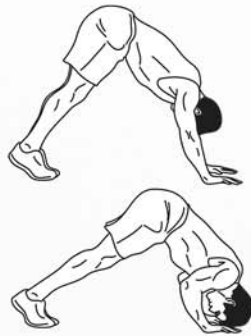
6 cross tricep extensions



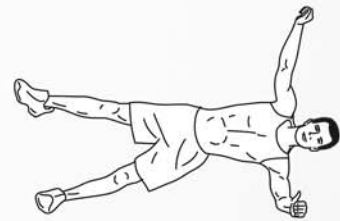
40sec one-arm plank



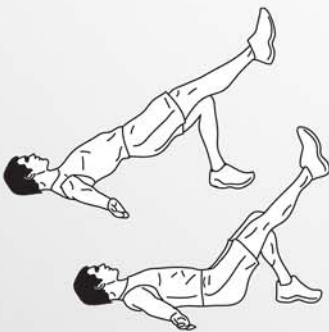
10 cossack squats



6 pike push-ups



40sec side star plank



10 single leg bridges



6 get-ups



40sec back lift hold