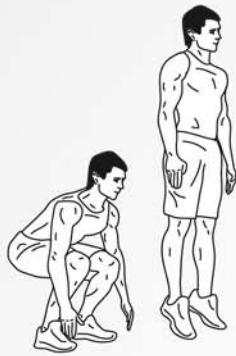


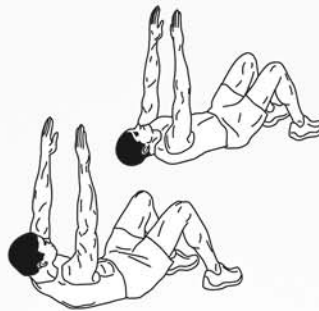
outcast

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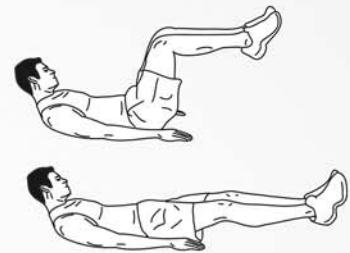
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



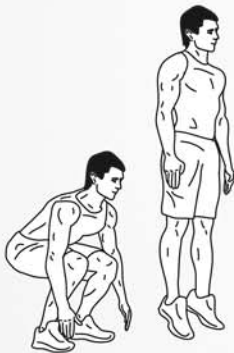
10 jump squats



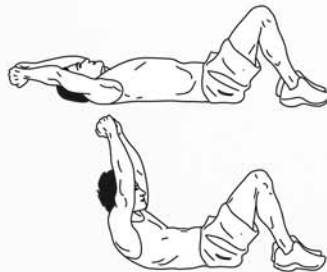
10 high crunches



4 crunch kicks



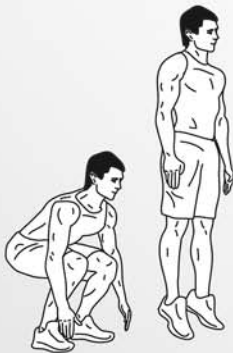
10 jump squats



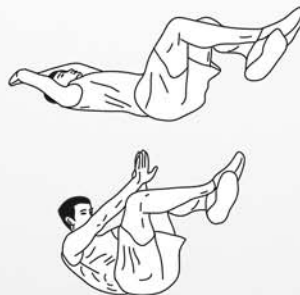
10 long arm crunches



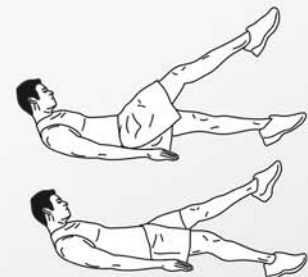
4 knee-to-elbow crunches



10 jump squats



10 knee crunches



4 flutter kicks