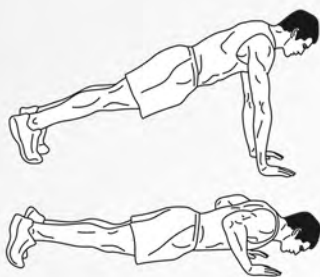


RAGNARÖK

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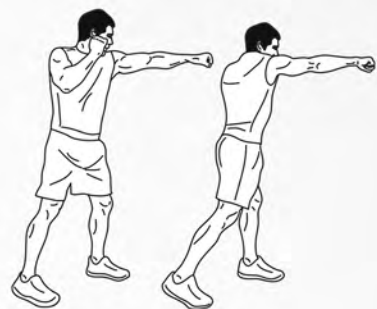
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



20 push-ups



20-count plank hold



20 jab + cross



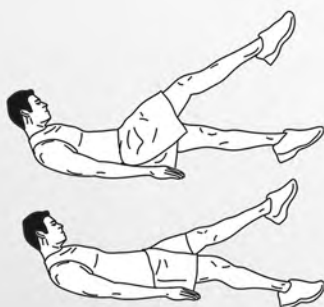
20 squats



20-count squat hold



20 side kicks



20 flutter kicks



20-count raised leg hold



20 sit-ups