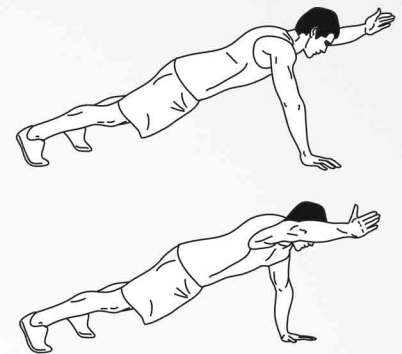
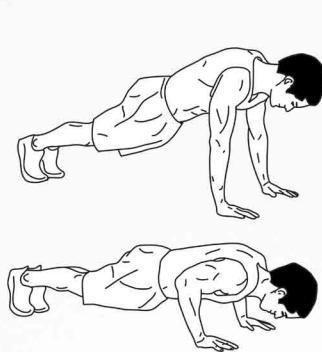
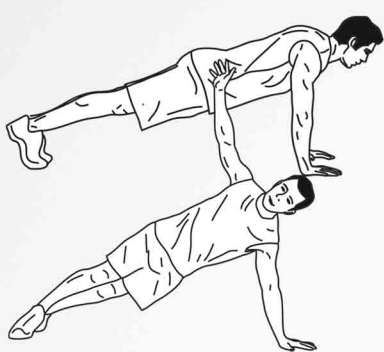


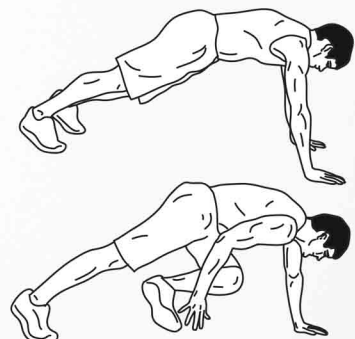
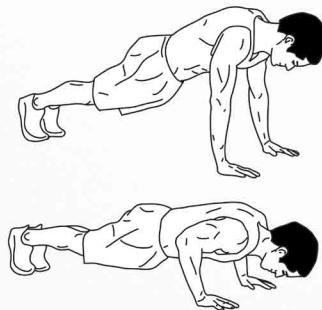
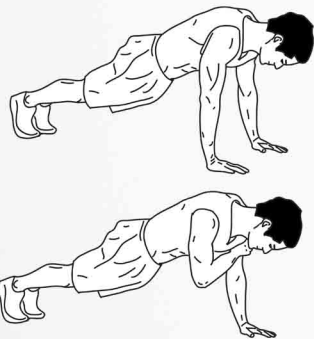
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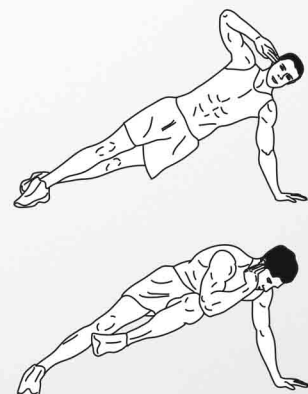
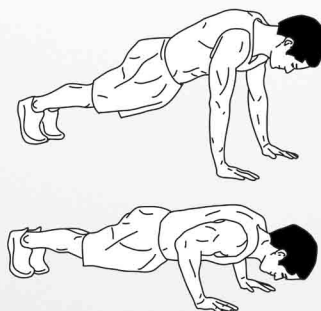
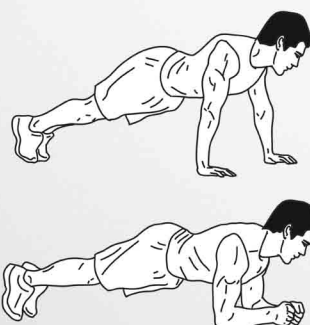
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10combos plank rotations + push-up + plank arm raises



10combos shoulder taps + push-up + climber taps



10combos up & down plank + push-up + side plank crunches