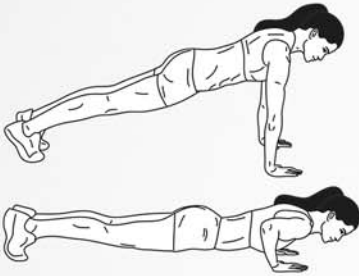


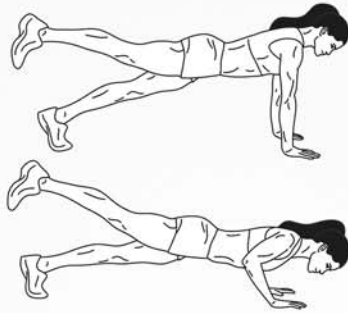
SABER

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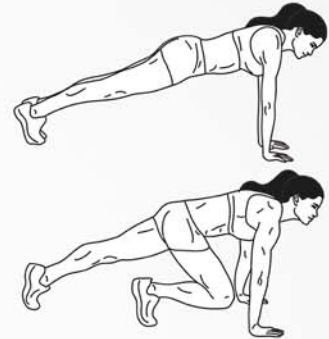
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



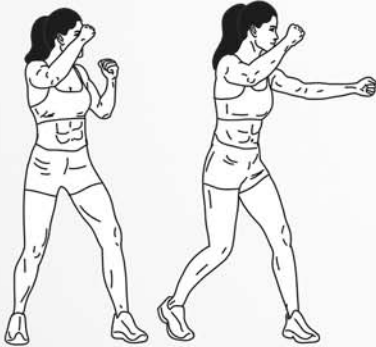
10 push-ups



4 raised leg push-ups



20 slow climbers



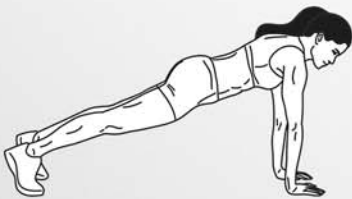
20 backfists



10 squats



10 jump squats



10 up and down planks