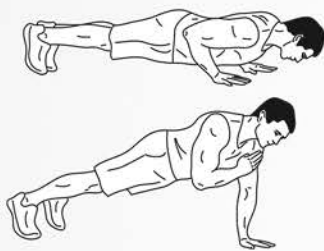


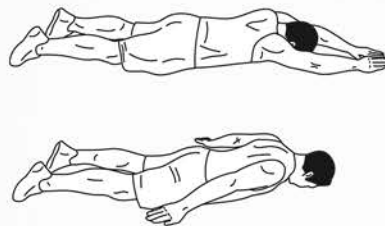
SCYTHER

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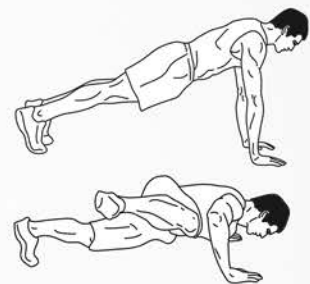
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



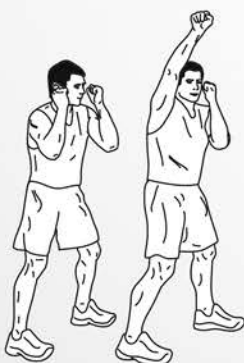
10 shoulder tap push-ups



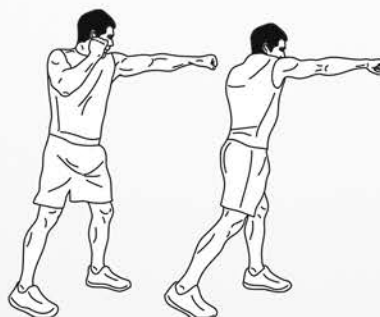
20 reverse angels



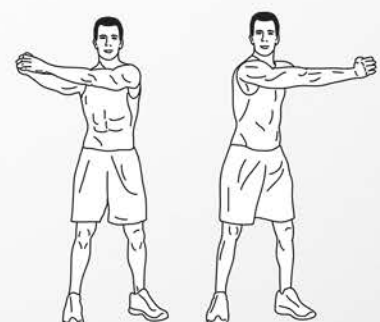
10 push-up side crunches



20 overhead punches



20 punches



20 side chops