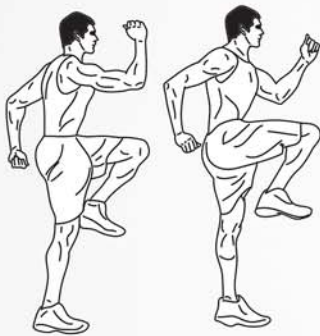


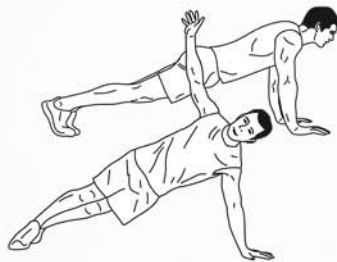
SEARCH & RESCUE

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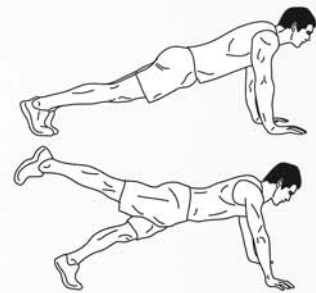
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



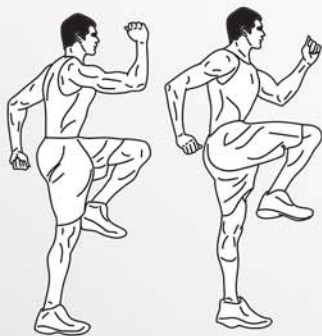
20 march steps



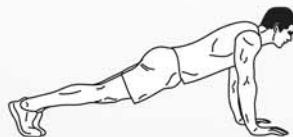
10 plank rotations



10 plank leg raises



20 march steps



10 shoulder taps



10-count plank hold