

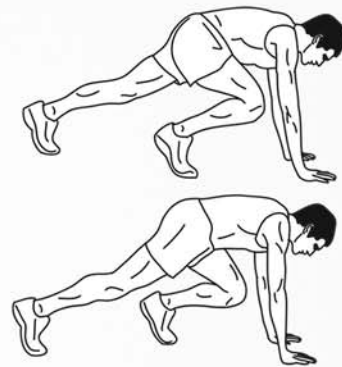
SONIC

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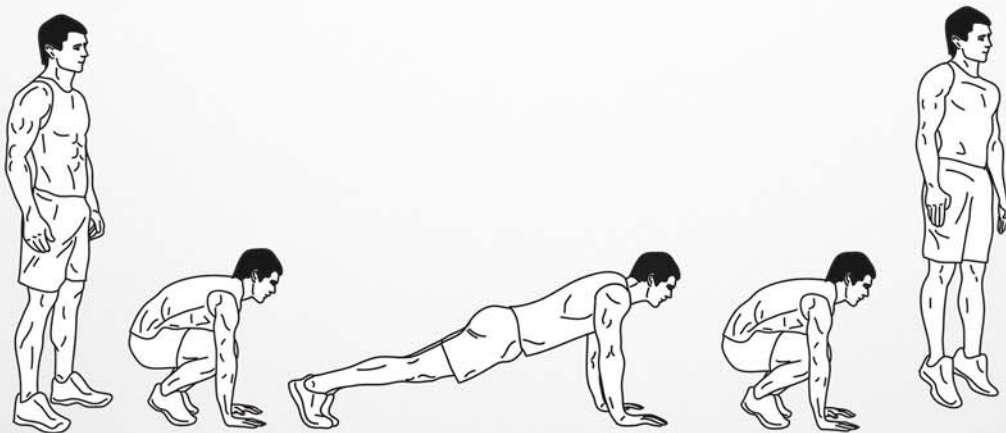
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20sec high knees



20sec climbers



20sec basic burpees (no push-up) with a jump