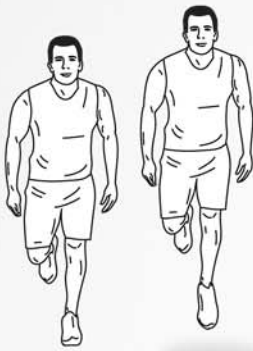
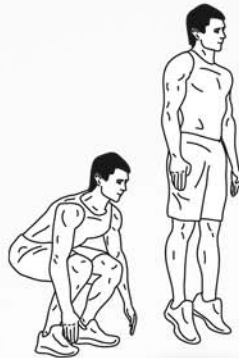


superhero speed

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WORKOUT
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20 single leg high jumps
5 sets in total
30 seconds rest



20 jump squats
5 sets in total
30 seconds rest



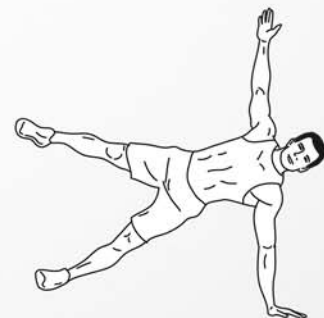
20 high knees
5 sets in total
30 seconds rest



10 clapping push-ups
5 sets in total
30 seconds rest



1min star plank hold
2 sets in total
30 seconds rest



1min side star plank hold
2 sets in total
30 seconds rest