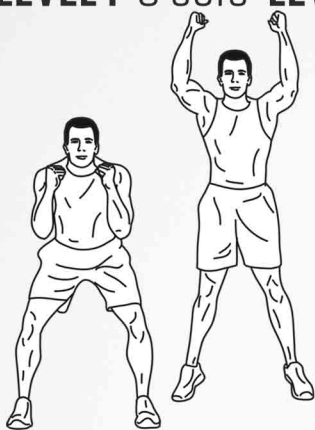


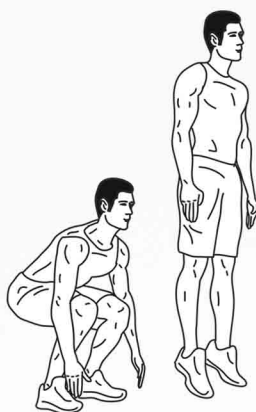
TARZAN

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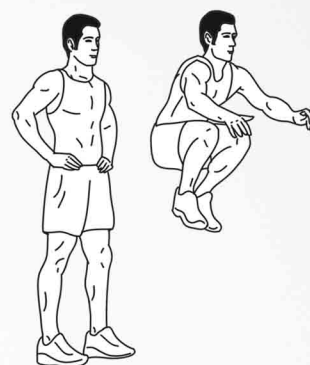
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumps



5 jump squats



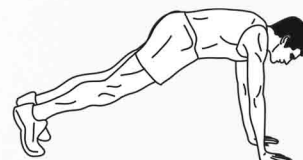
5 jump knee tucks



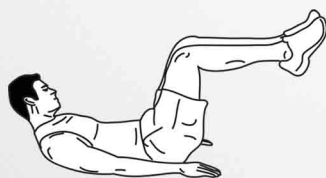
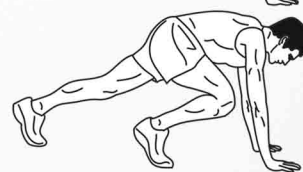
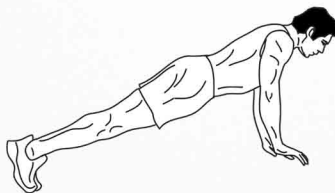
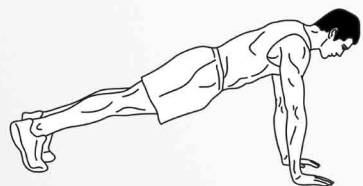
5 push-ups



5 power push-ups



10 slow climbers



10 crunch kicks



10 butterfly sit-ups



10 sitting twists