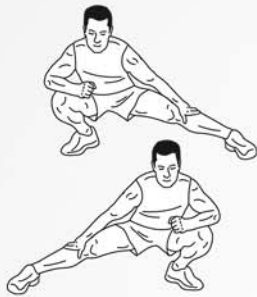


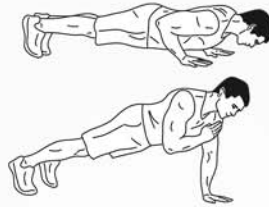
THIEF

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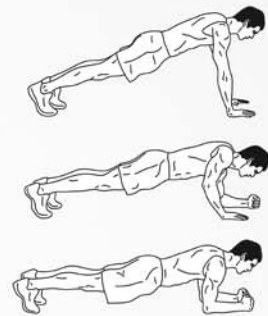
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



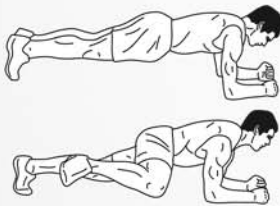
10 side-to-side lunges



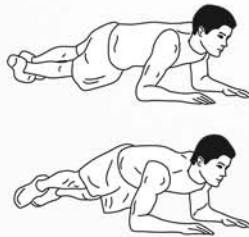
10 push-up taps



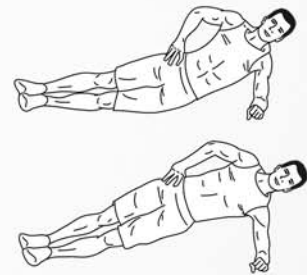
5 up & down planks



10 plank crunches



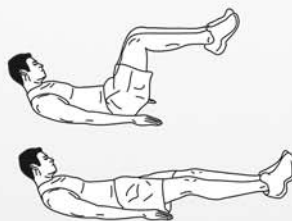
10 plank rolls



10 side bridges



10 get-ups



5 crunch kicks



10 heel taps