

ultra

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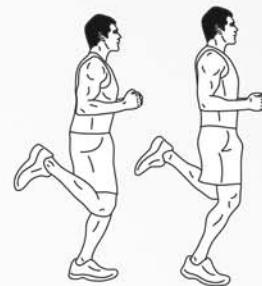
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 sprinter lunges



20 high knees



10 butt kicks



20 high knees



10 calf raises



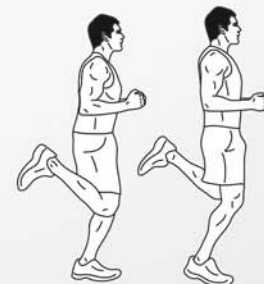
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