

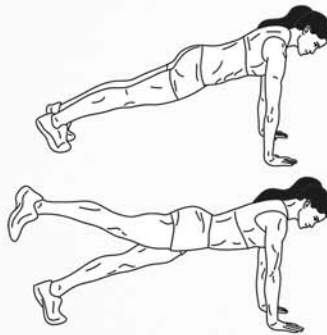
THE WARDEN

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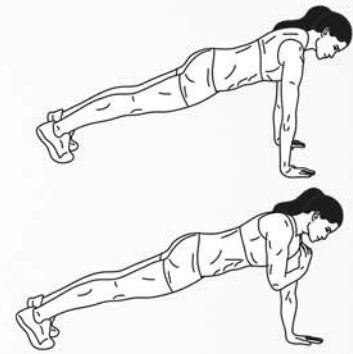
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



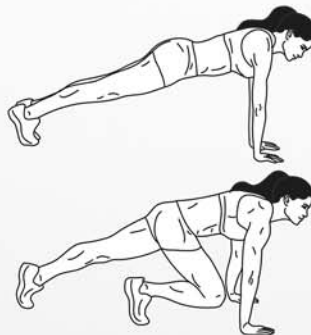
10 plank leg raises



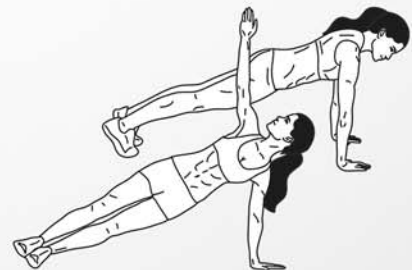
10 shoulder taps



20 march steps



10 slow climbers



10 plank rotations