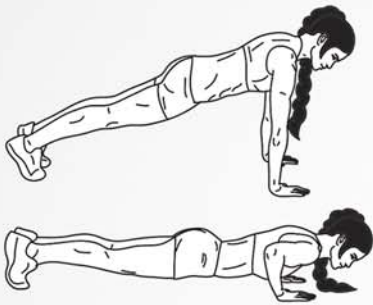


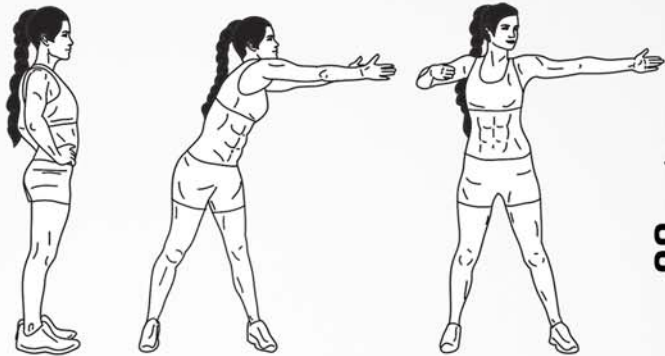
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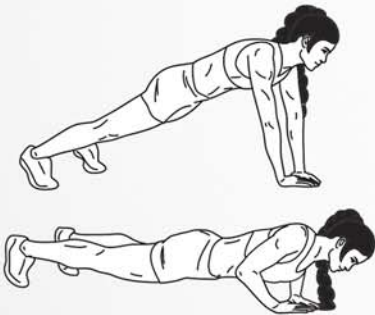
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



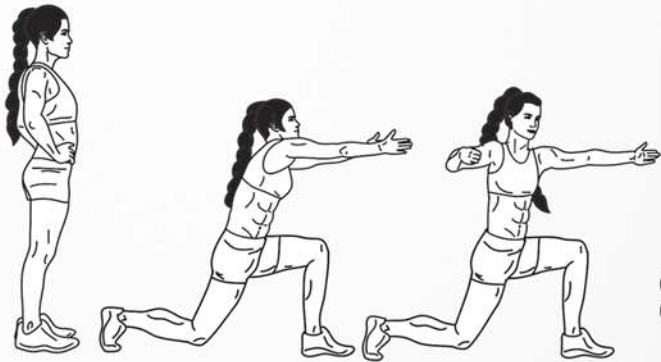
5 push-ups



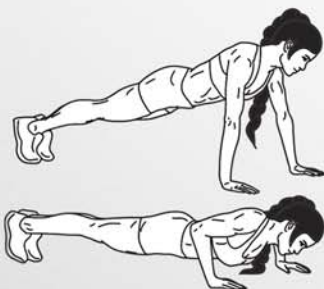
20 archers



5 close grip push-ups



20 archer lunges



5 wide grip push-ups



10 sit-up punches



10 sitting twists