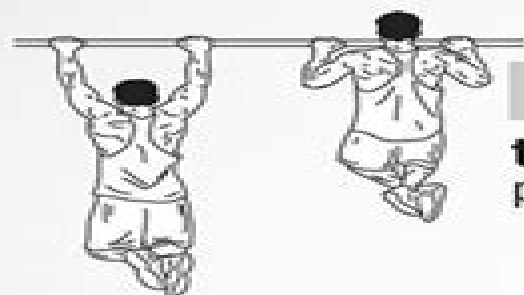


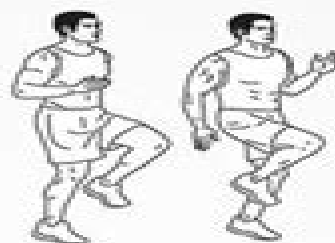
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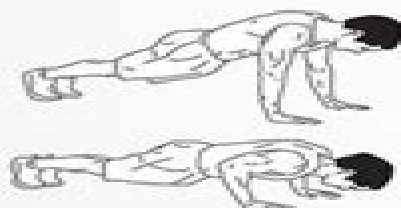
1

to failure
pull-ups



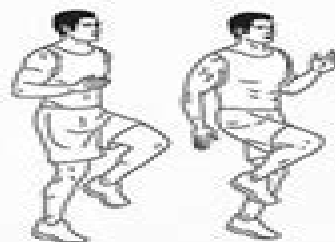
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40 high knees
run on a spot
or 60 second run



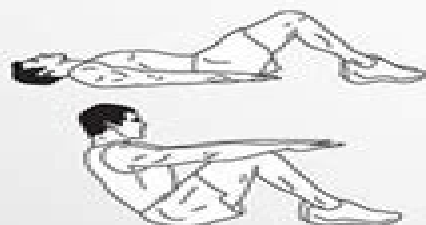
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to failure
push-ups



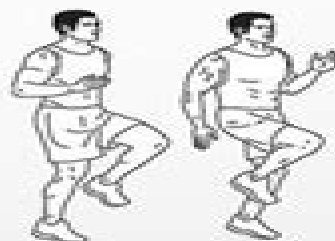
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40 high knees
run on a spot
or 60 second run



5

to failure
sit-ups



6

40 high knees
run on a spot
or 60 second run

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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