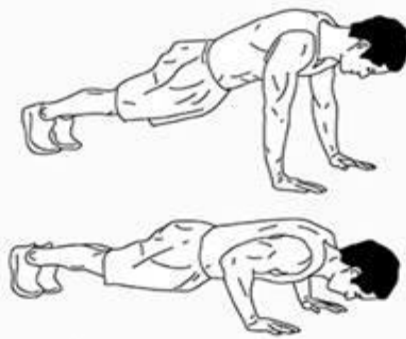




reps each
level I 10 reps
level II 20 reps
level III 30 reps



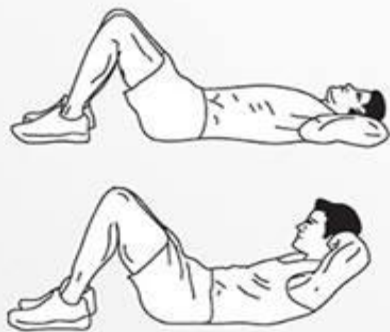
1. jump squats



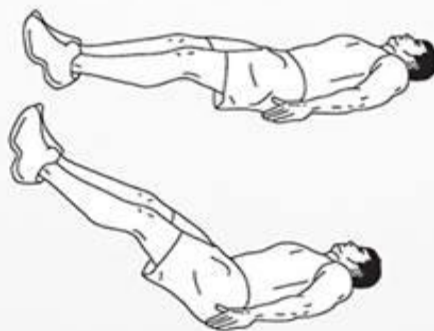
2. push-ups



3. tricep dips



4. crunches



5. leg raises



6. lunges

sets level I 3 sets level II 5 sets level III 7 sets rest between sets up to 60 seconds

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