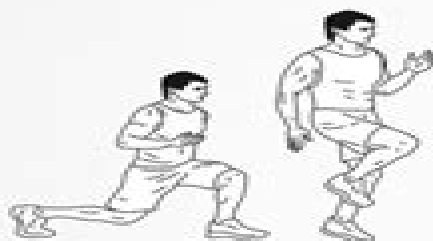


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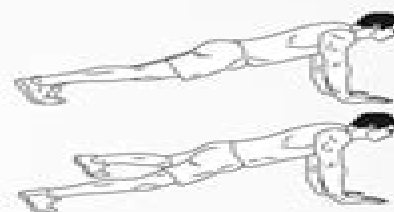
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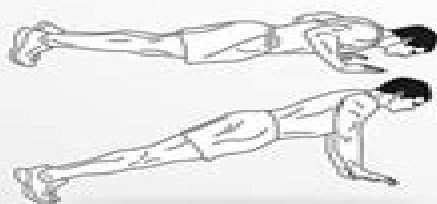
**max** lunge step-ups  
**3 sets** | 30 seconds rest



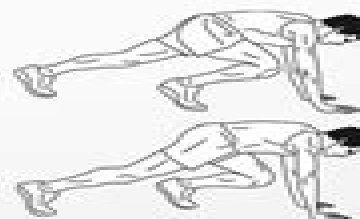
**max** jump squats  
**3 sets** | 30 seconds rest



**max** plank jacks  
**3 sets** | 30 seconds rest



**max** power push-ups  
**3 sets** | 30 seconds rest



**max** climbers  
**3 sets** | 30 seconds rest

# 9 Workouts To Increase Your Brain Power 9 Awesome Workouts

**SJ Ball**



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