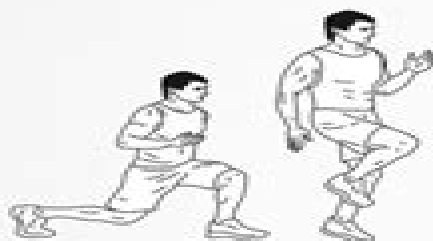


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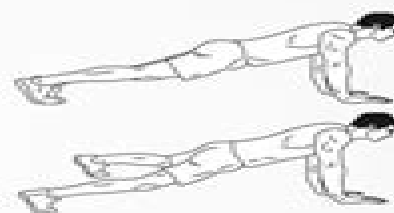
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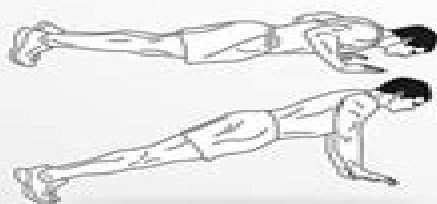
max lunge step-ups
3 sets | 30 seconds rest



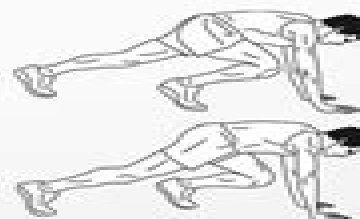
max jump squats
3 sets | 30 seconds rest



max plank jacks
3 sets | 30 seconds rest



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3 sets | 30 seconds rest



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