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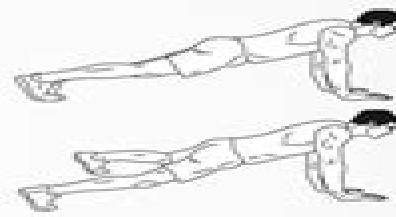
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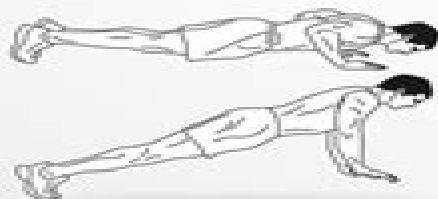
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3 sets | 30 seconds rest



max jump squats
3 sets | 30 seconds rest



max plank jacks
3 sets | 30 seconds rest



max power push-ups
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9 Workouts To Increase Your Brain Power 9 Awesome Workouts

Yi-Tong Ma

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