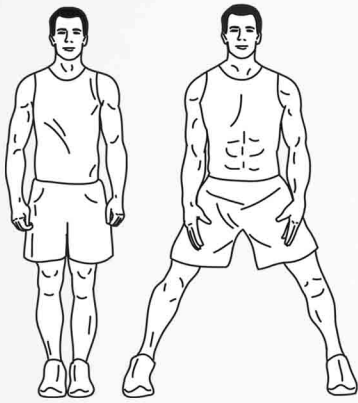


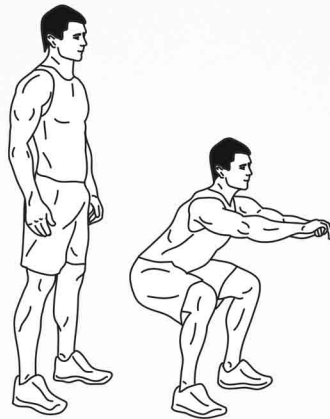
THE CAKE IS A LIE

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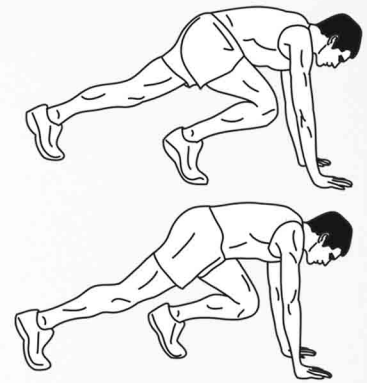
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 half jacks



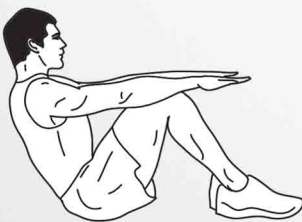
20 squats



40 climbers



20 sit-ups



20 sitting twists



40 flutter kicks

