

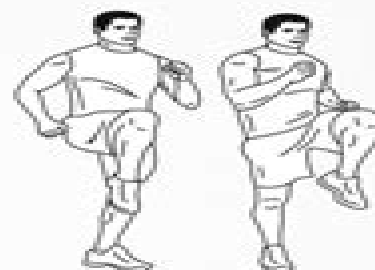
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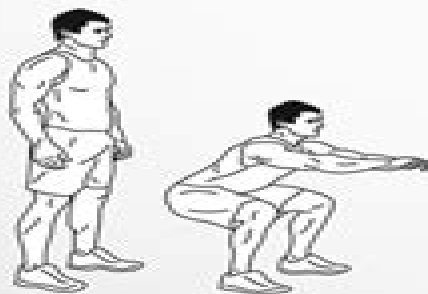
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



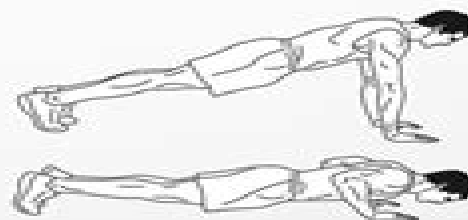
20sec jumping Ts



20sec high knees



10sec squats



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Max Workout Manual

Karin Nielsen-Saines

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