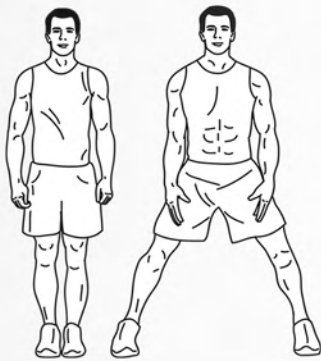


THE CAKE IS A LIE

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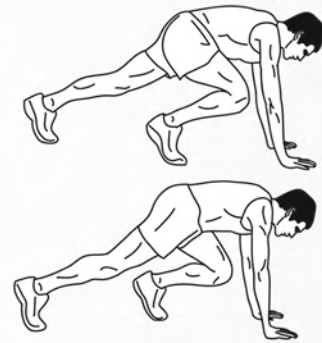
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



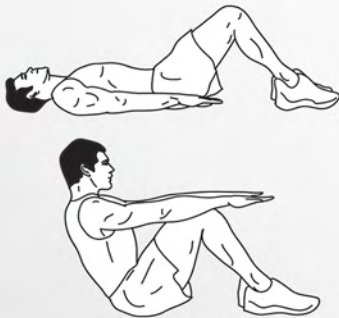
20 half jacks



10 squats



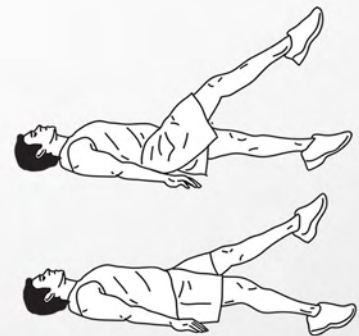
20 climbers



10 sit-ups



10 sitting twists



20 flutter kicks