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| Excercise 1 | pushups | | pullups | | bridges | | pushups | | pullups | | bridges | |  | |
| level / sublev |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| sets / reps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Excercise 2 | leg raises | | squats | | twists | | leg raises | | squats | | twists | |  | |
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