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|  | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Excercise 1 | pushups | pullups | bridges | pushups | pullups | bridges |  |
| level / sublev |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| sets / reps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Excercise 2 | leg raises | squats | twists | leg raises | squats | twists |  |
| level / sublev |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Excercise 1 | pushups | pullups | bridges | pushups | pullups | bridges |  |
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| Excercise 1 | pushups | pullups | bridges | pushups | pullups | bridges |  |
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