

	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							
sets / reps							

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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	
level / sublev							
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