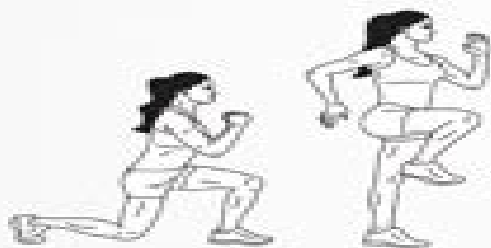


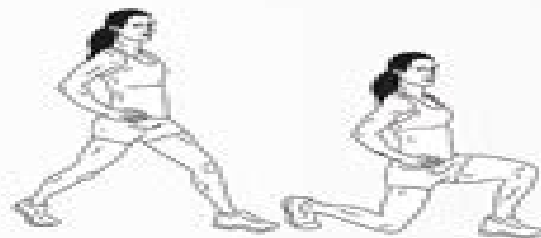
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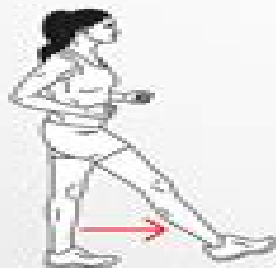
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



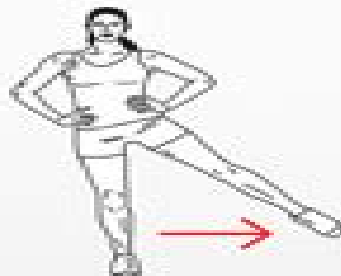
24 lunge step-ups



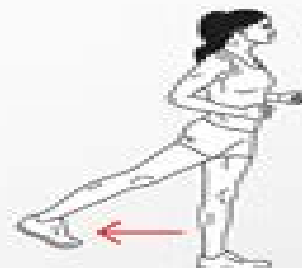
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**Wayne L. Westcott, Nautilus Human
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