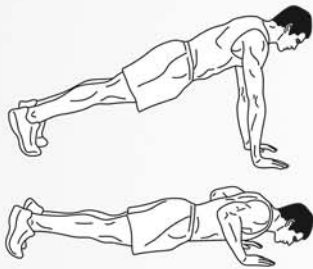


LESS IS MORE

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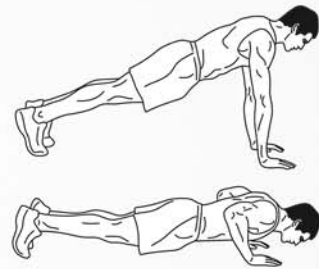
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
up to 2 minutes rest between sets



5 push-ups



5-count push-up plank hold



5 push-ups



5-count push-up plank hold



5-count plank hold



5-count push-up plank hold