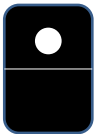
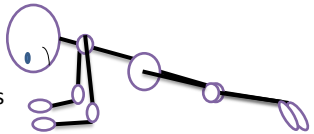
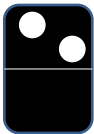
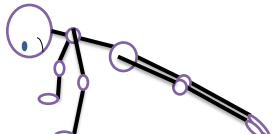
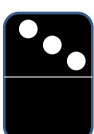
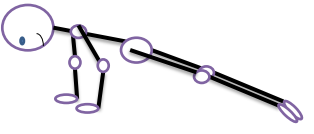
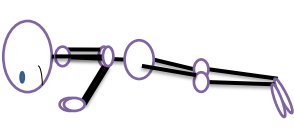
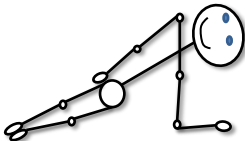


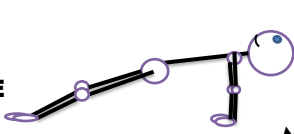
D  **ELBOWS AND TOES** 10 seconds 

I  **WIDE HAND PUSH-UP** 

Z  **PUSH-UP** 

Z  **CROCODILE** 

Y  **SIDE PLANK** 

Etc  **INCLINE PLANK** 

D

O

M

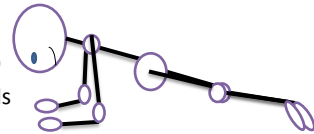
I

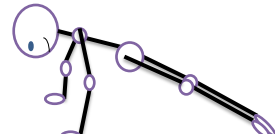
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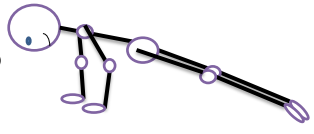
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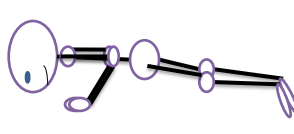
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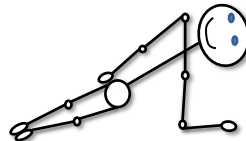
Muscular Fitness

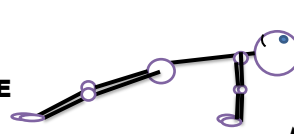
D  **ELBOWS AND TOES** 10 seconds 

I  **WIDE HAND PUSH-UP** 

Z  **PUSH-UP** 

Z  **CROCODILE** 

Y  **SIDE PLANK** 

Etc  **INCLINE PLANK** 

D

O

M

I

Z

O

S

Muscular Fitness