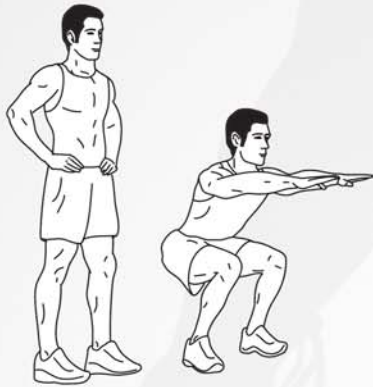


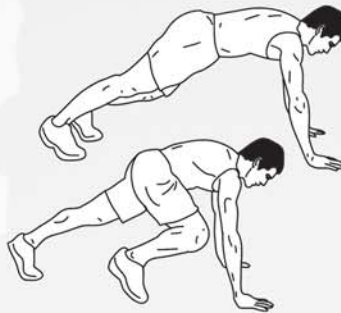
DRAGONBORN

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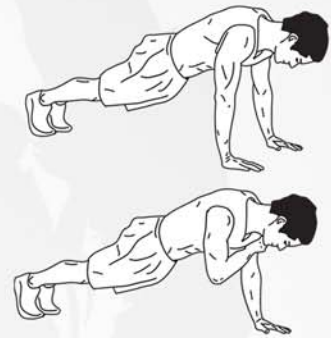
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



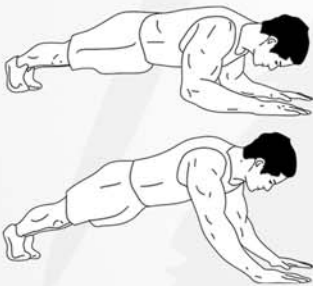
20 squats



20 climbers



20 shoulder taps



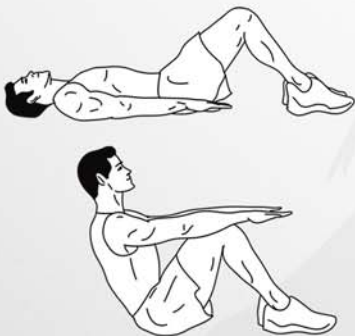
10 tricep extentions



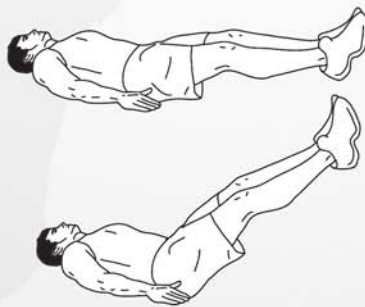
10 planks into lunges



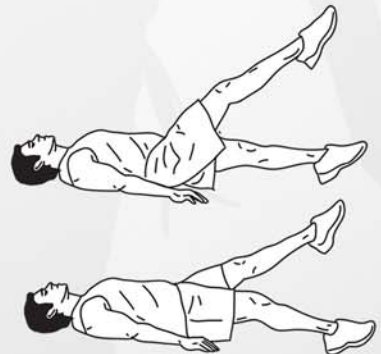
20 cross chops



10 sit-ups



10 leg raises



20 flutter kicks