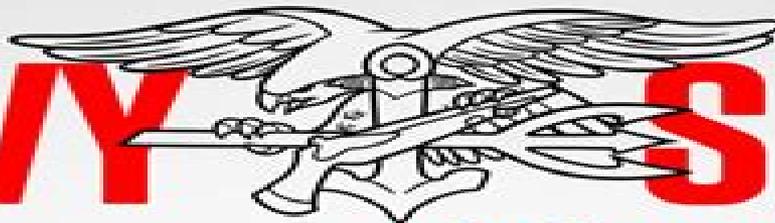
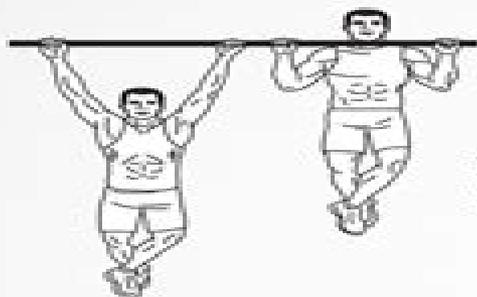


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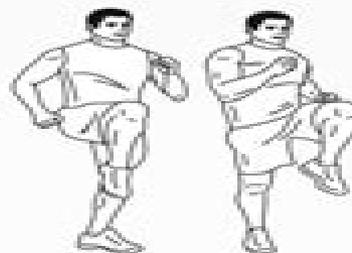


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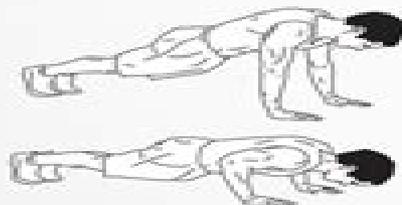
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



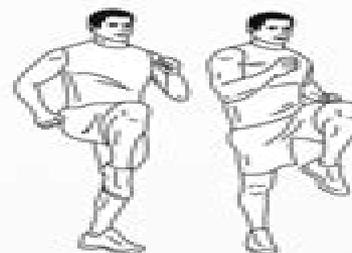
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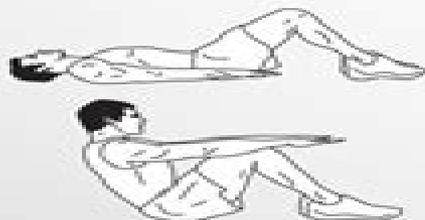
40 high knees  
run on a spot  
or 60 second run



to failure  
push-ups



40 high knees  
run on a spot  
or 60 second run



to failure  
sit-ups



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# Navy Seal Training Workout

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