



1



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INTERMEDIATE : 2 SET  
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2



**MOUNTAIN CLIMBER**

**20 SEC**



**10 SEC REST**

3



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4



**SKATER**

5



**BICYCLE CRUNCH**

**20 SEC**



**10 SEC REST**

6



**JACK BURPEES**

7



**LUNGE**

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8



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**Minjie Lin**



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