

20 MOUNTAIN CLIMBERS



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10 BURPEES



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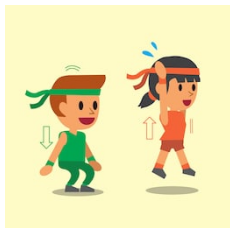
5 PUSH-UPS



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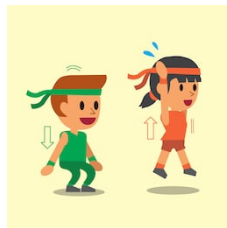


10 SQUAT JUMPS



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RUN 1 LAP AROUND THE HOUSE

