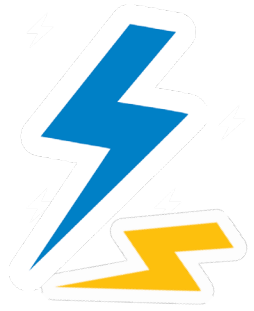


JR. CHARGERS

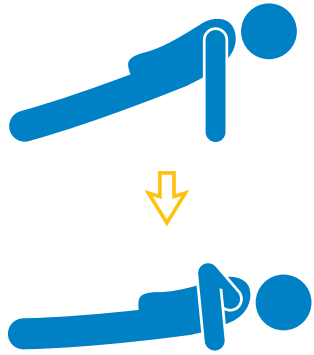


FITNESS CARDS



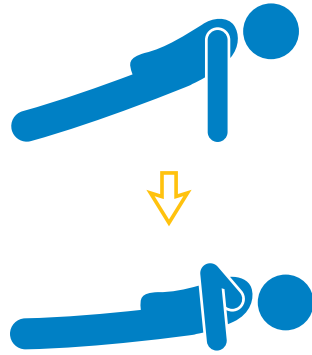
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PUSH-UP



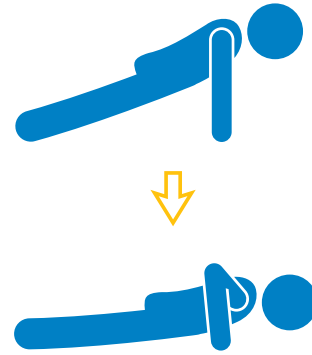
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PUSH-UPS



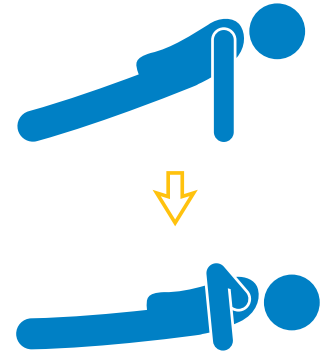
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PUSH-UPS



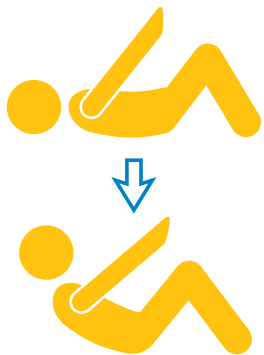
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PUSH-UPS



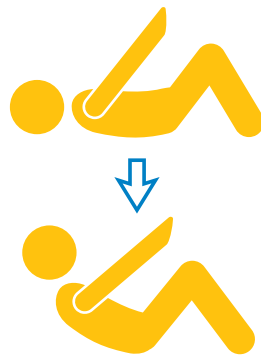
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SIT-UP



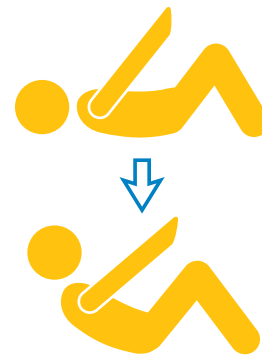
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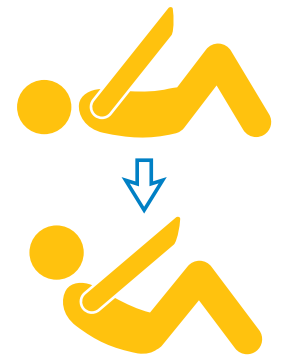
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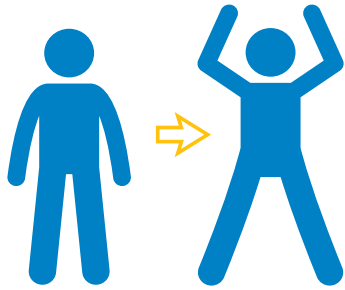
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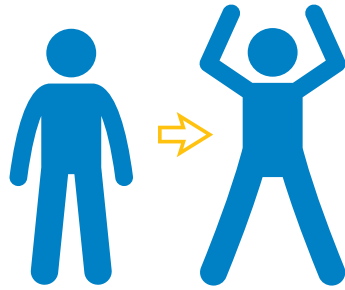
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JUMPING JACK



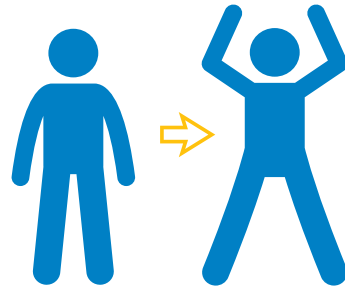
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JUMPING JACKS



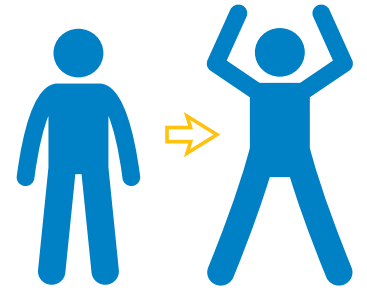
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JUMPING JACKS



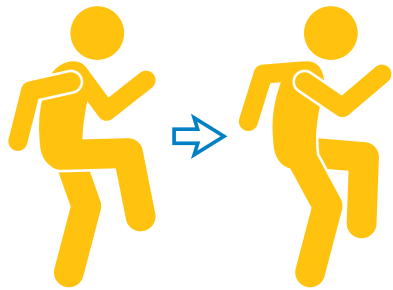
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JUMPING JACKS



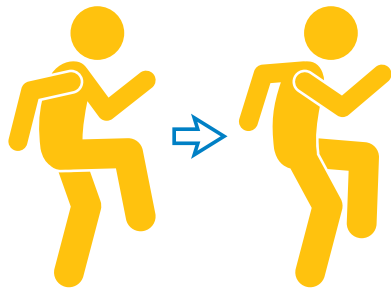
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HIGH KNEE



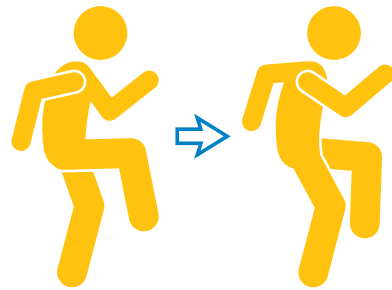
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HIGH KNEES



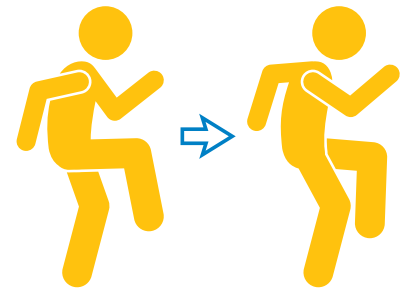
⚡10⚡

HIGH KNEES



⚡15⚡

HIGH KNEES



⚡ 1 ⚡

BICYCLE



⚡ 5 ⚡

BICYCLES



⚡ 10 ⚡

BICYCLES



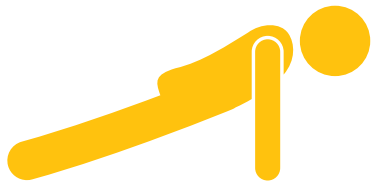
⚡ 15 ⚡

BICYCLES



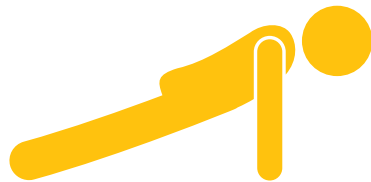
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PLANK



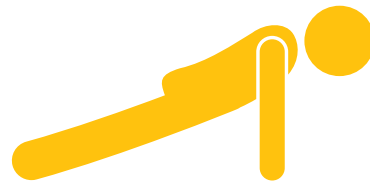
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PLANK



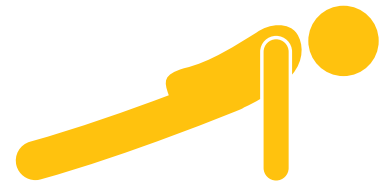
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PLANK



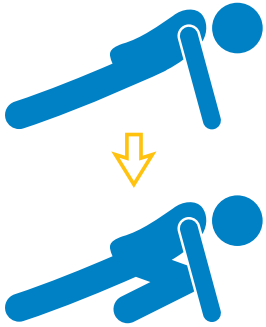
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PLANK



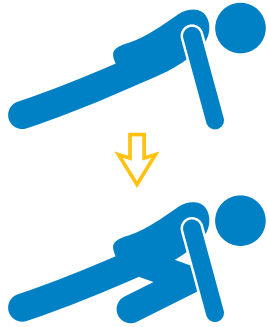
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**MOUNTAIN
CLIMBER**



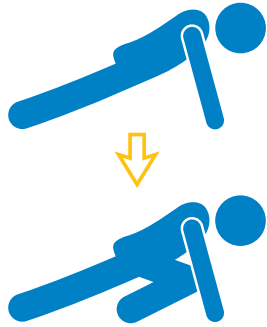
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**MOUNTAIN
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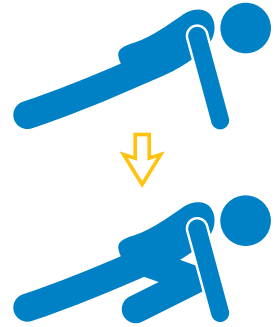
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**MOUNTAIN
CLIMBERS**



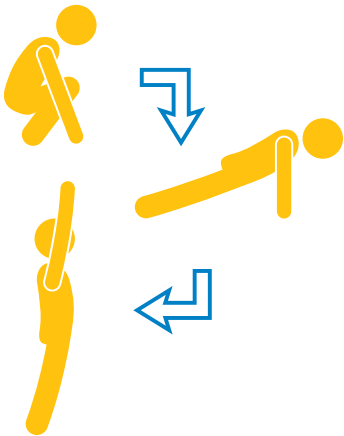
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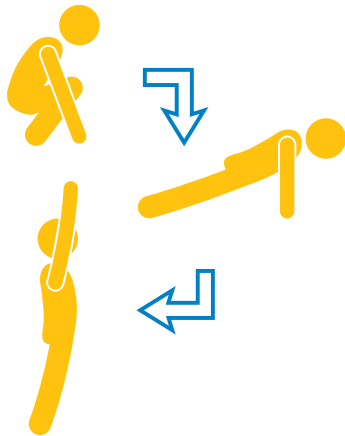
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BURPEE



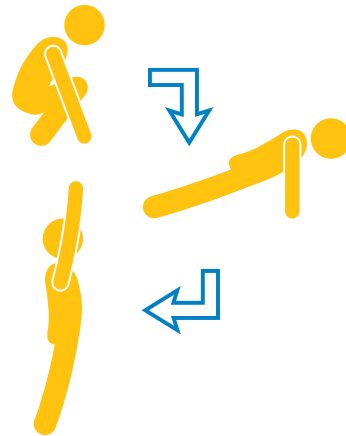
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BURPEES



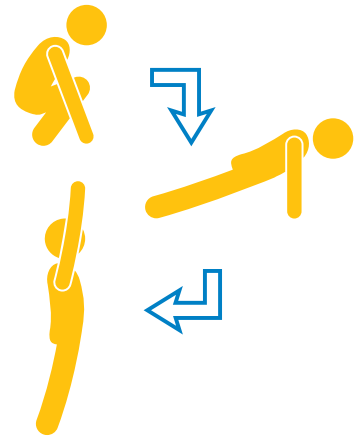
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BURPEES



⚡ 15

BURPEES



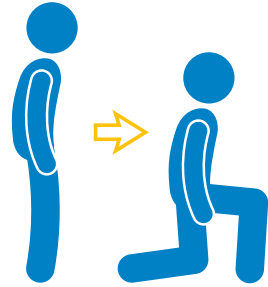
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LUNGE



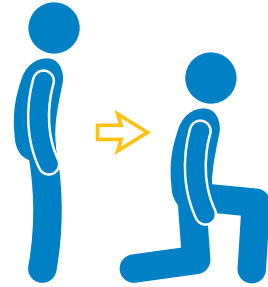
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LUNGES



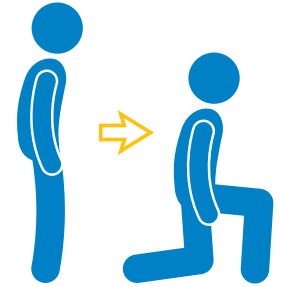
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LUNGES



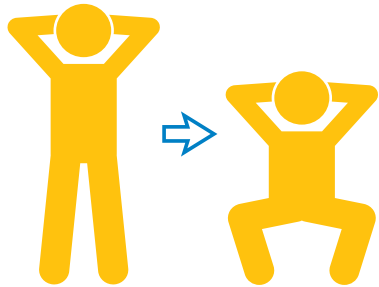
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LUNGES



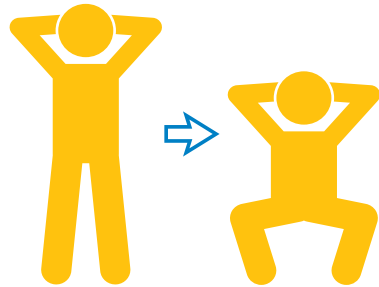
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SQUAT



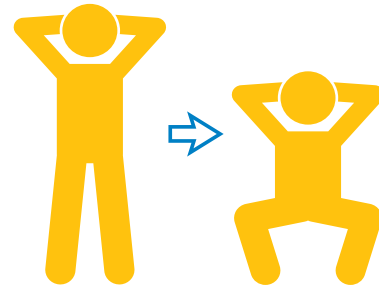
⚡ 5

SQUATS



⚡ 10

SQUATS



⚡ 15

SQUATS

