

LANDSLIDE

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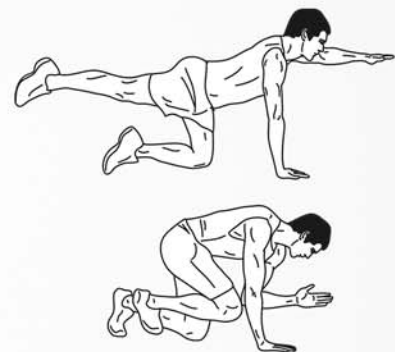
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



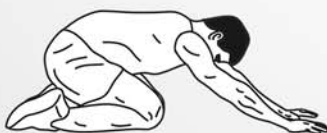
40 butt kicks



10-count squat hold



40 knee plank
knee-to-elbow



10-count stretch hold



5 sit-ups



10-count hollow hold