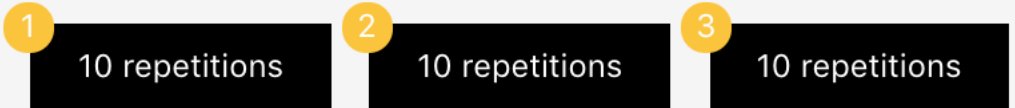


Set pause: 2

**NORMAL
SET**

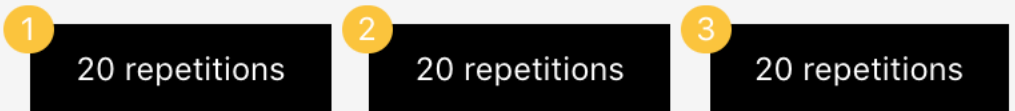
lunges



Set pause: 2

**NORMAL
SET**

mountain climbers



Set pause: 2

**NORMAL
SET**

push through

