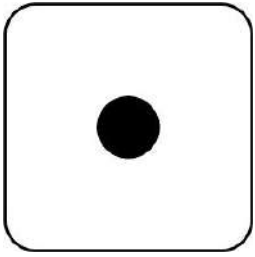
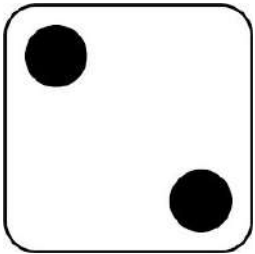


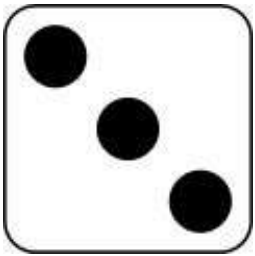
Muscular Strength



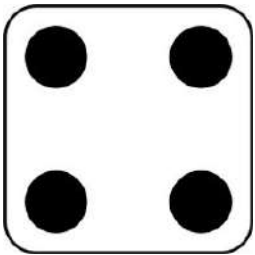
Squats
5x



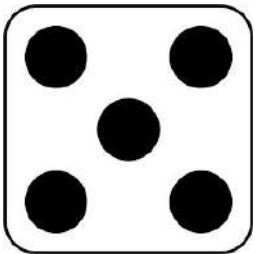
PASS



Shoulder Taps
20x



Burpee
3x



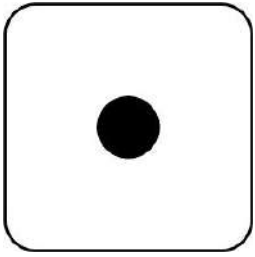
Push-ups
6x



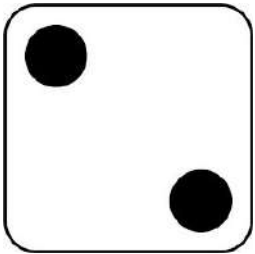
Lunges
10x



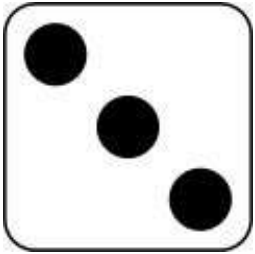
Muscular Endurance



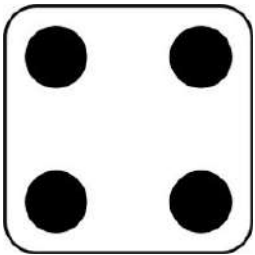
Burpee
3x



PASS

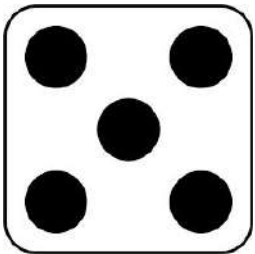


Curl-up
12x



Plank

10 seconds



Wall Sit

15 seconds



Superman
5x

