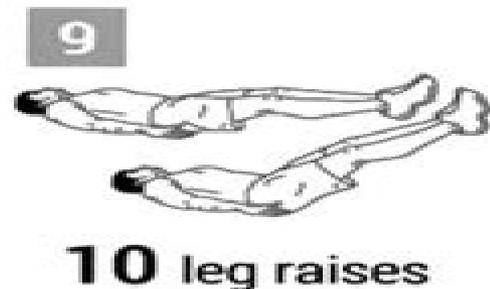
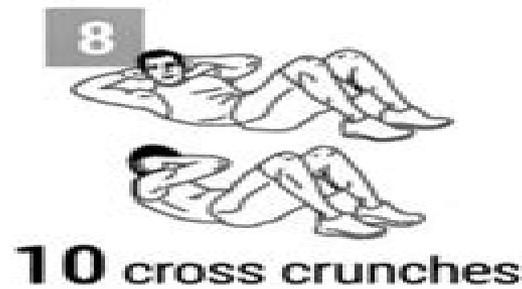
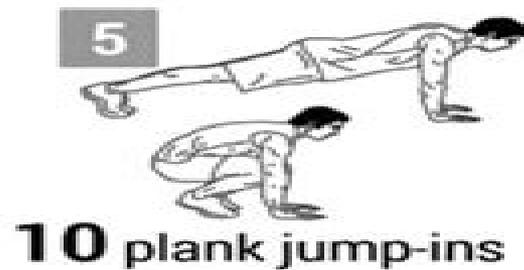
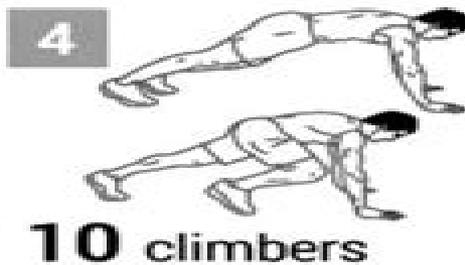
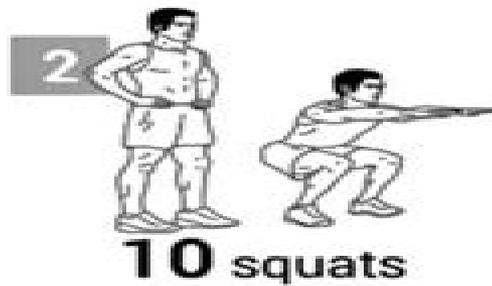
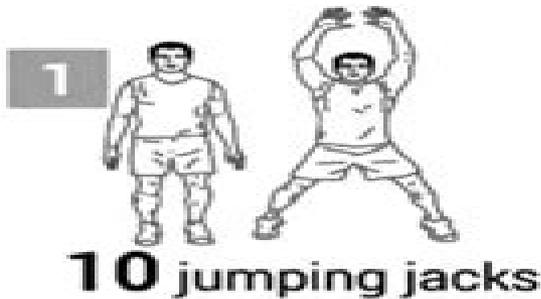


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level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

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Richard Bailey



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