

# EXERCISE

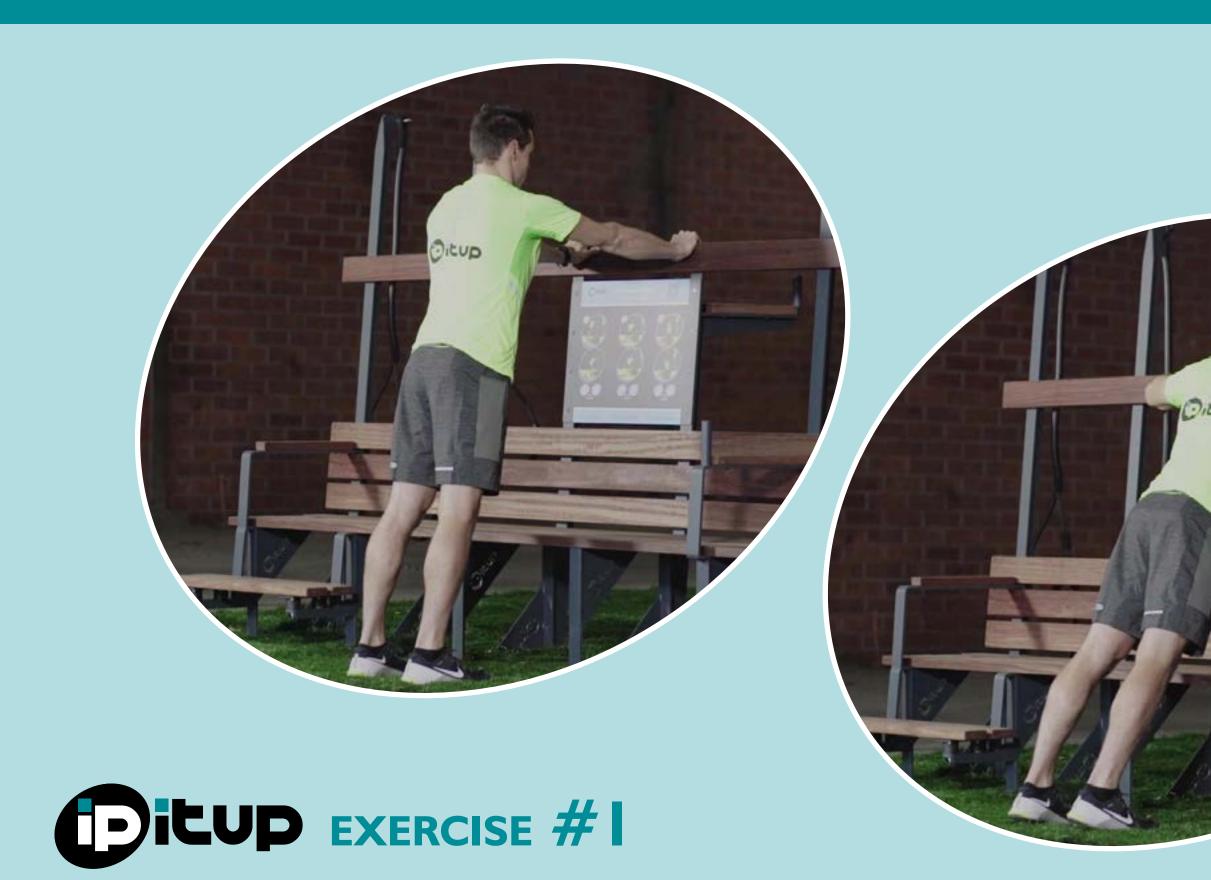


#### **5 LEVELS**





#### **5 LEVELS**



#### PUSH LEVEL I

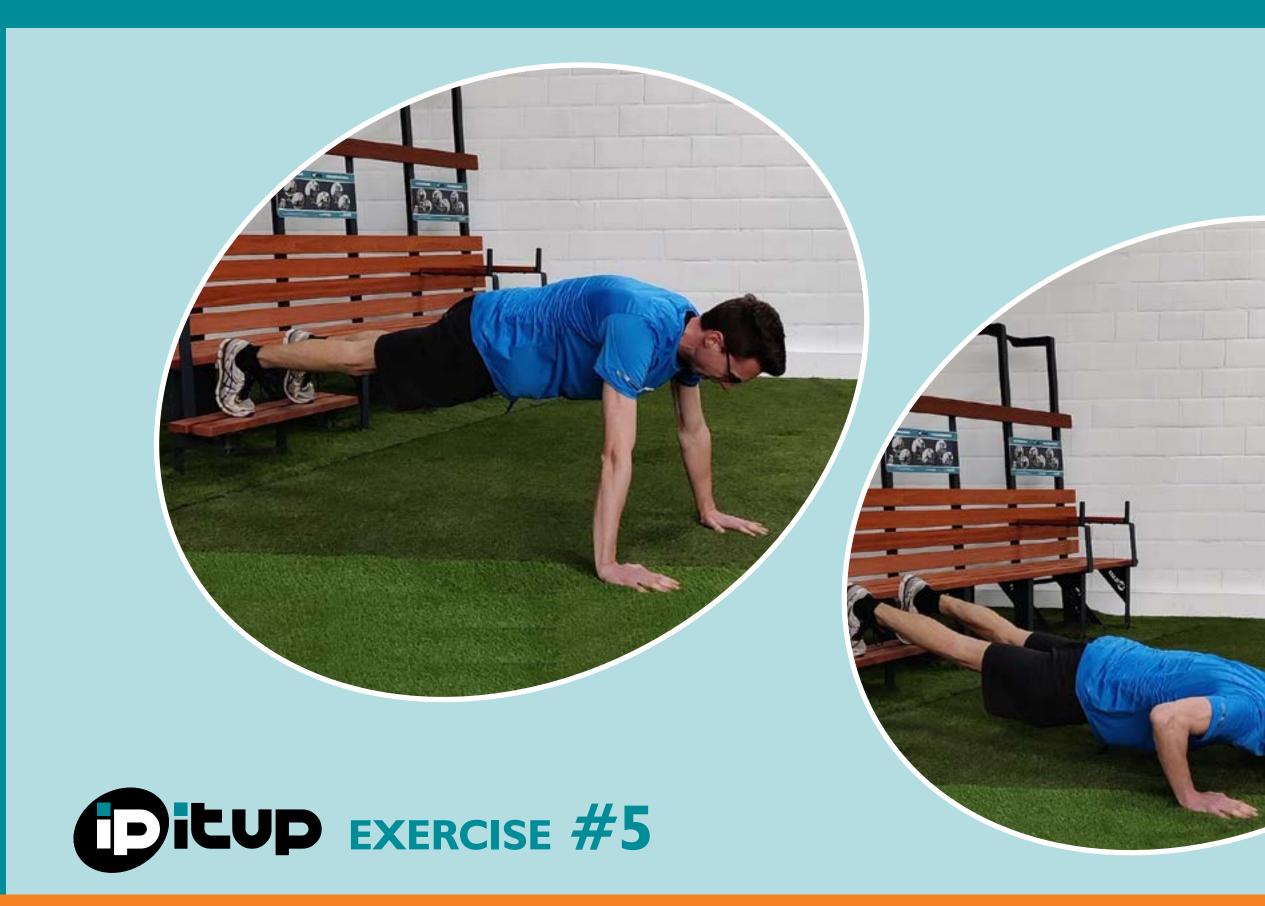














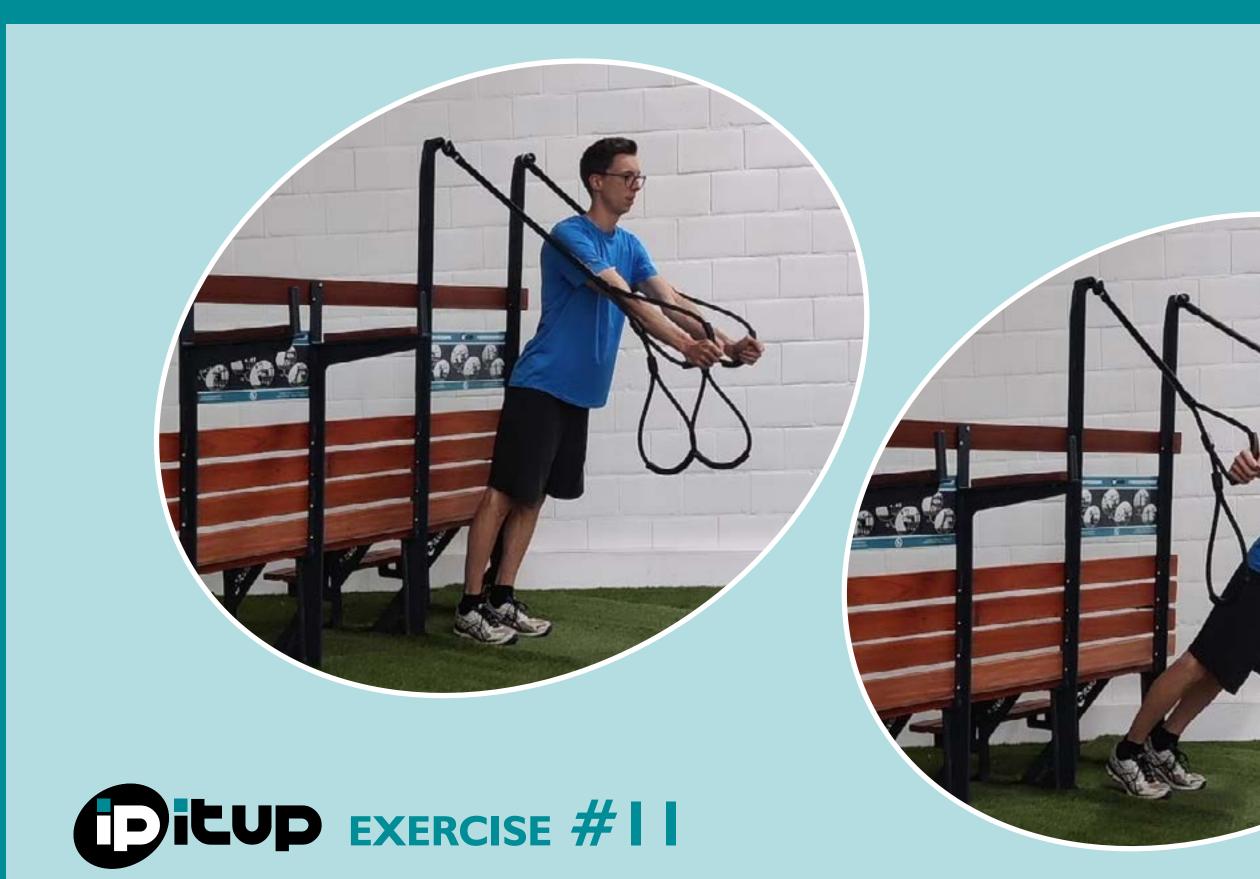


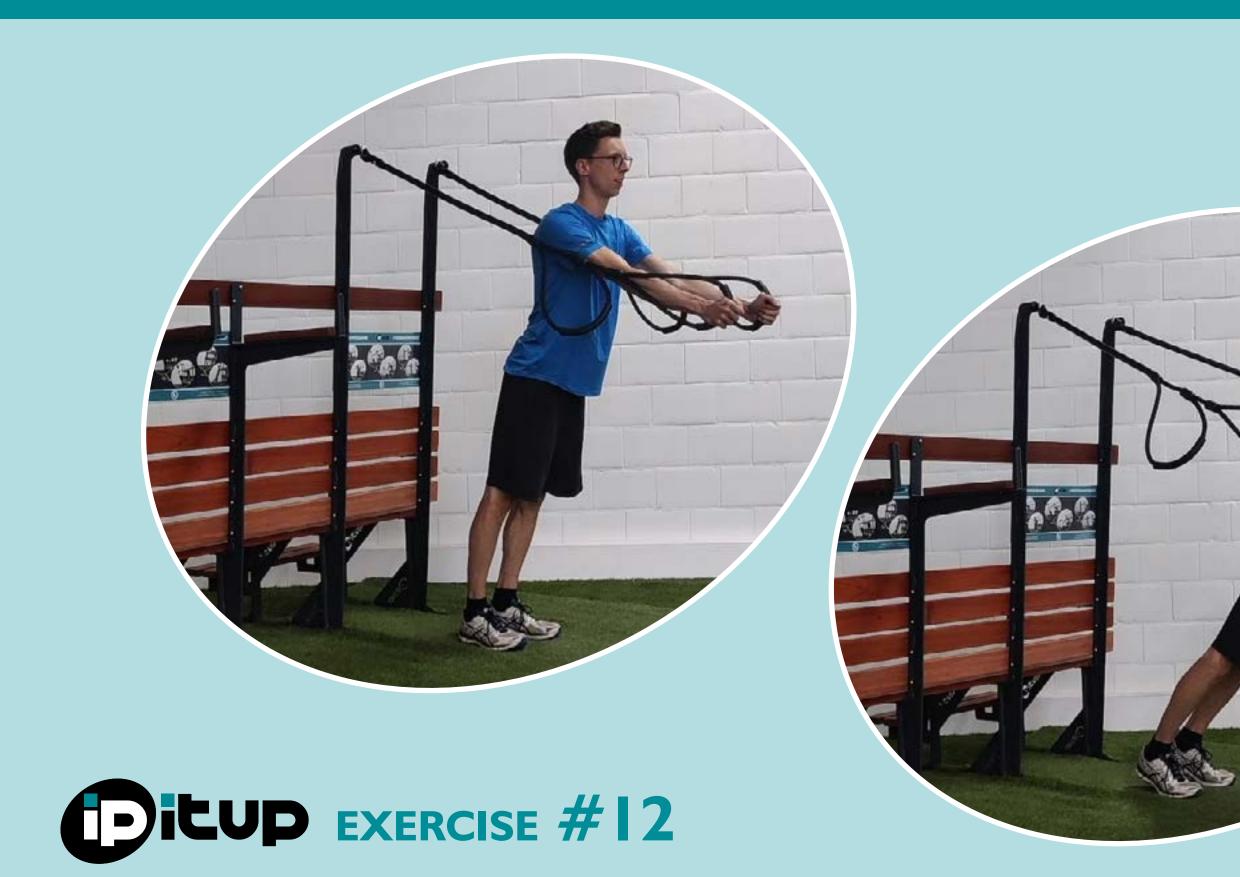




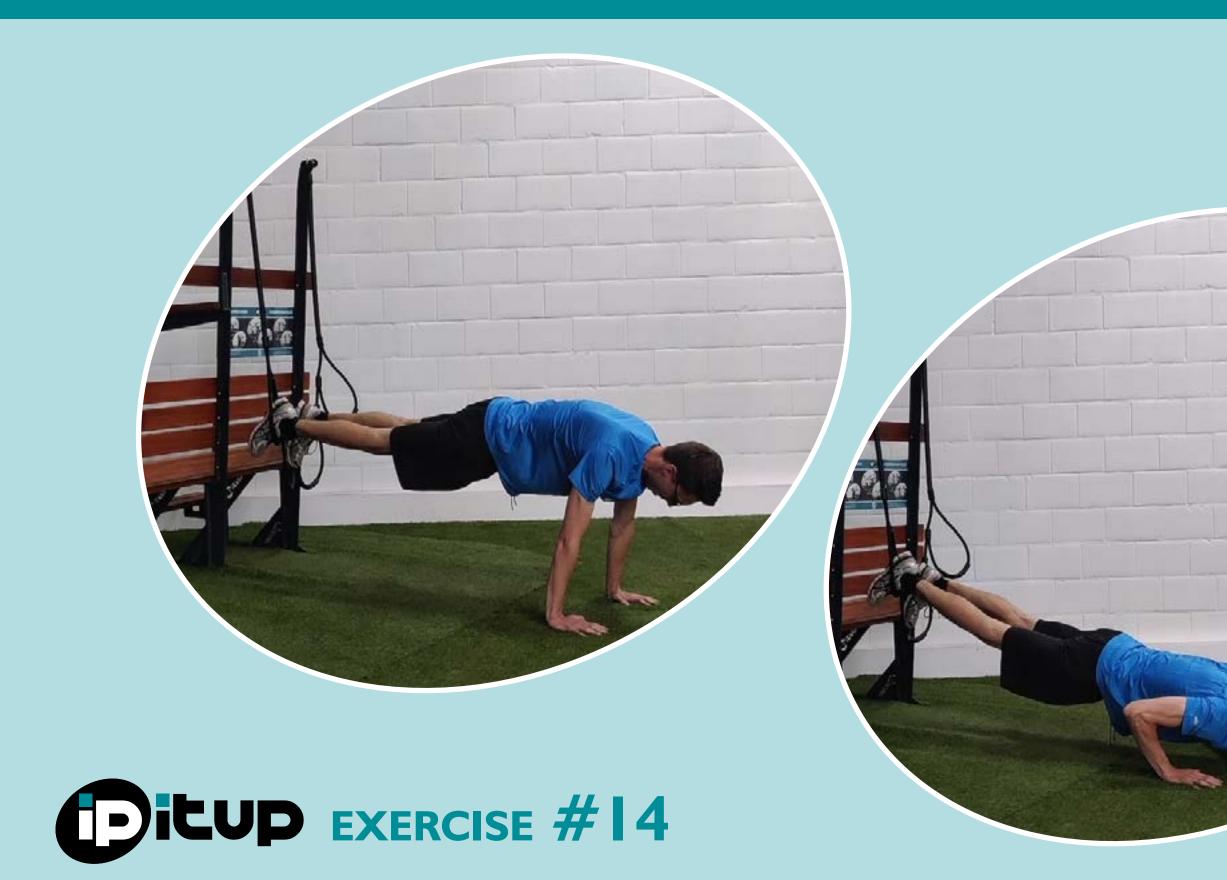




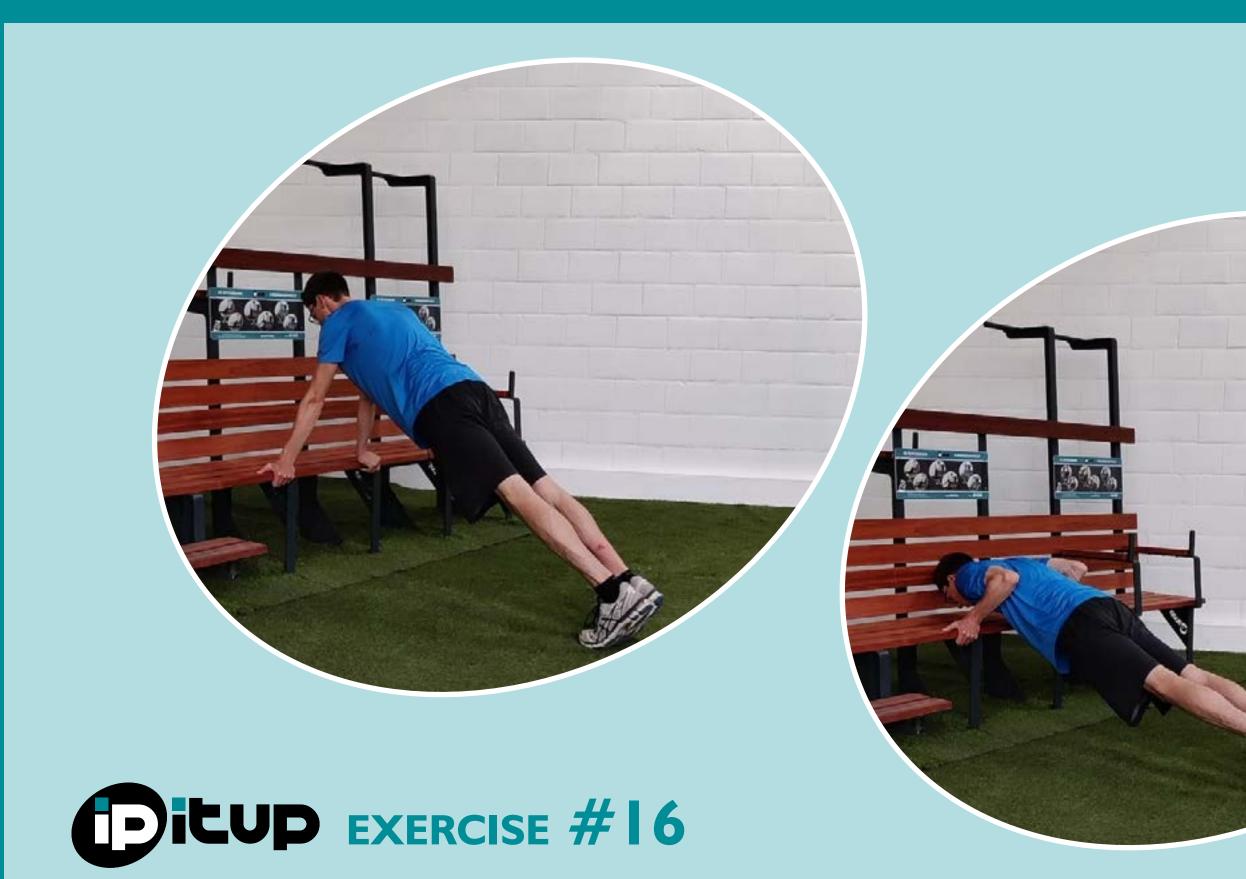














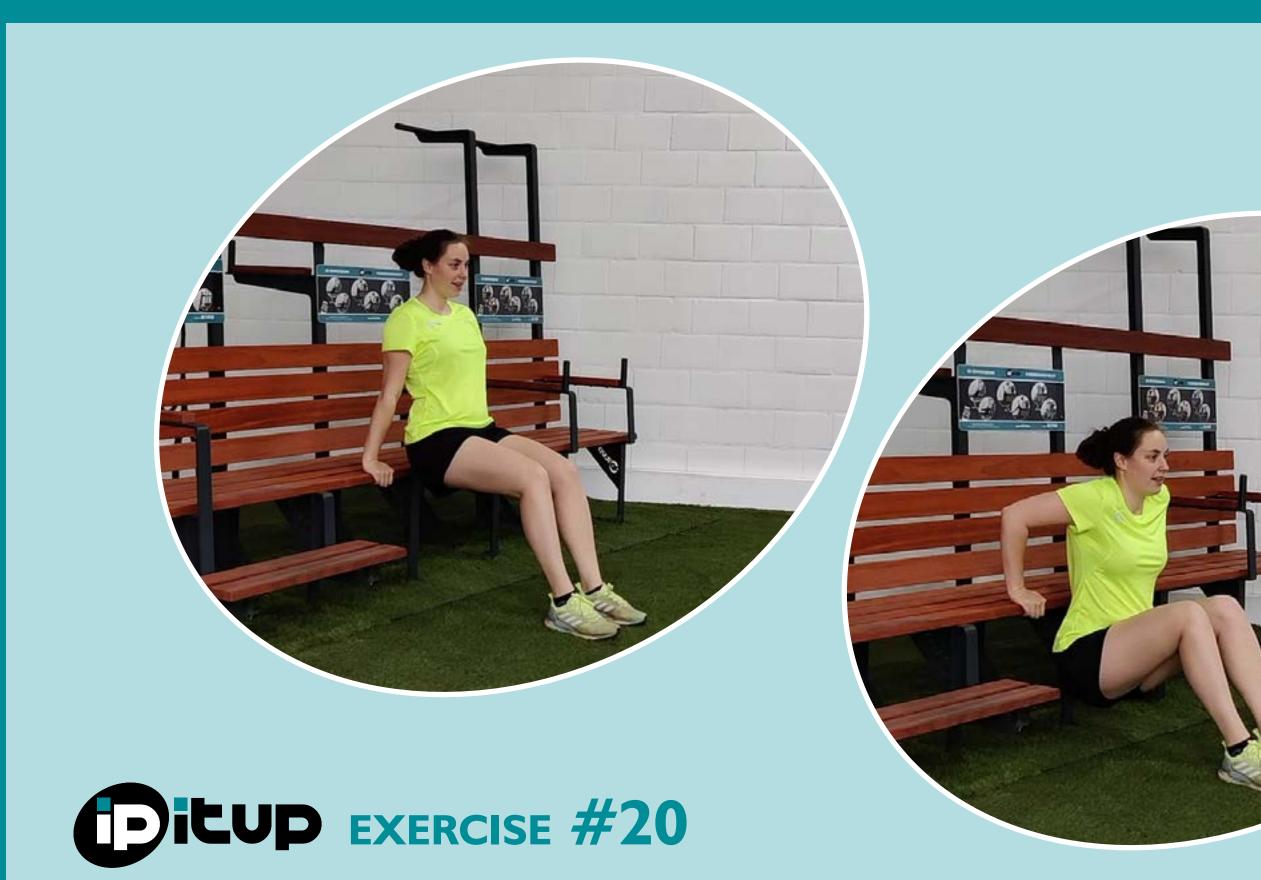


## PUSH LEVEL I





## **LEVEL** |



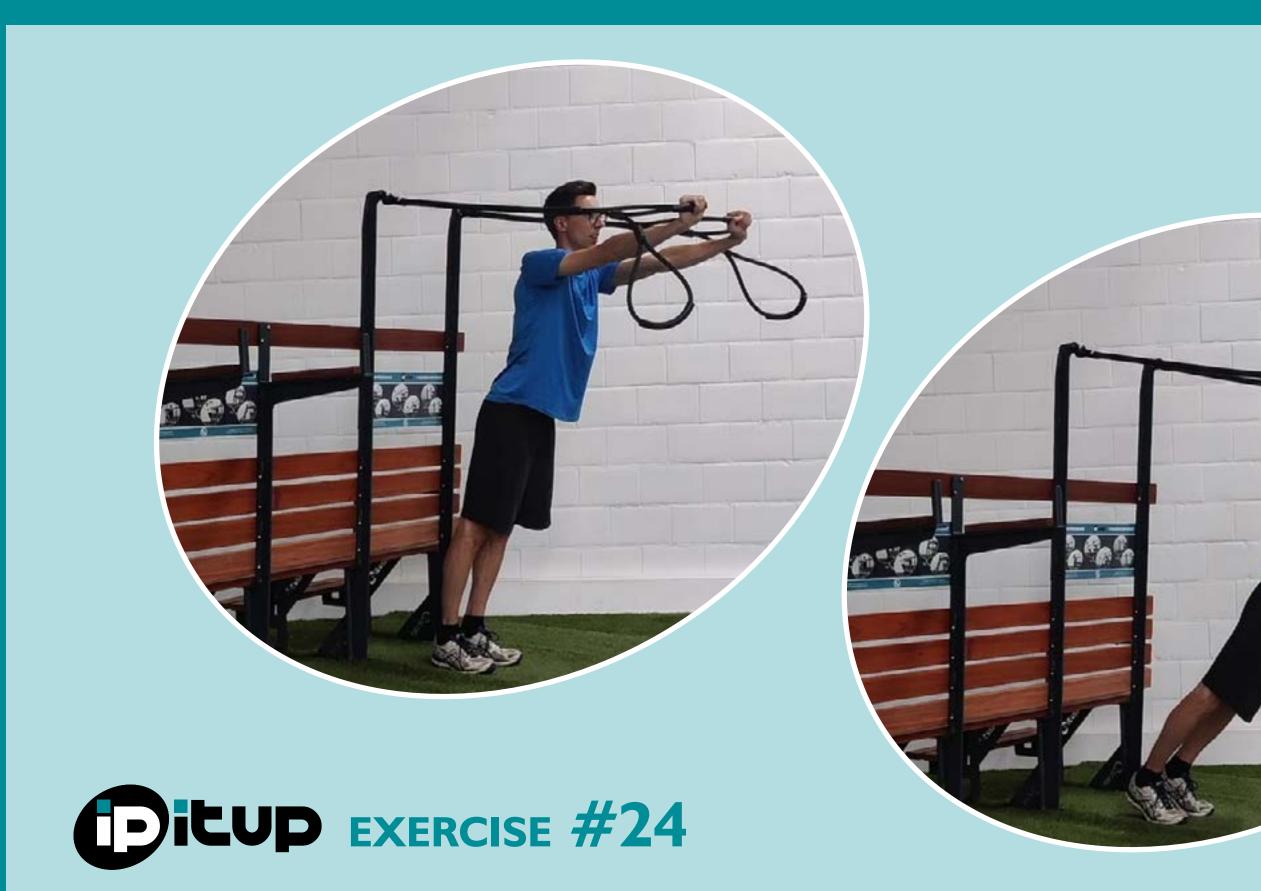




## LEVEL 2









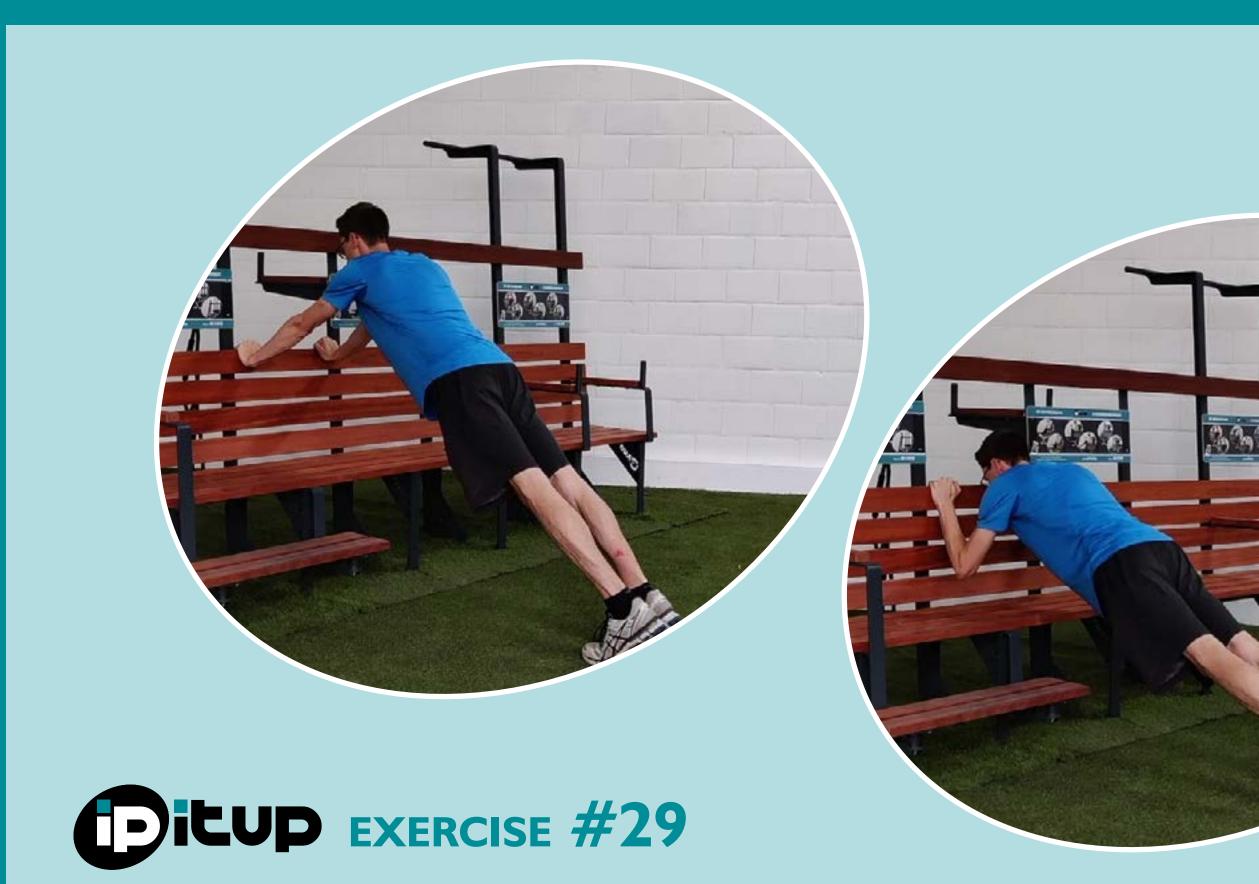


## LEVEL 3



## **LEVEL 5**











## PUSH LEVEL I

















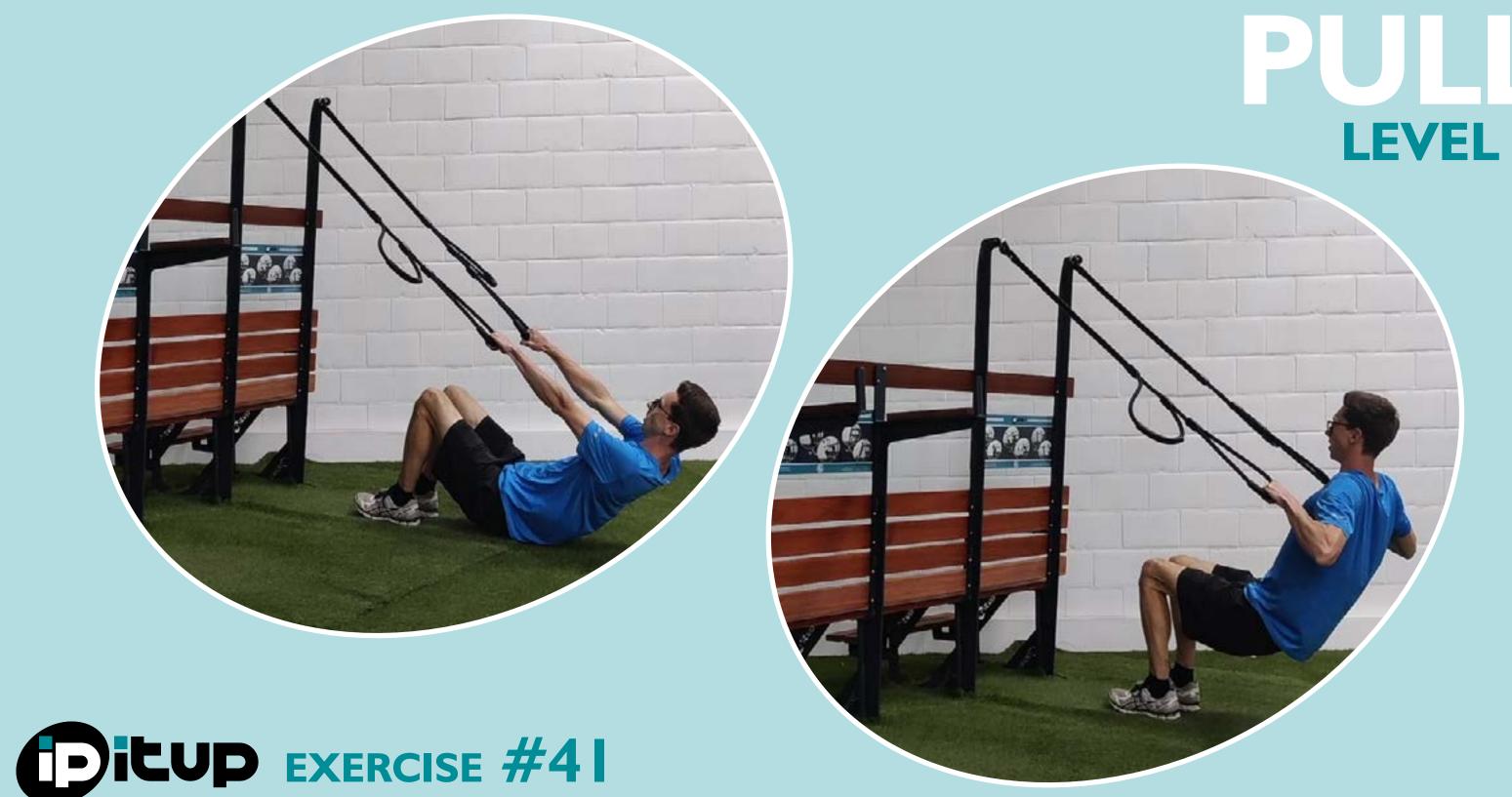


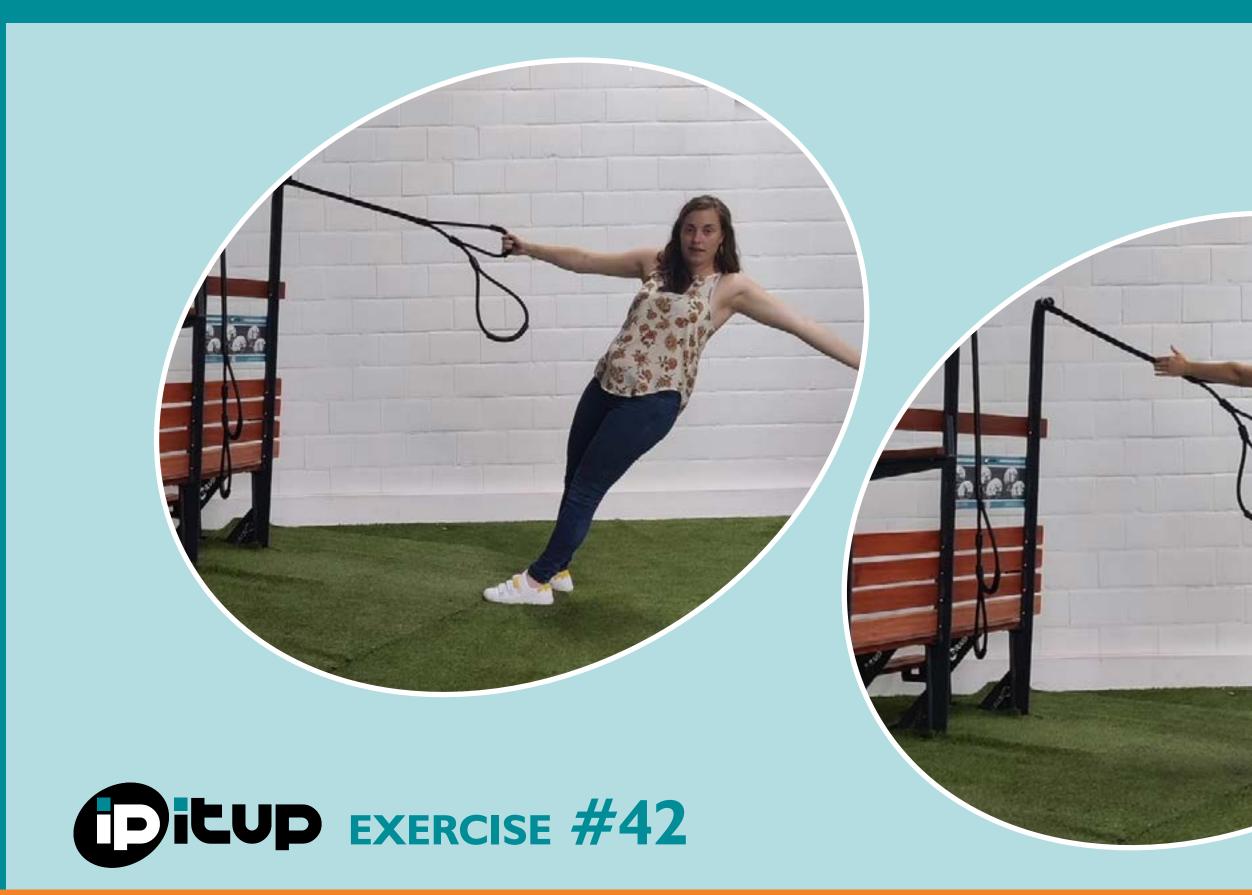
#### PUIL LEVEL 4



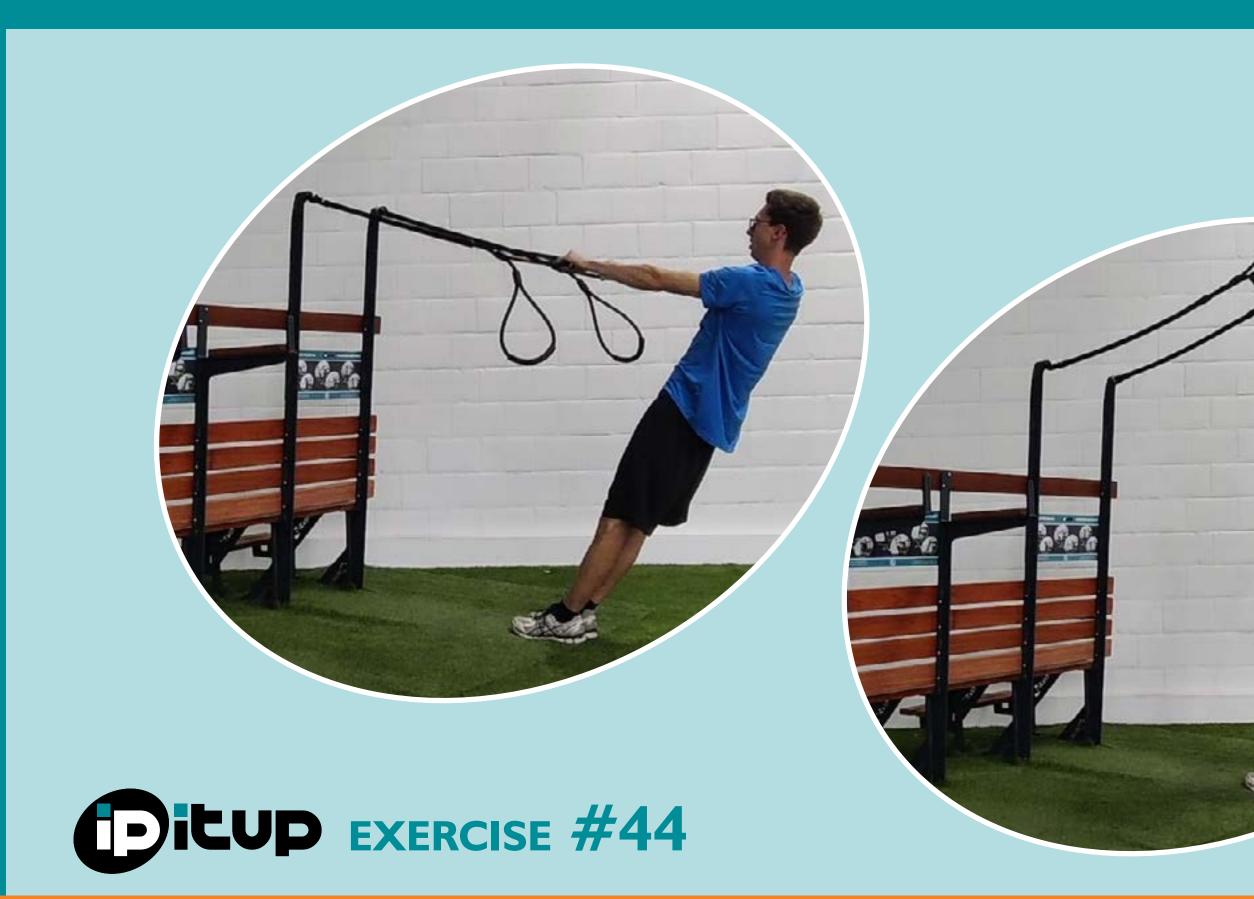
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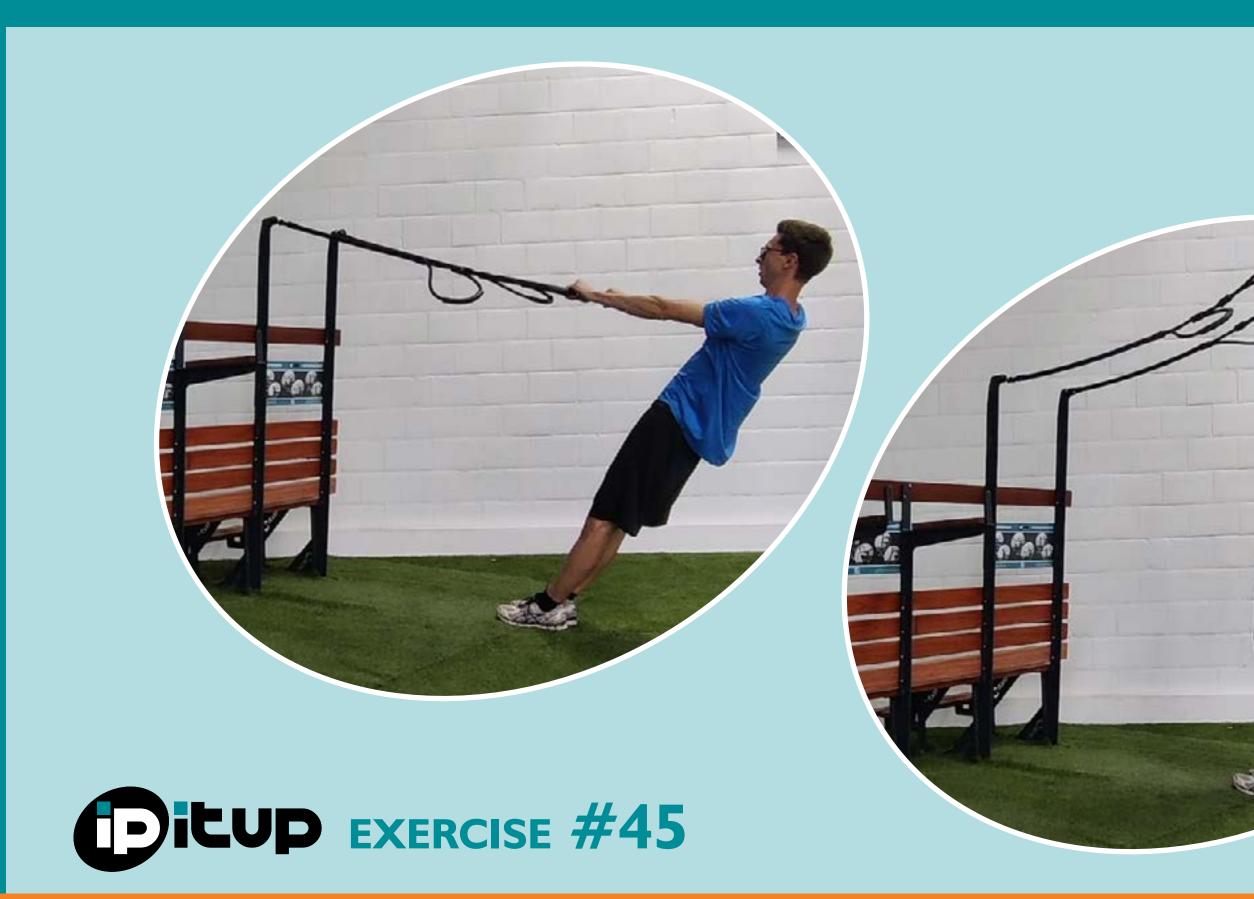






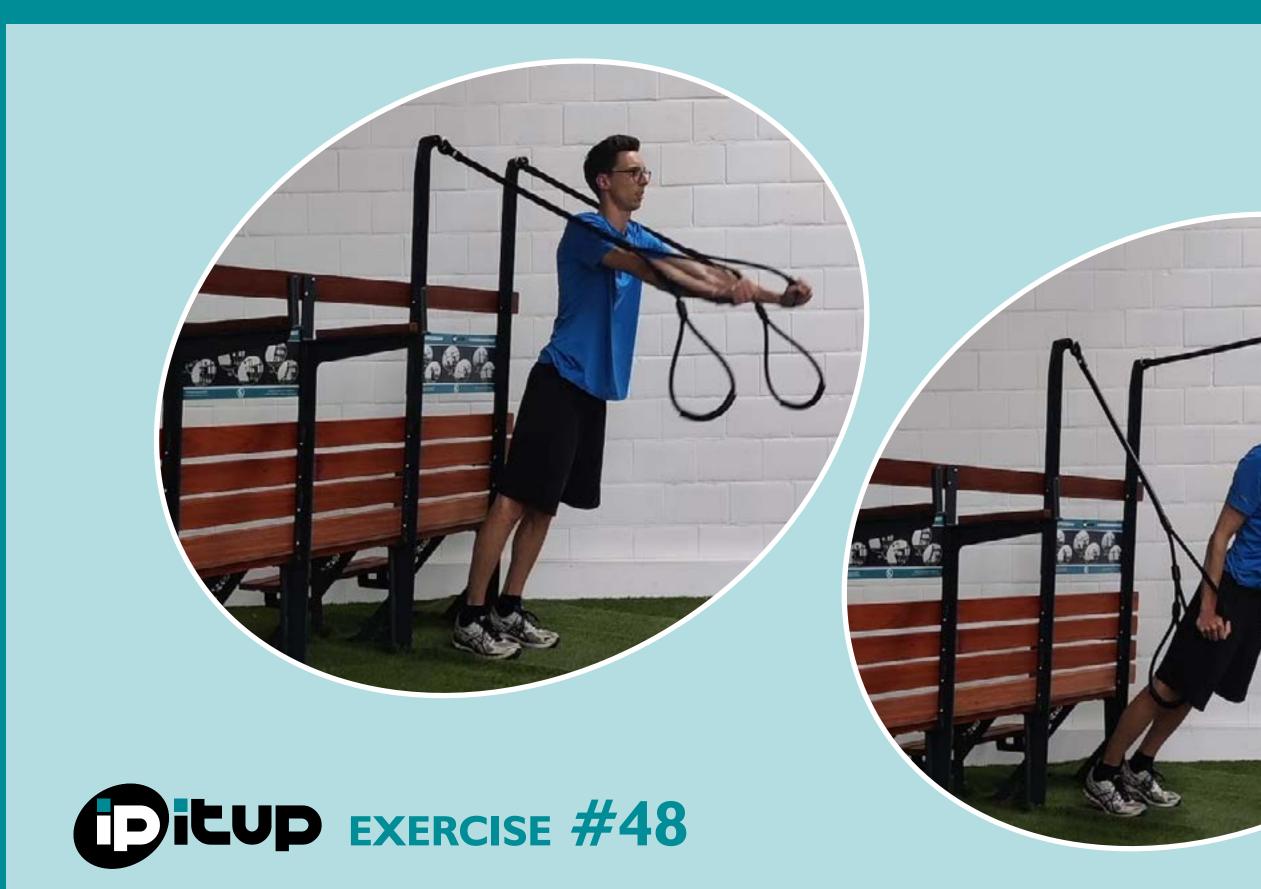


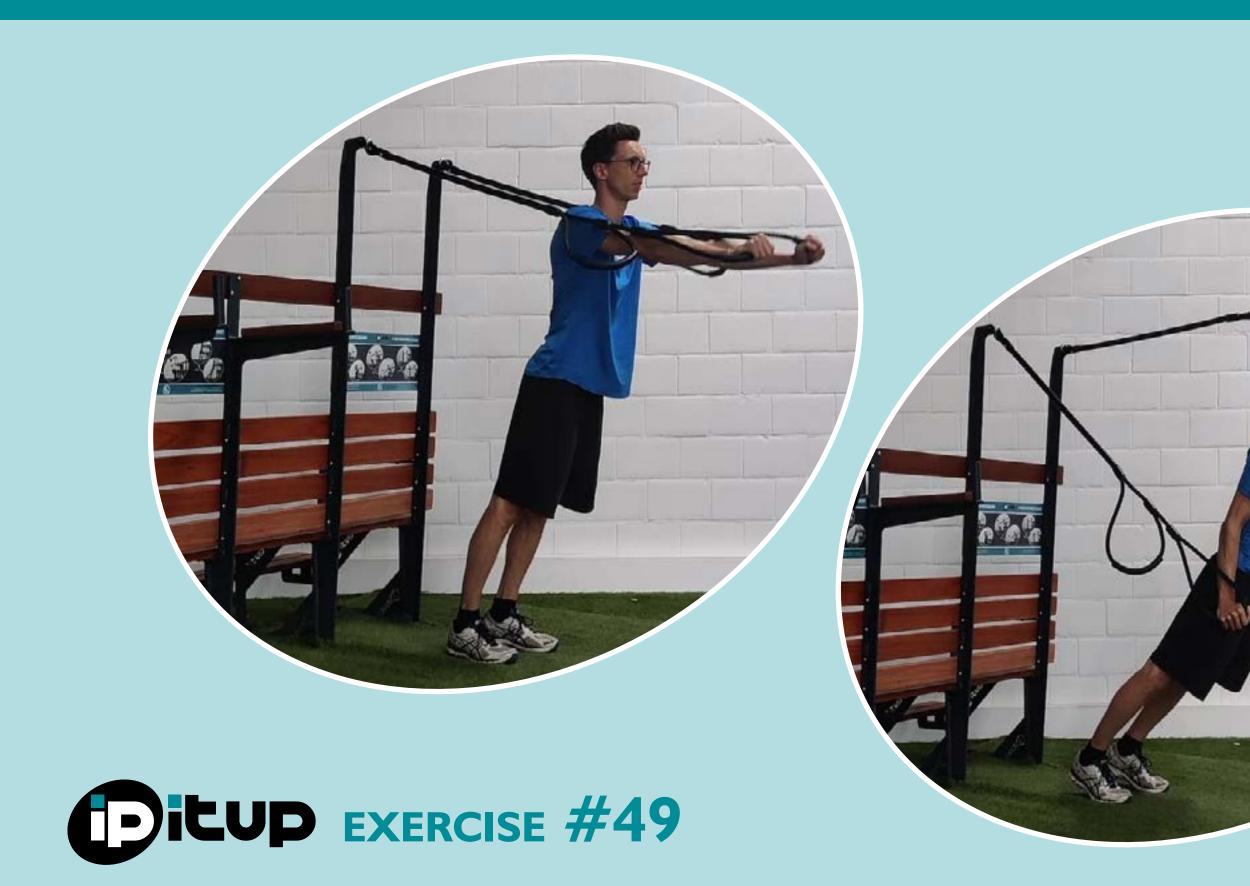






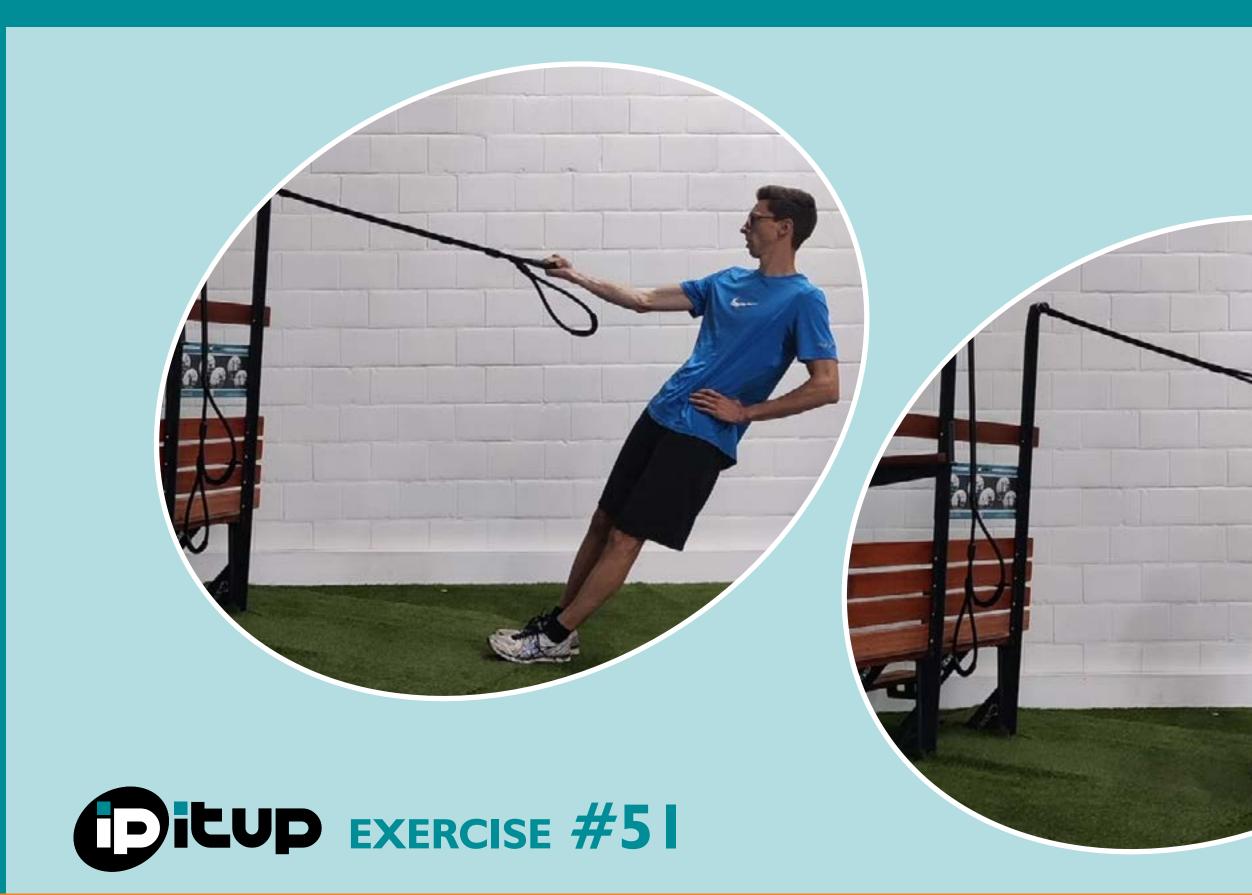








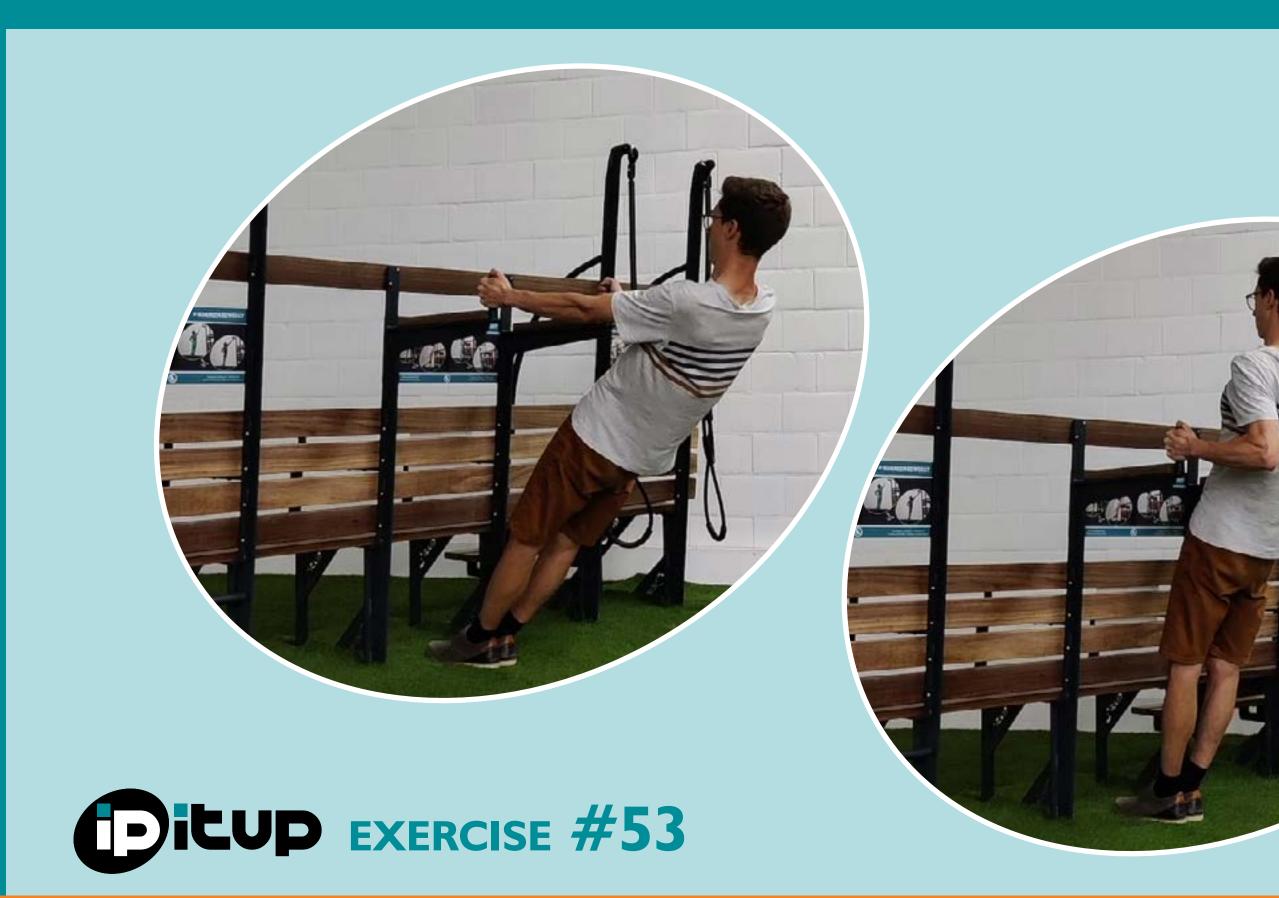
### PULL LEVEL I





#### PULL LEVEL I







### PULL LEVEL I



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### PUIL LEVEL 2

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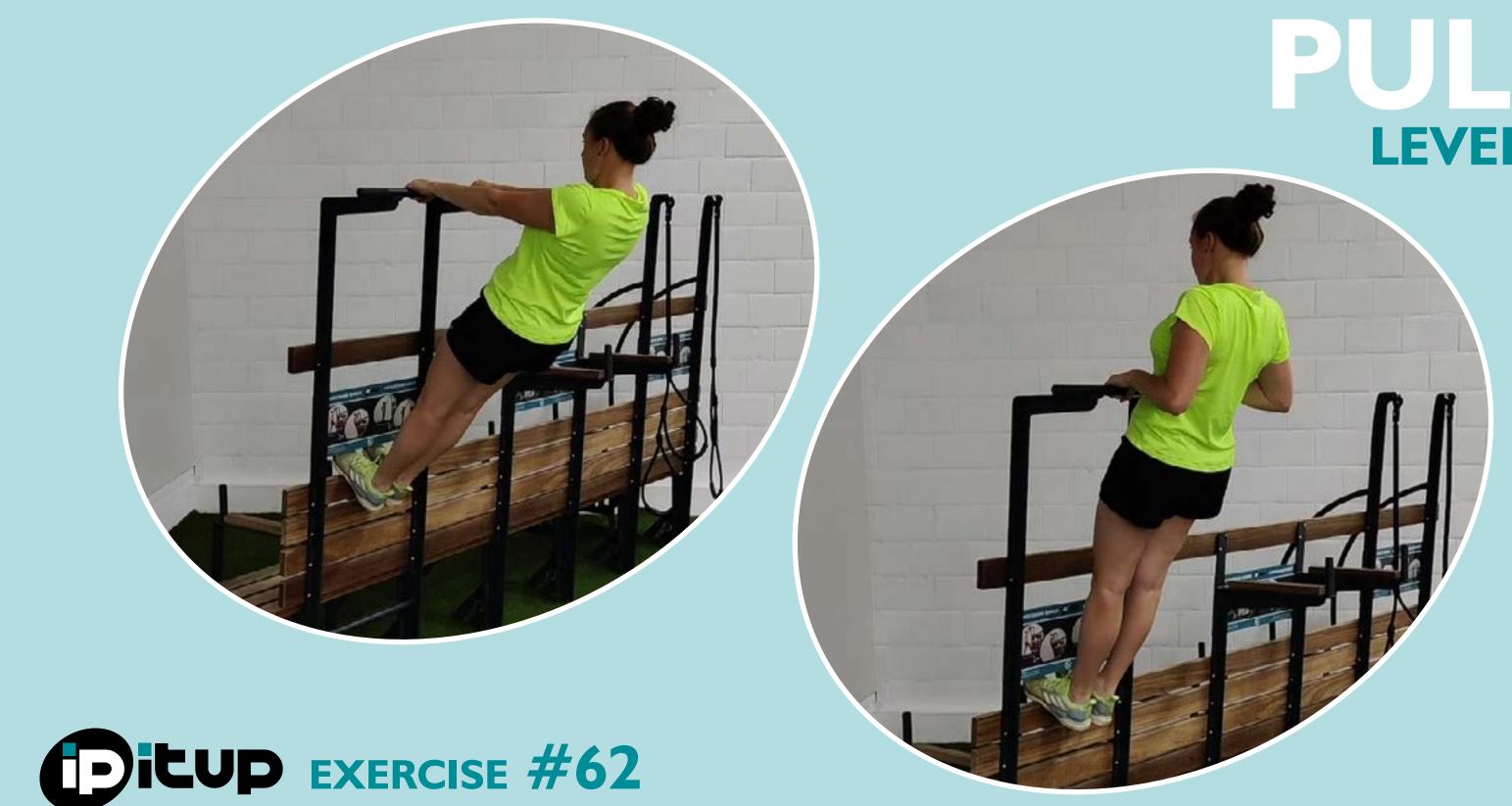






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#### PUIL LEVEL 2





#### PUIL LEVEL 4







#### PULL LEVEL I



### PULL LEVEL I





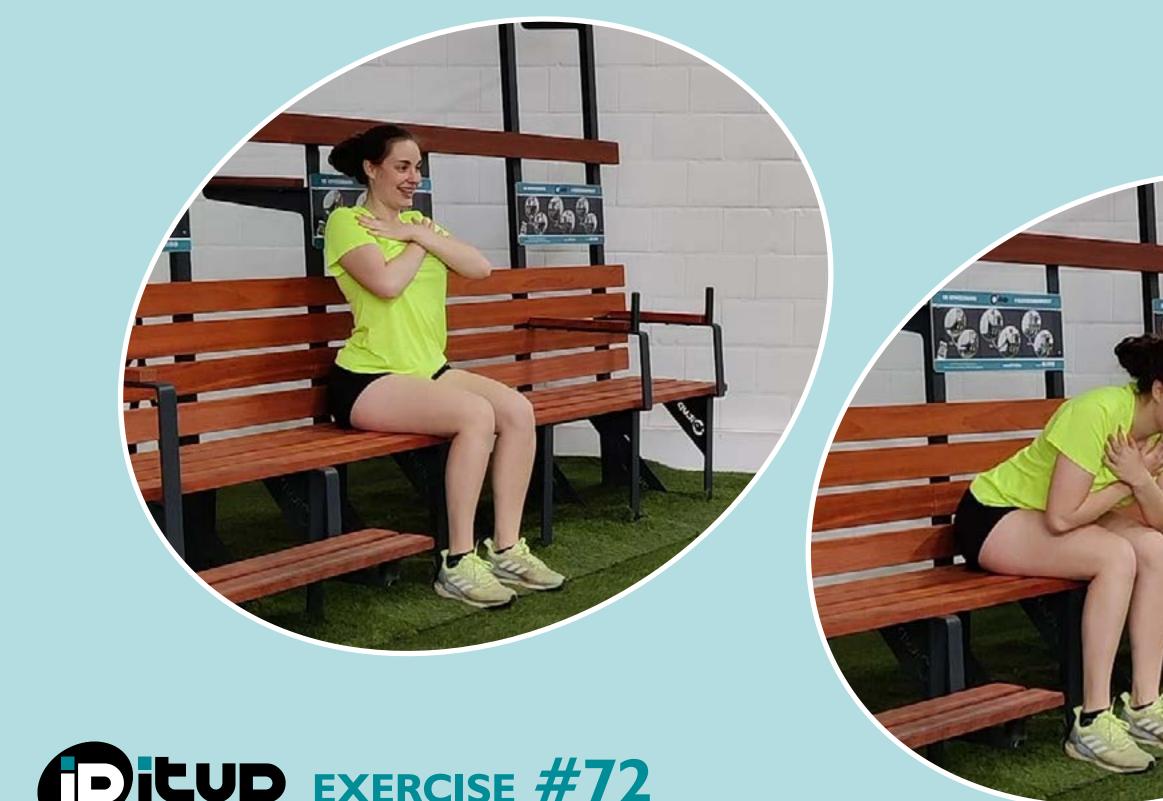














#### LEVEL I



#### LEVEL I



#### **LEVEL 2**

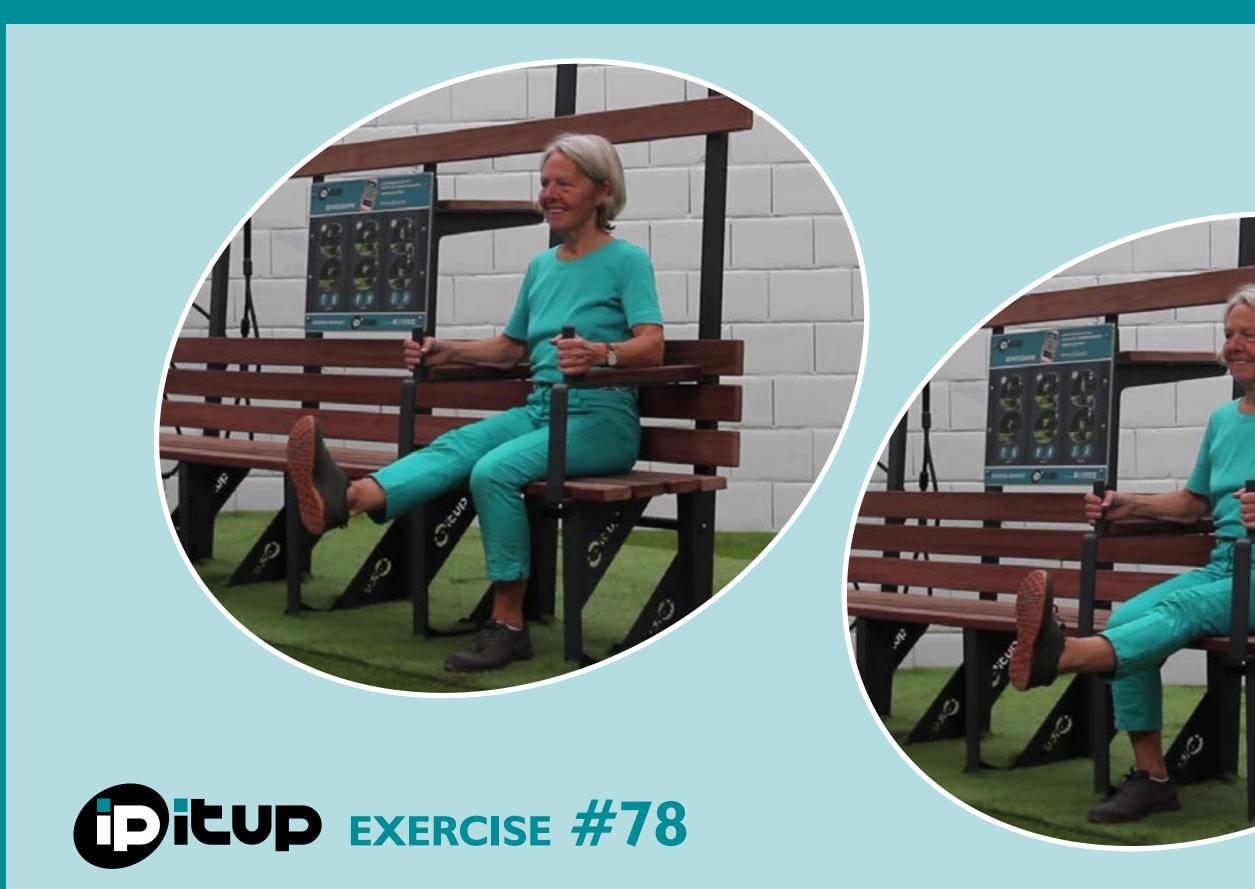








#### CORE LEVEL I



#### CORE LEVEL I















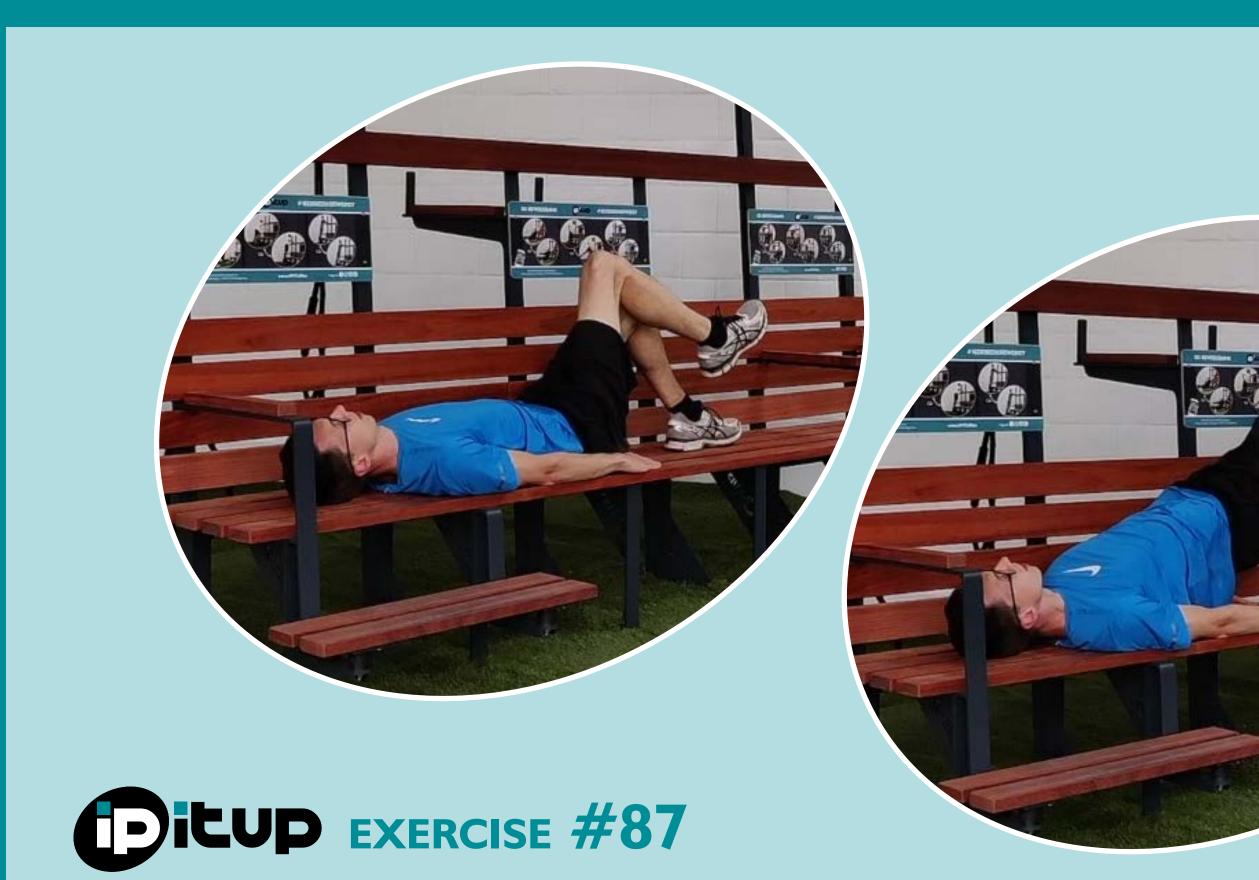




#### **LEVEL 2**



#### **LEVEL 2**





#### **LEVEL 2**



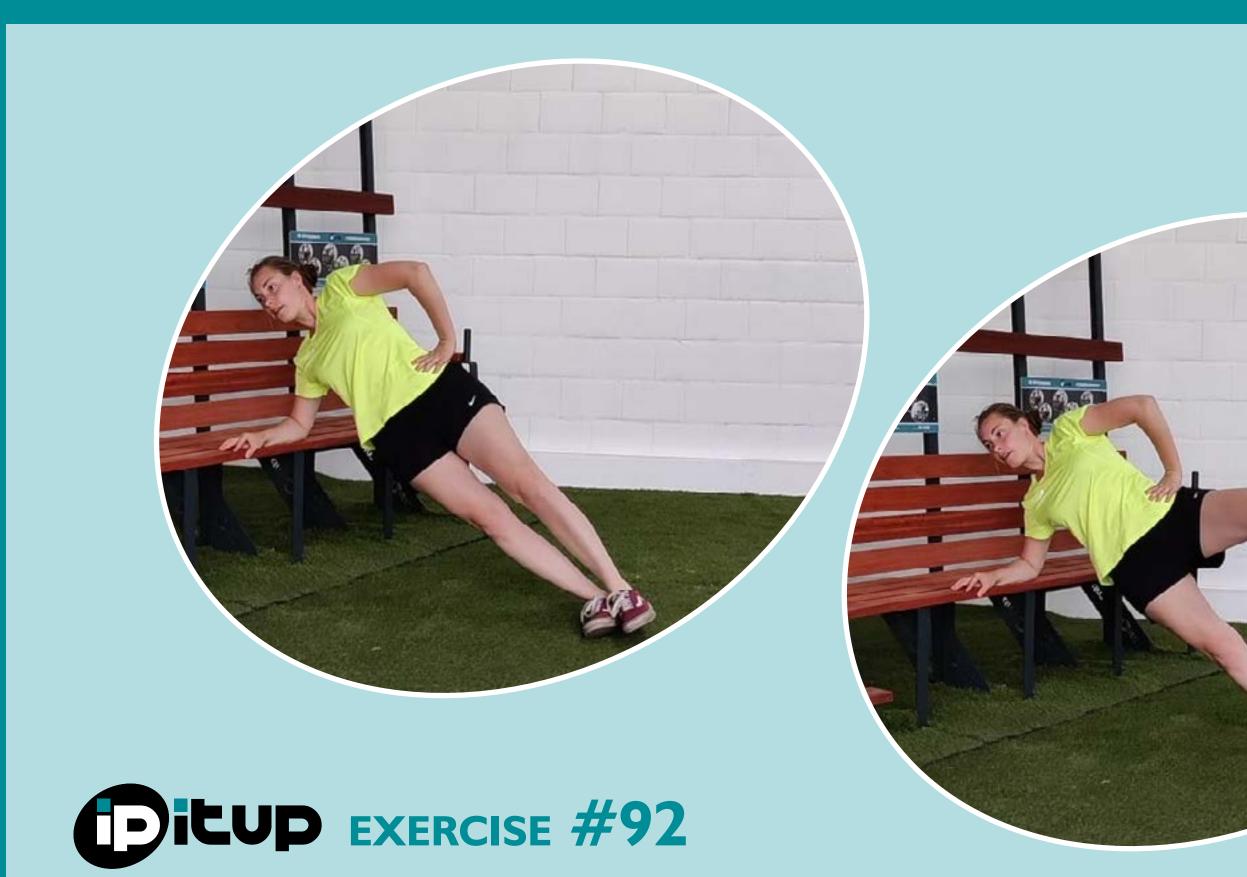
#### LEVEL 3

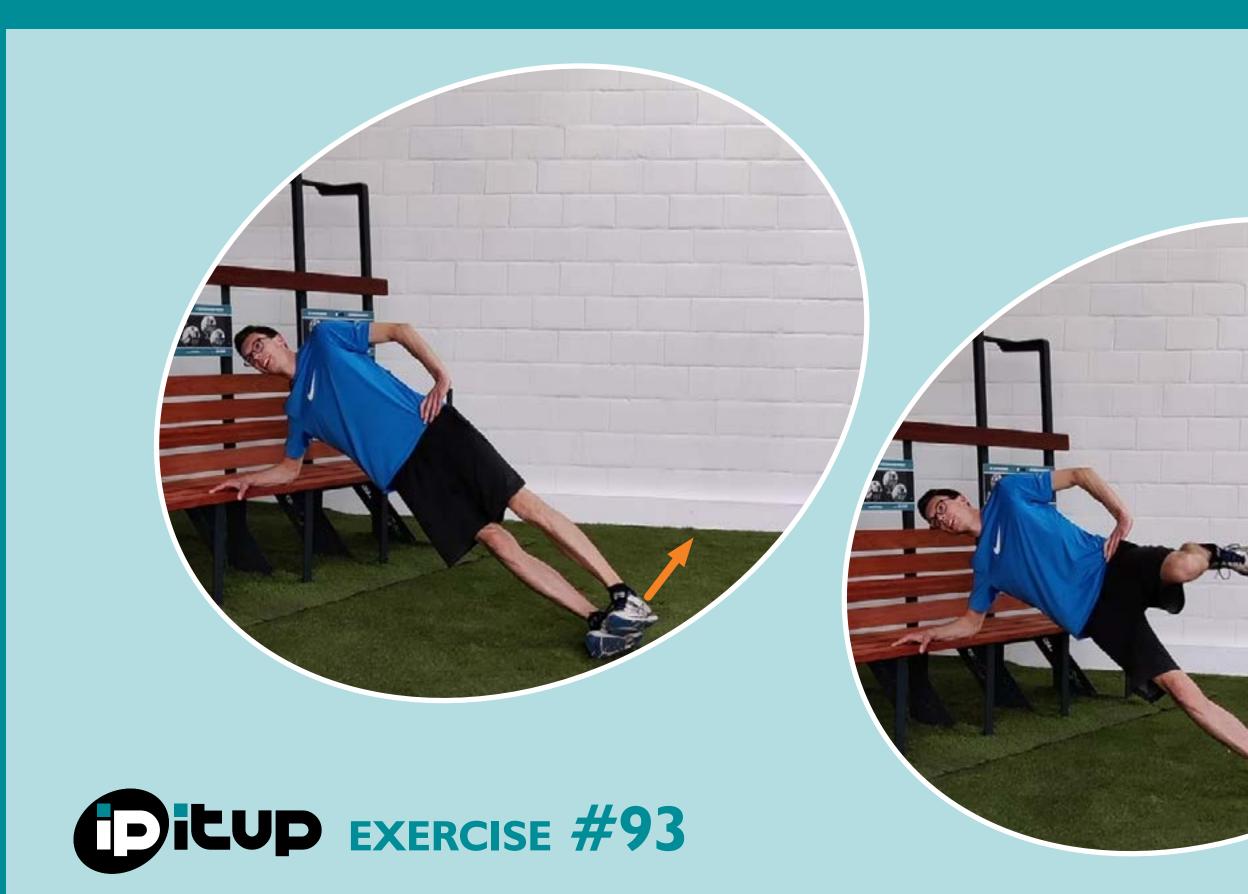


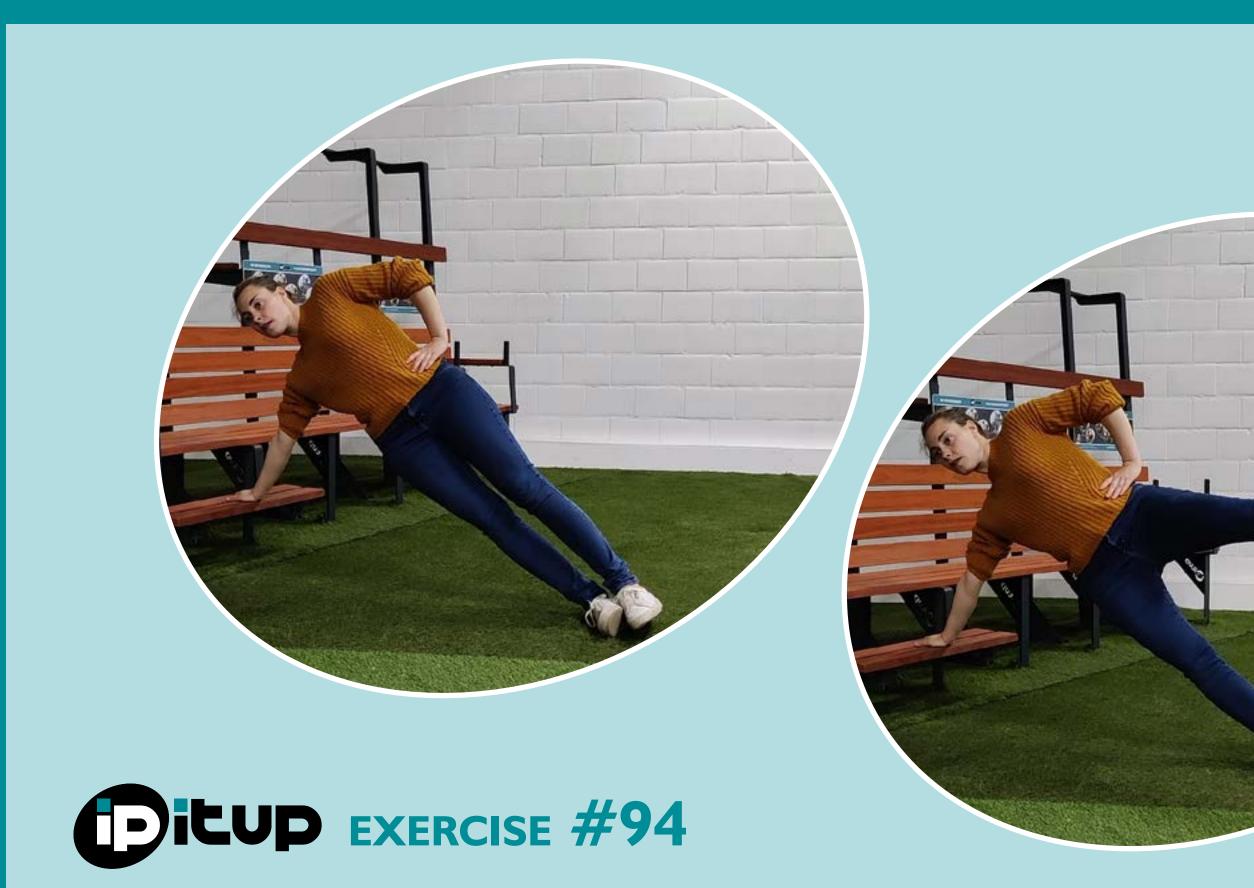
#### CORE LEVEL I

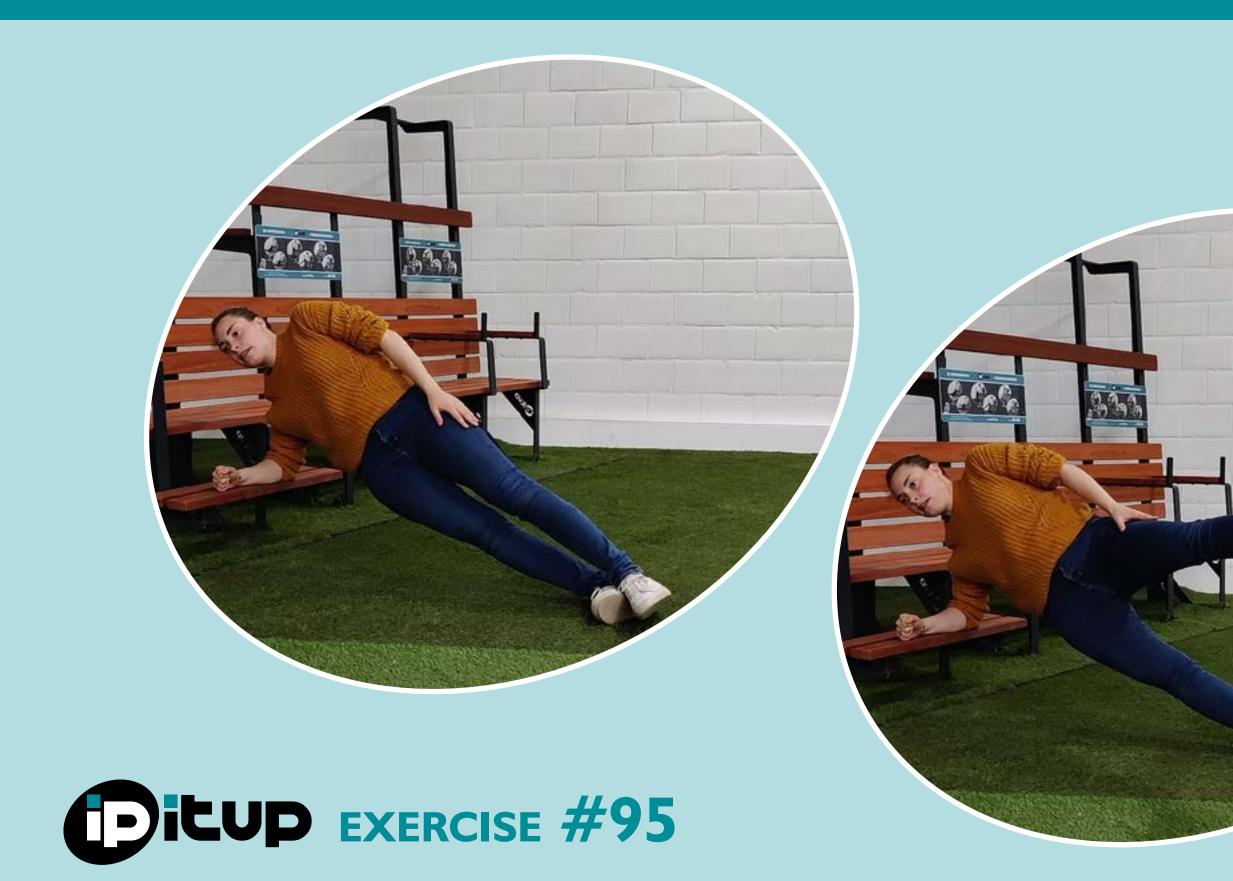
















#### **LEVEL 2**













# CORE **LEVEL I**

















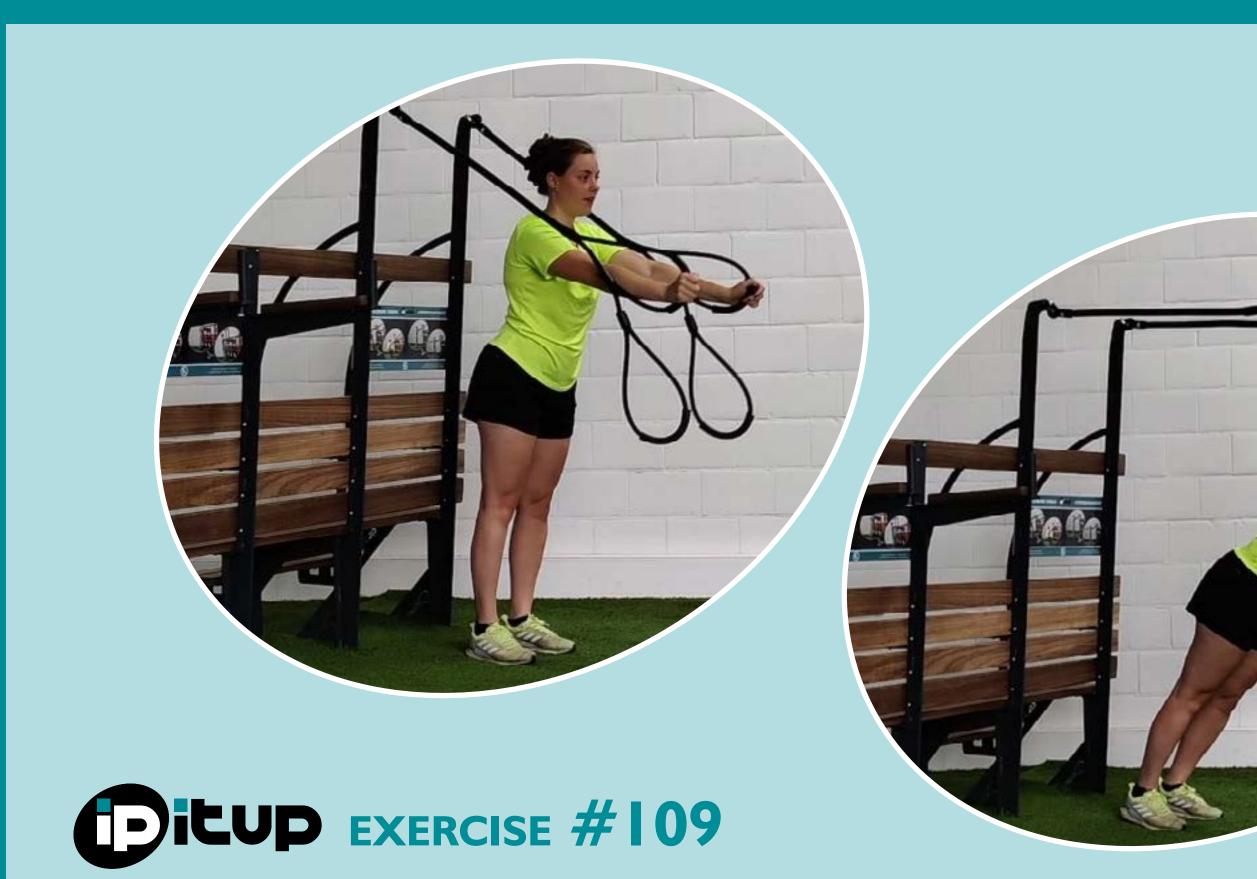
#### **LEVEL 2**



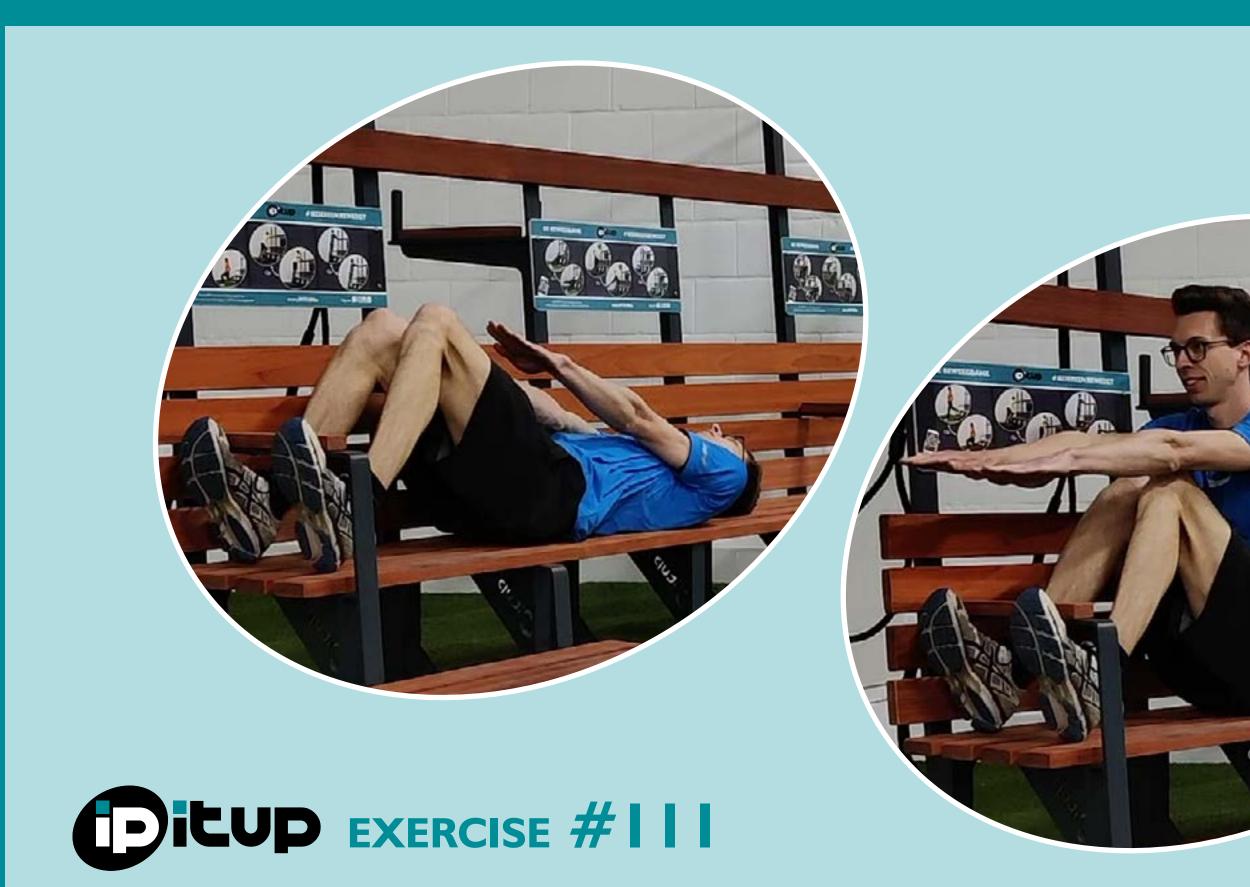








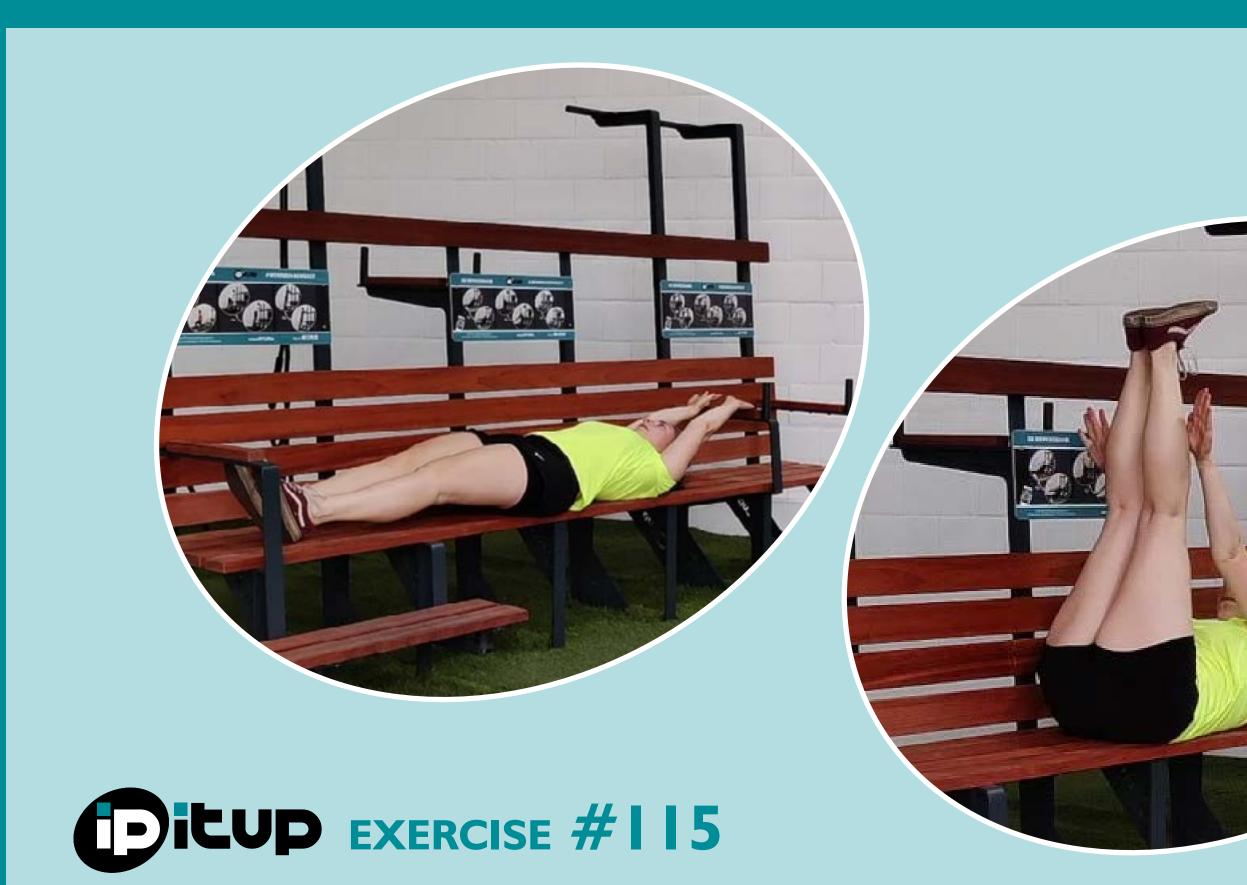






#### LEVEL 3











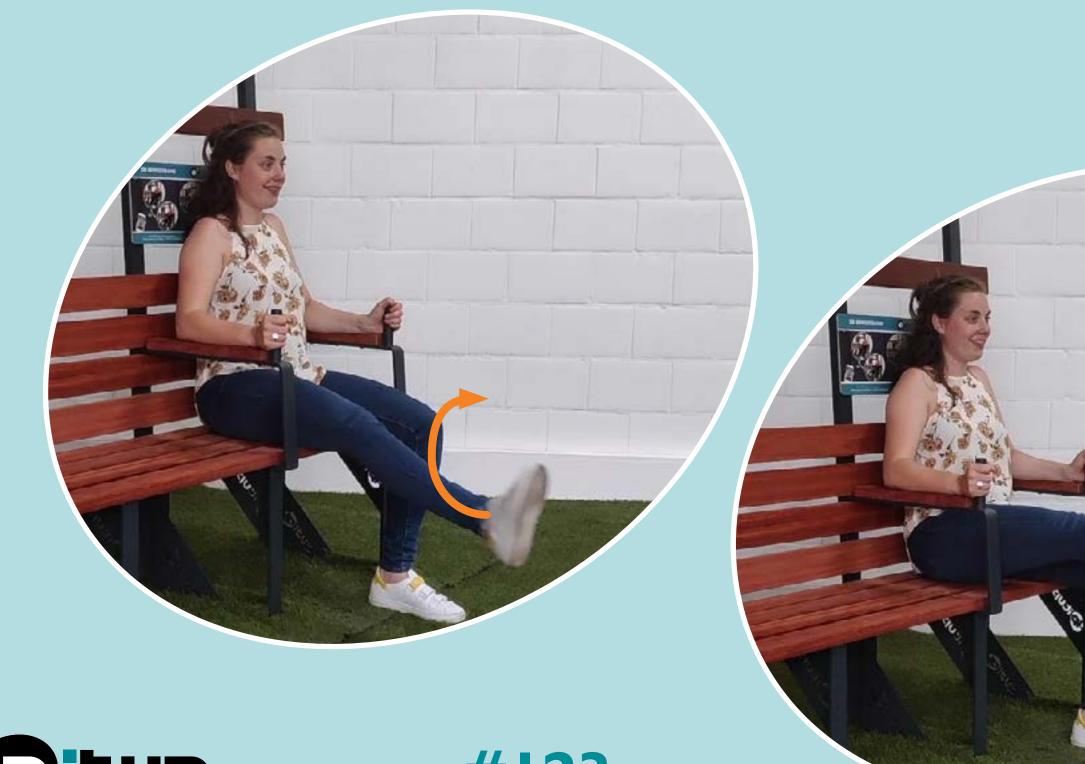








# **LEVEL 2**







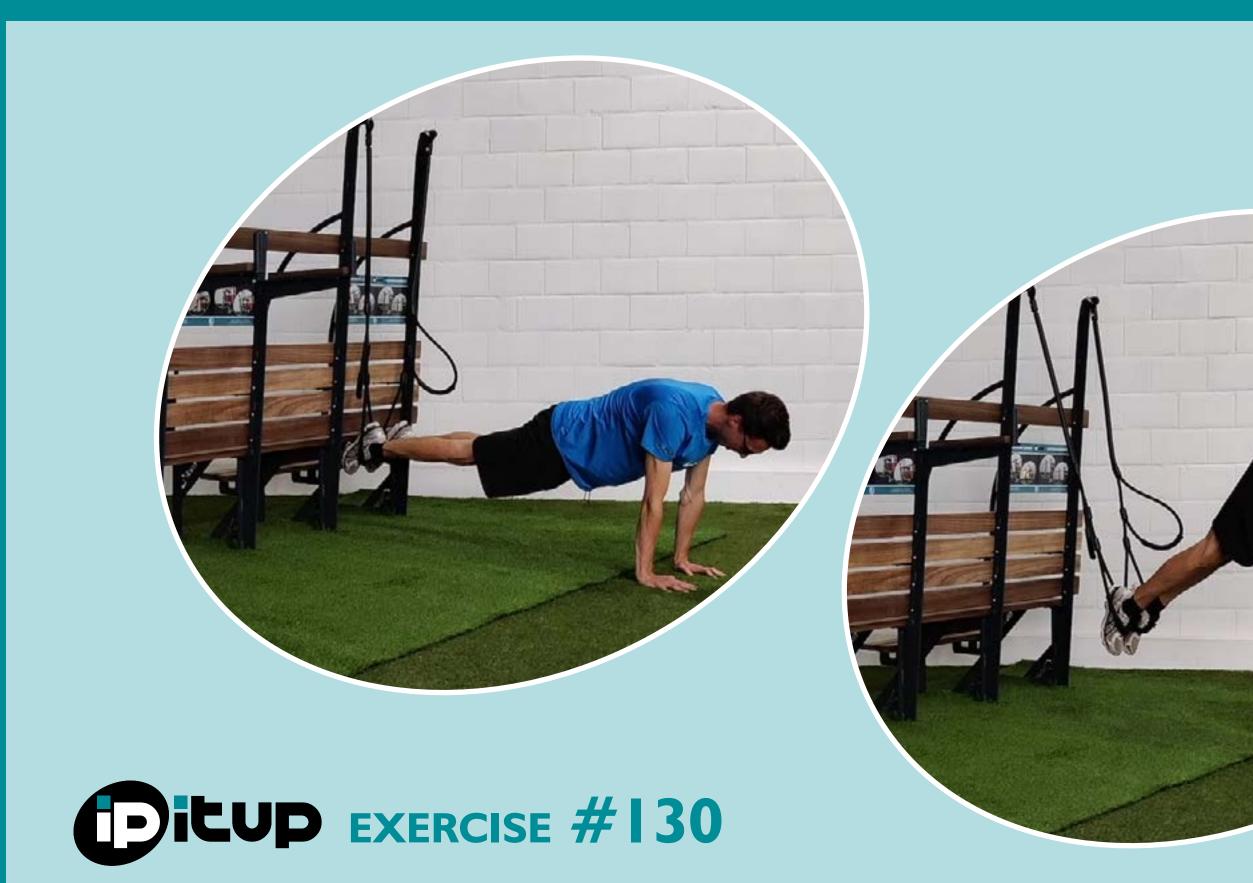


















#### **DILUP** EXERCISE #133

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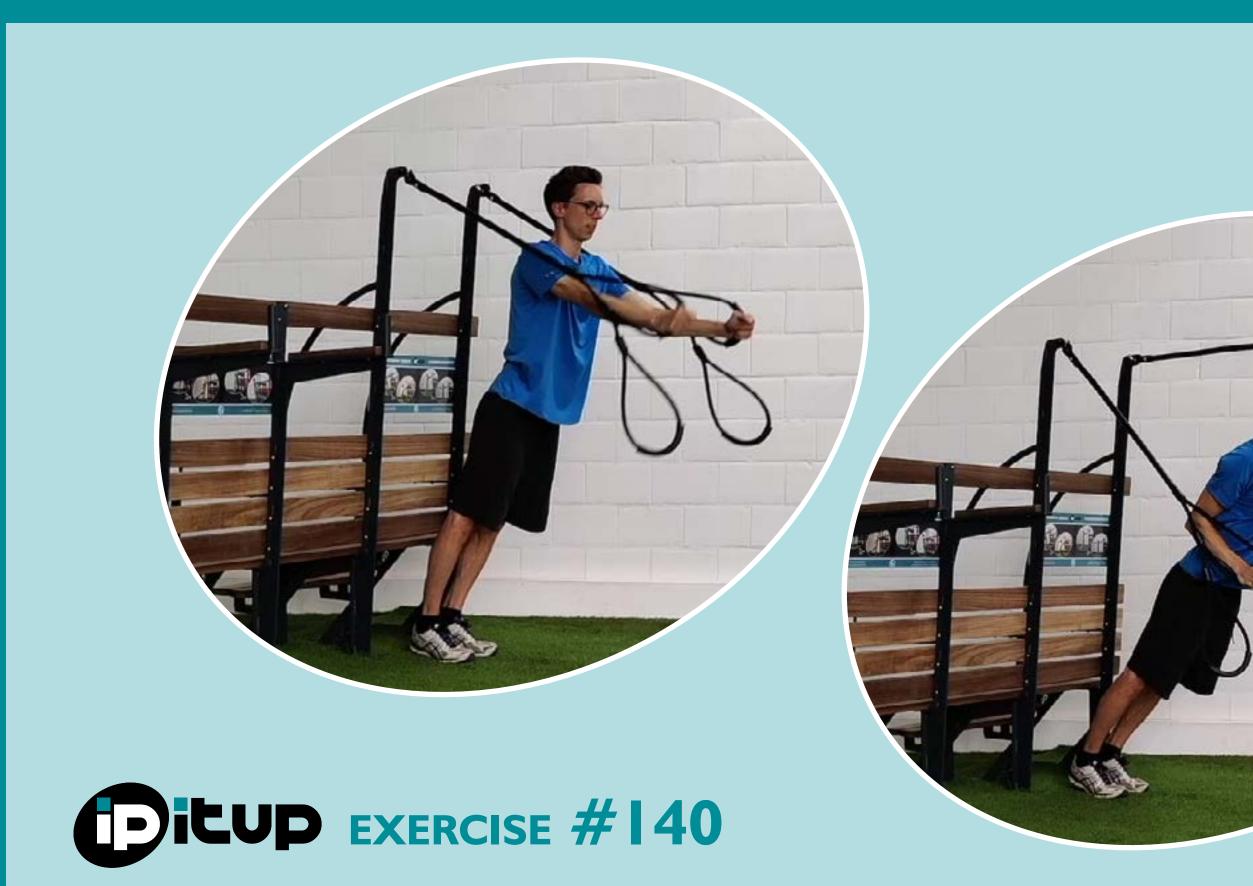






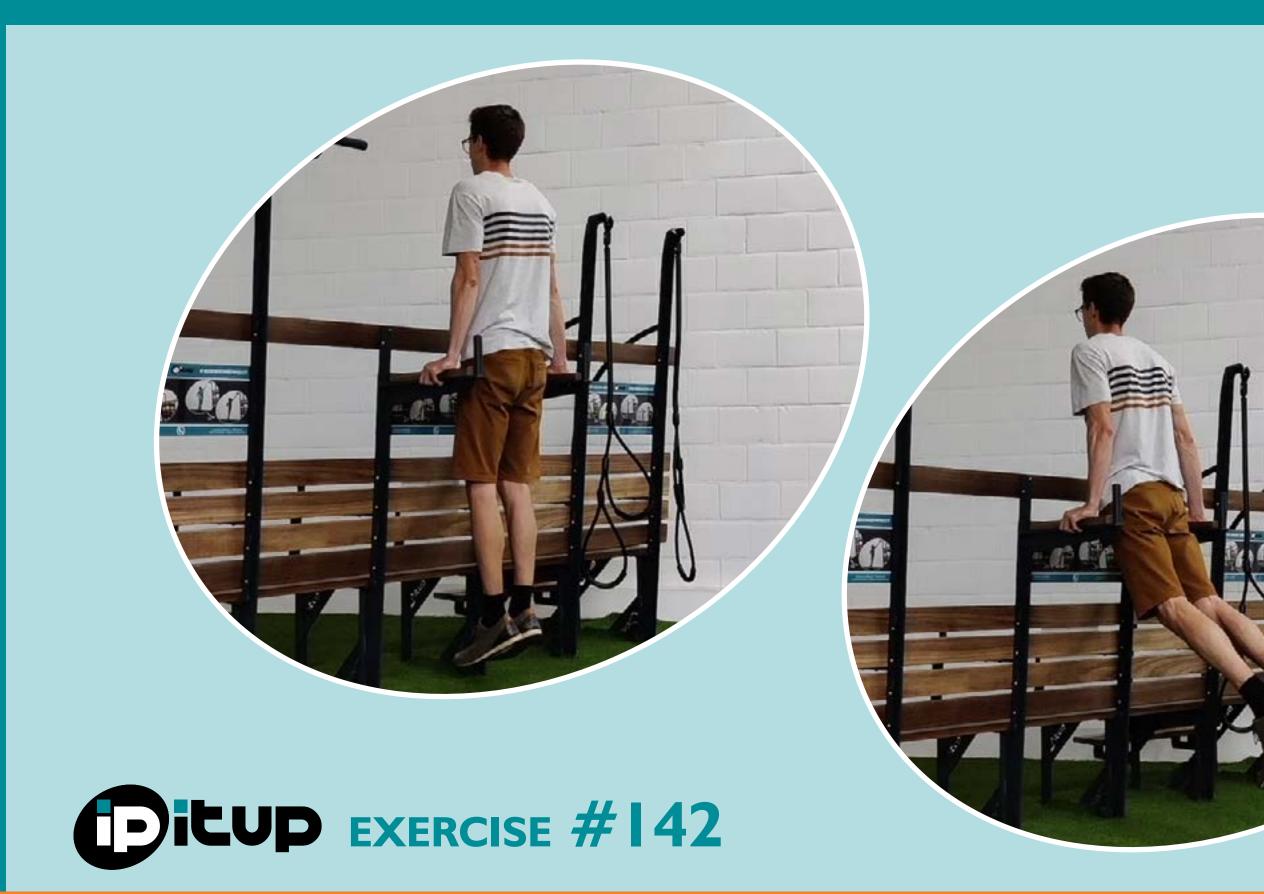


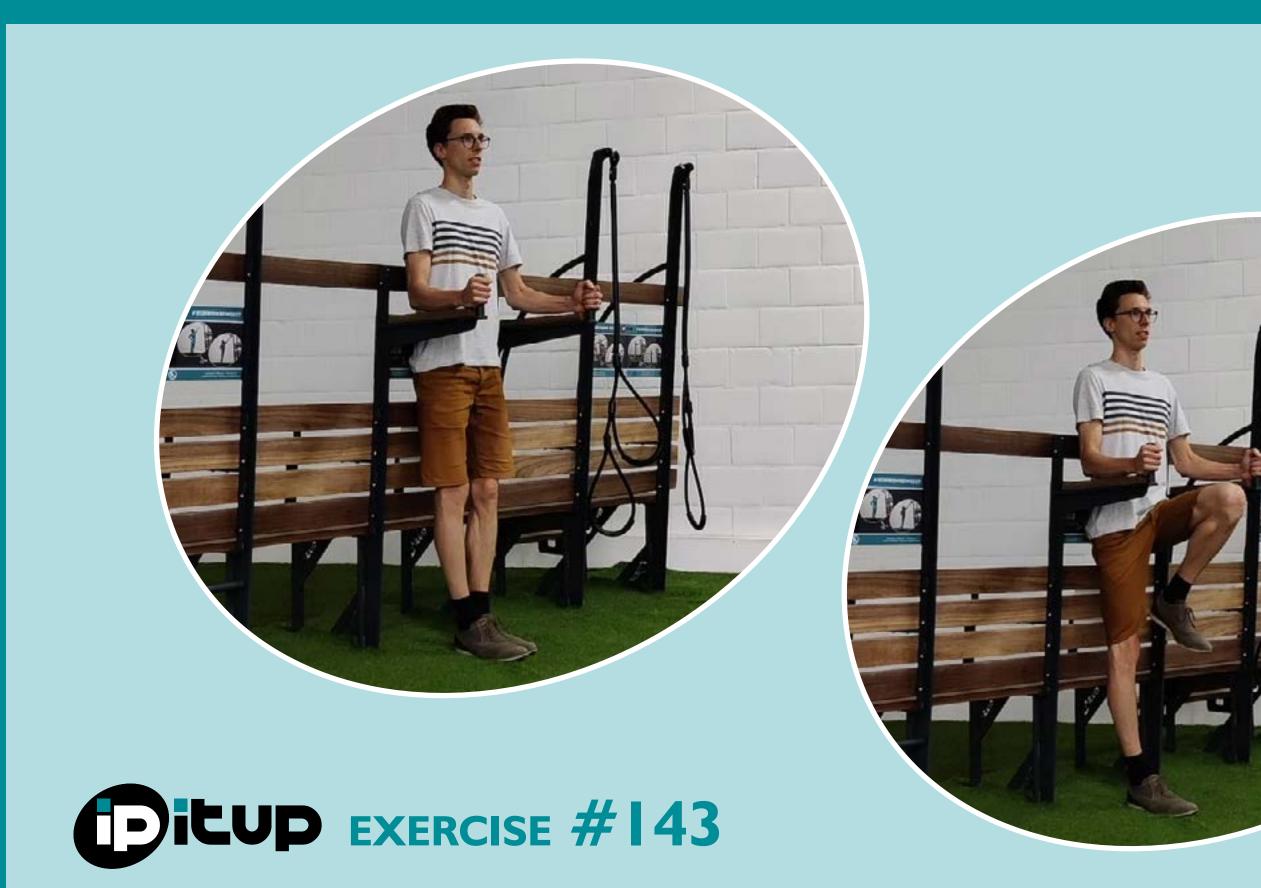






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# CORE LEVEL I

















#### CORE LEVEL 3

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#### CORE LEVEL I



#### CORE LEVEL I



#### LEVEL I



#### CORE LEVEL I



#### CORE LEVEL I





#### CORE LEVEL I

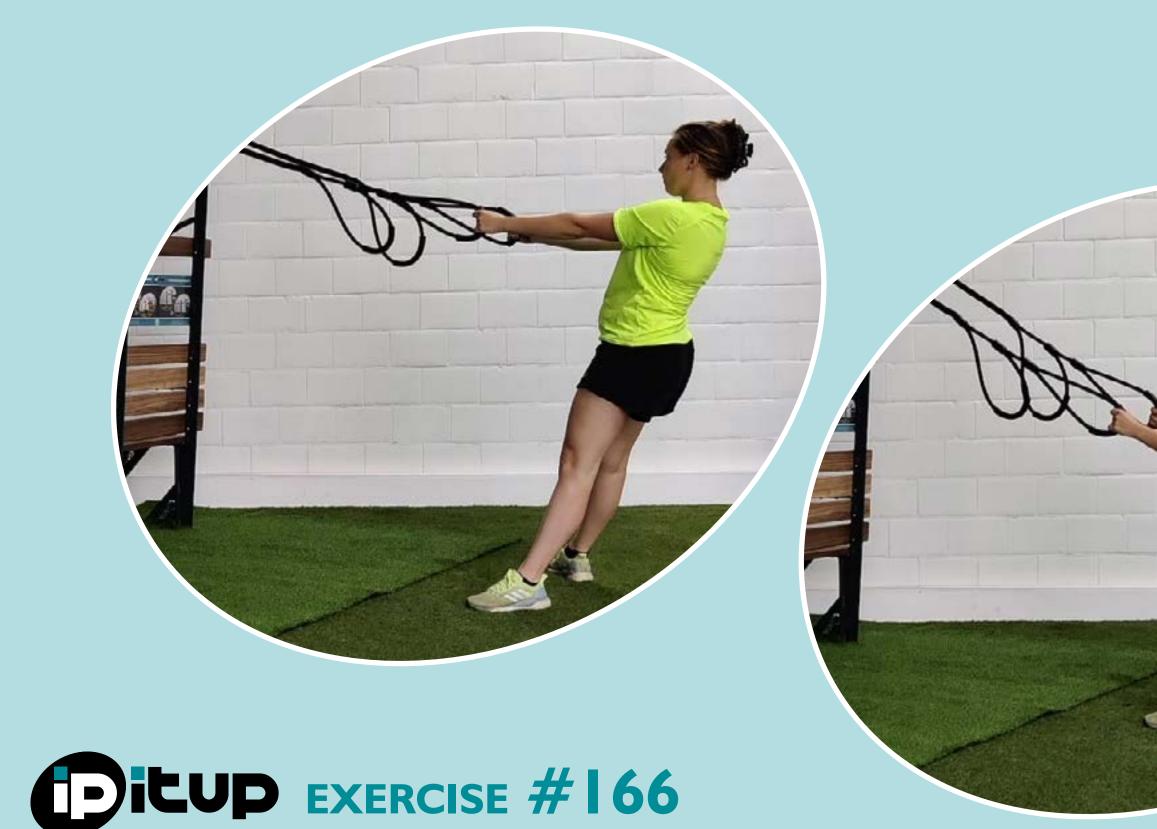


















































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### SOUAT LEVEL 2









### **5 LEVELS**



### LEVEL I



ORUD

### BALANCE LEVEL I



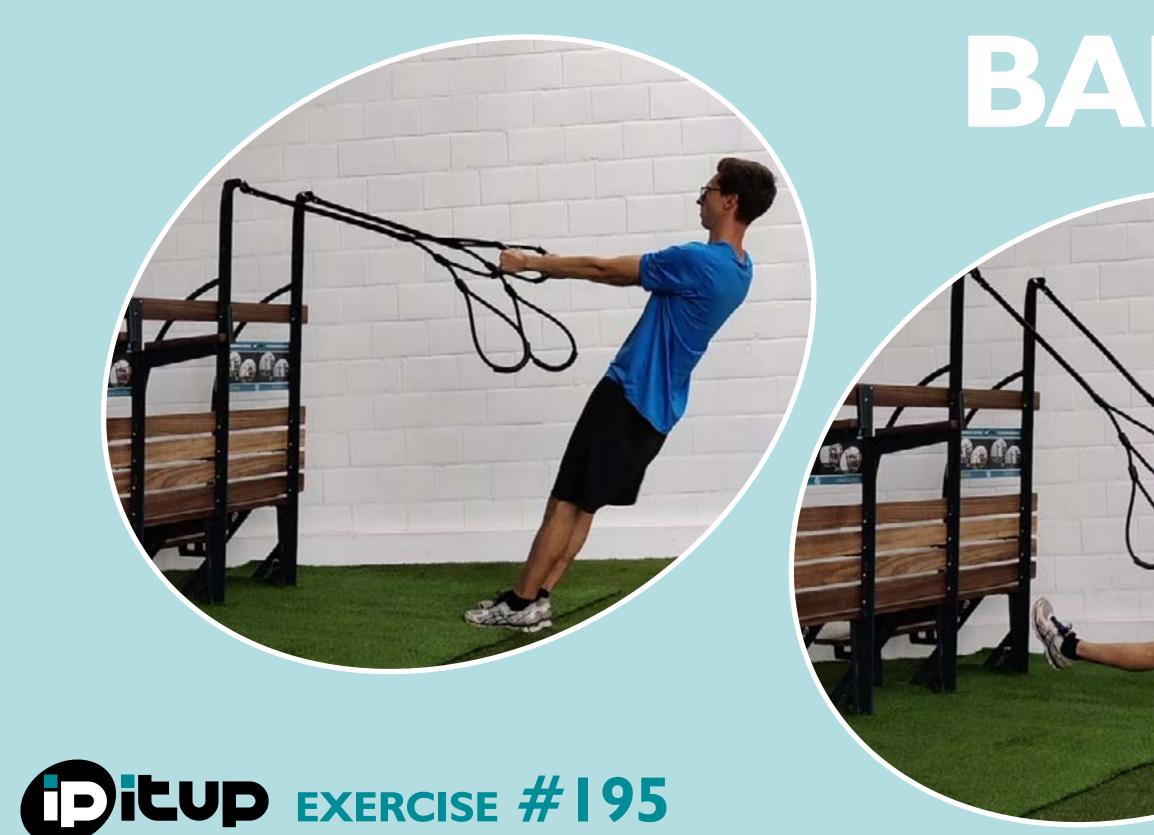
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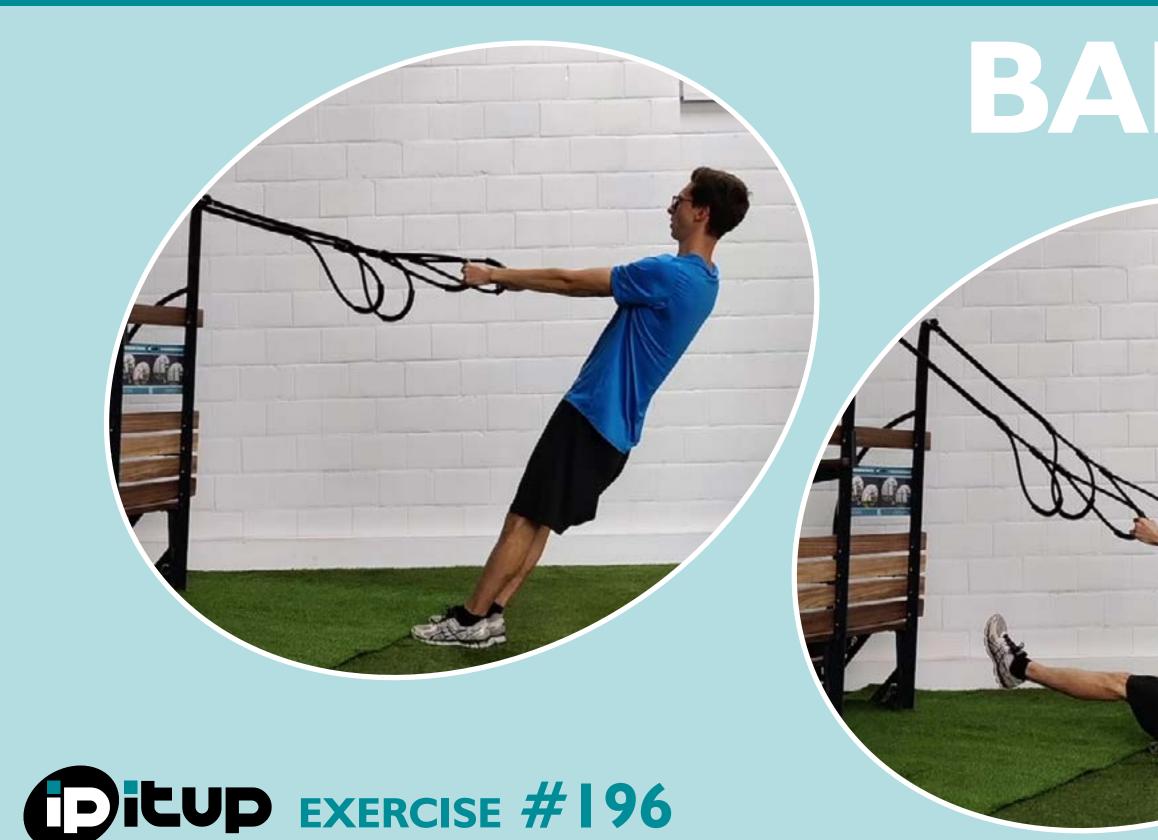
















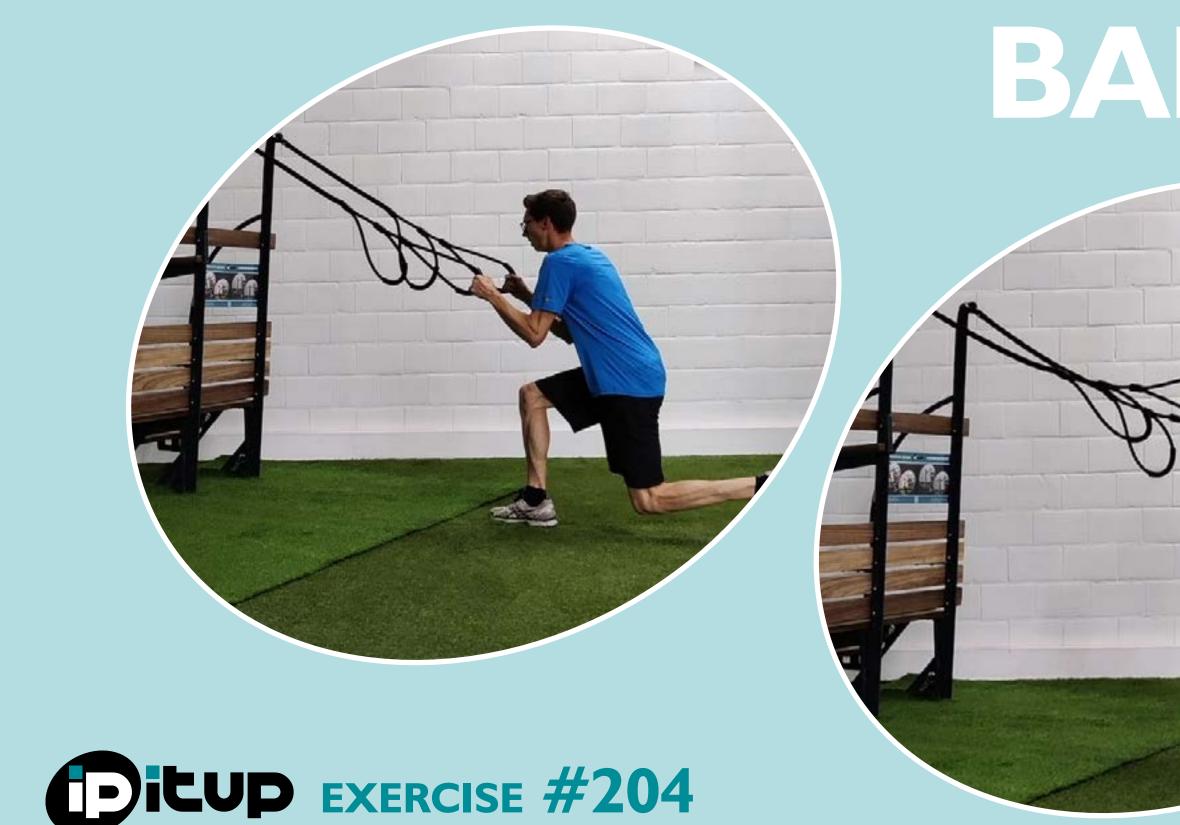


# **LEVEL 5**















# **LEVEL 2**





















# LEVEL 3



# **LEVEL 4**

























# **LEVEL 5**





### **5 LEVELS**























### **5 LEVELS**



## PARTNER LEVEL 4