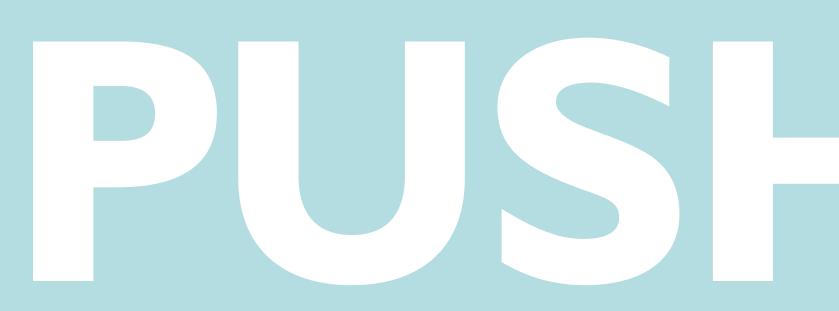


# EXERCISE

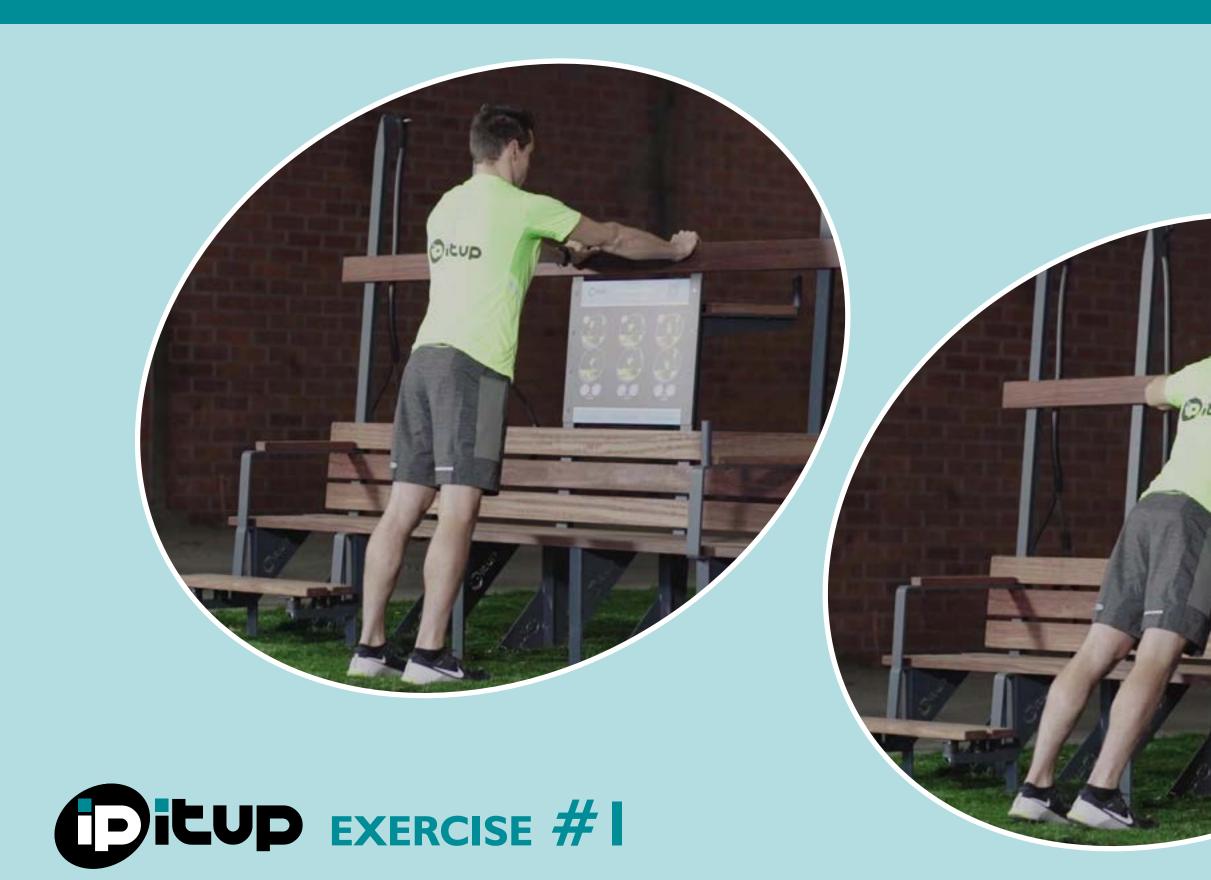


#### **5 LEVELS**





#### **5 LEVELS**



#### PUSH LEVEL I

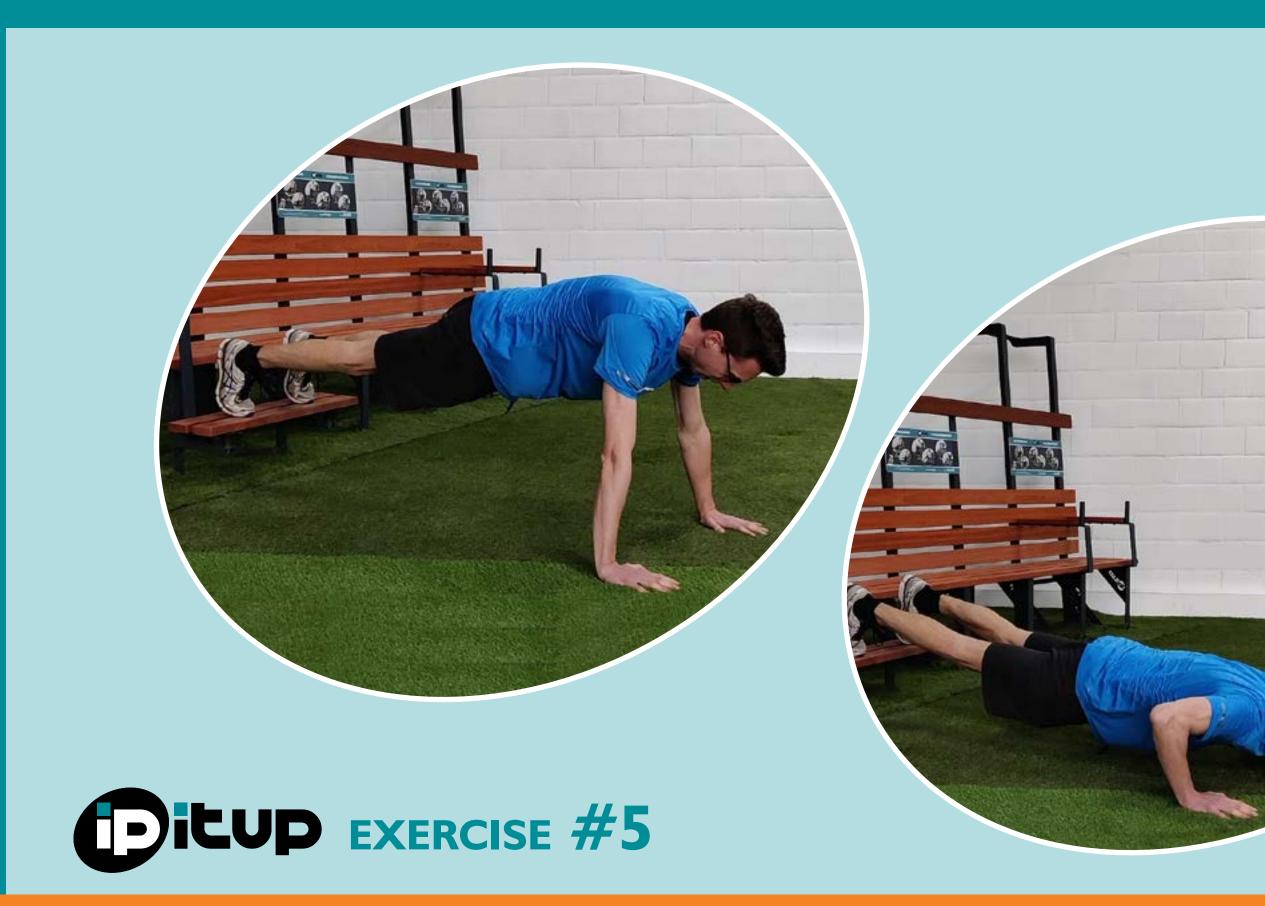






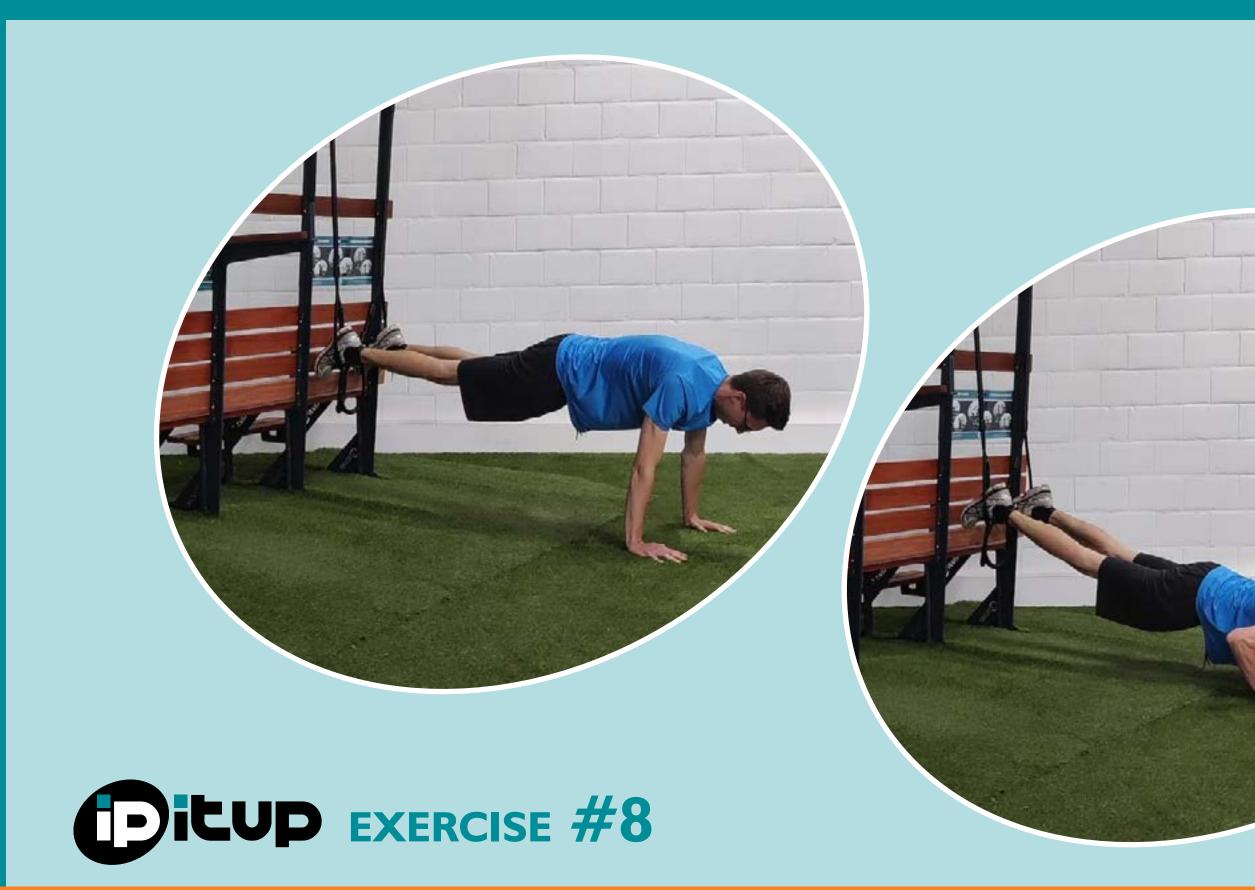








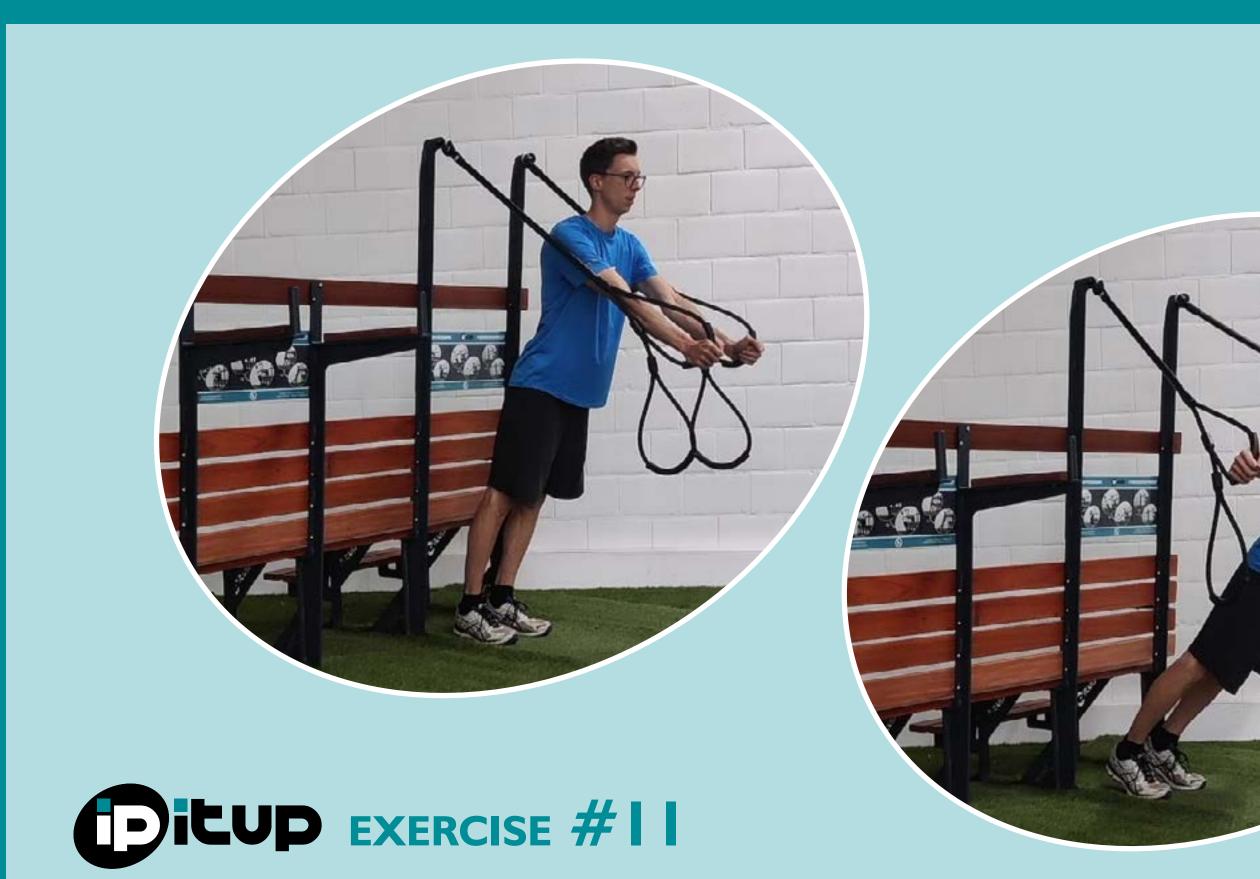


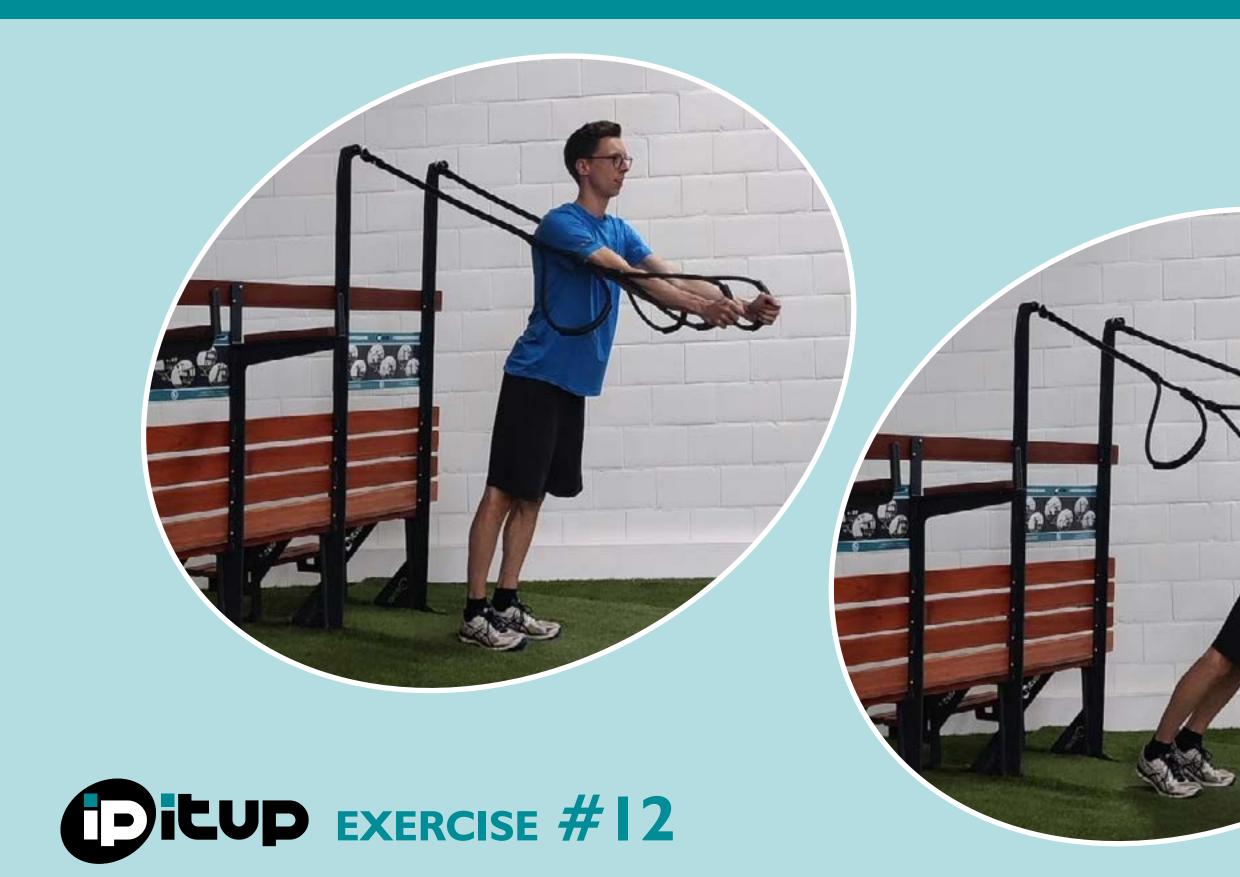


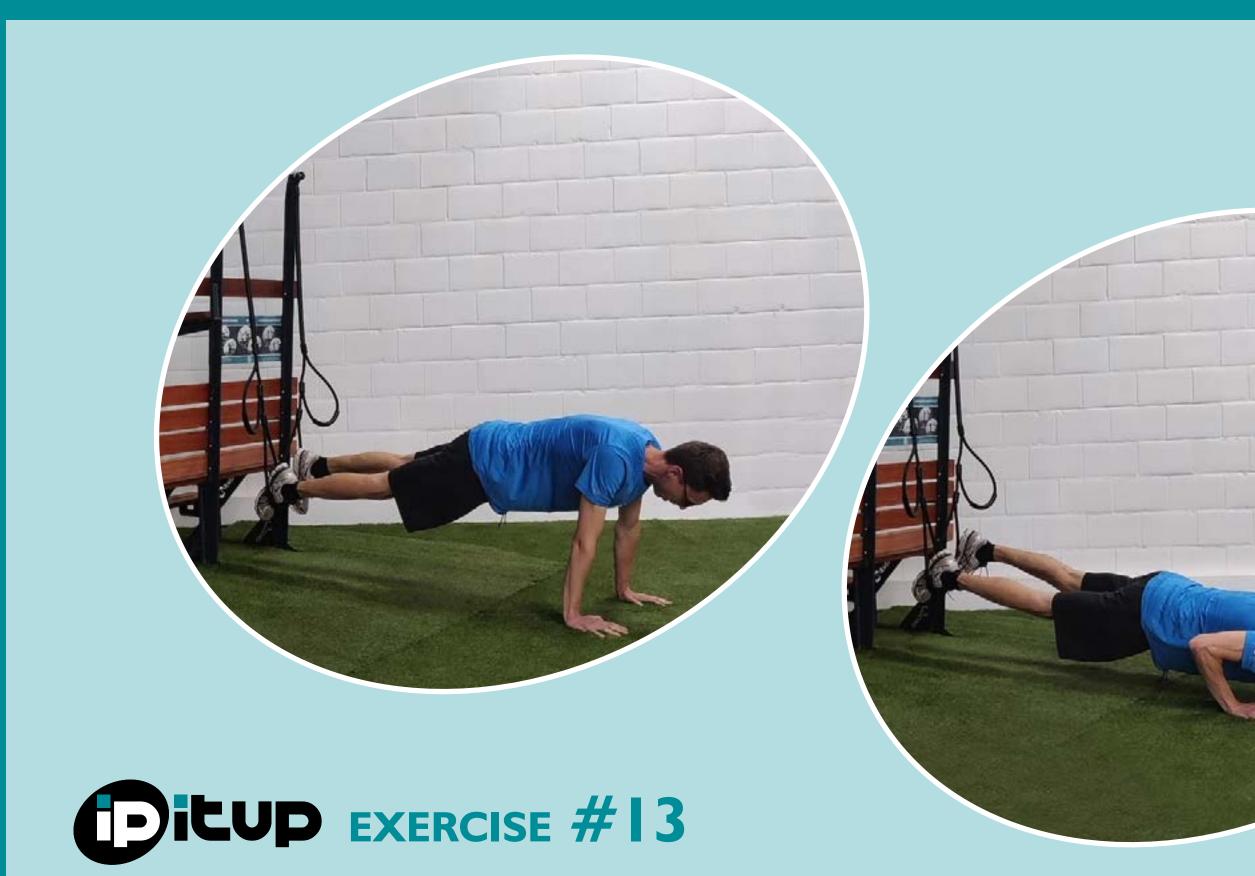


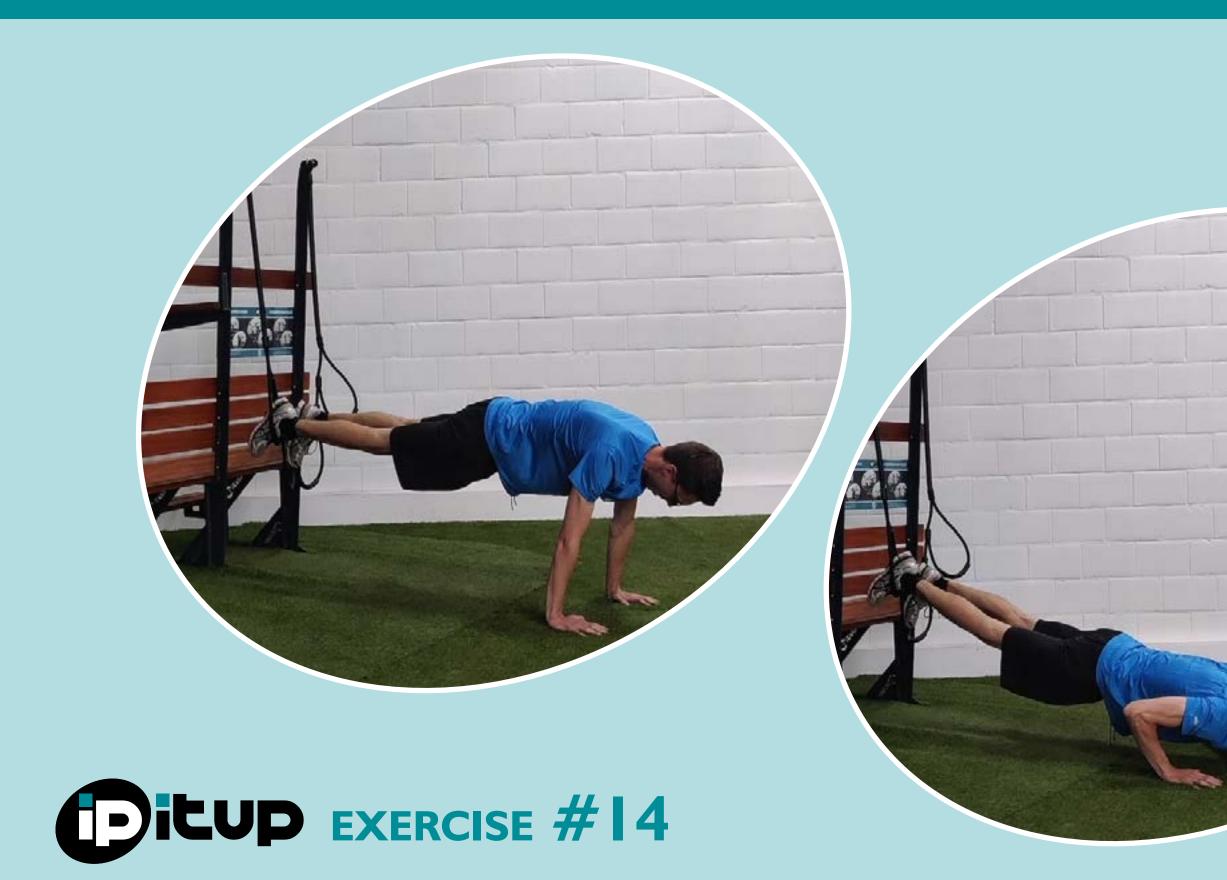




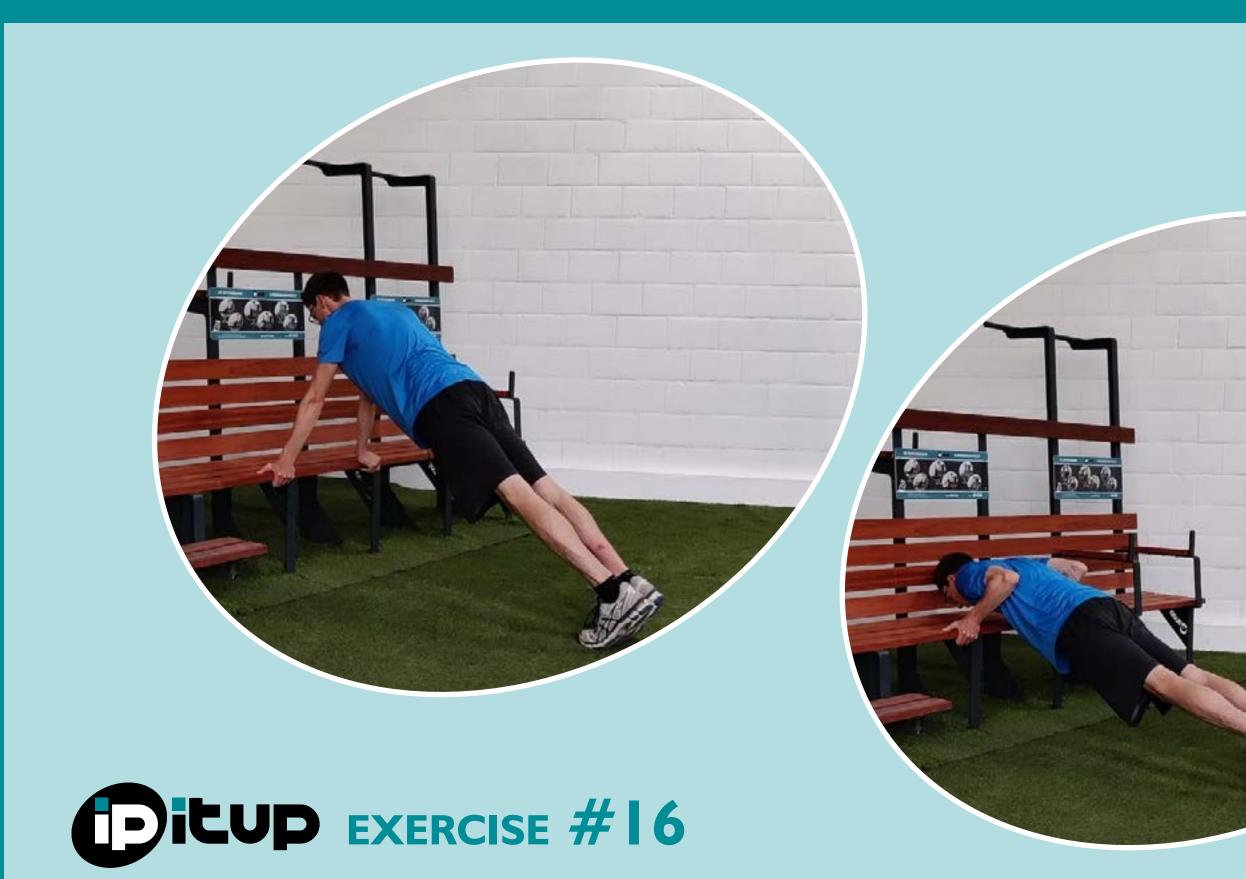














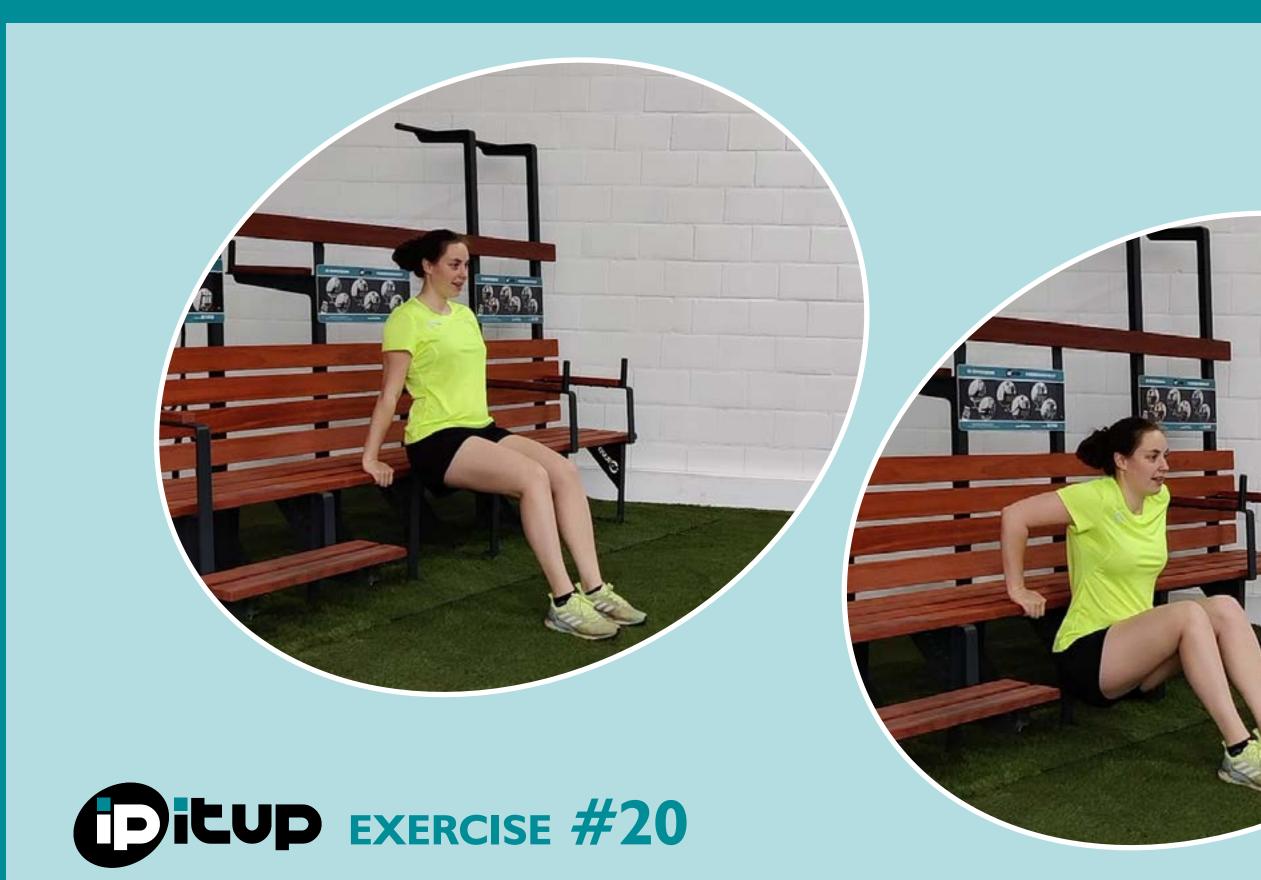


## PUSH LEVEL I





## **LEVEL** |



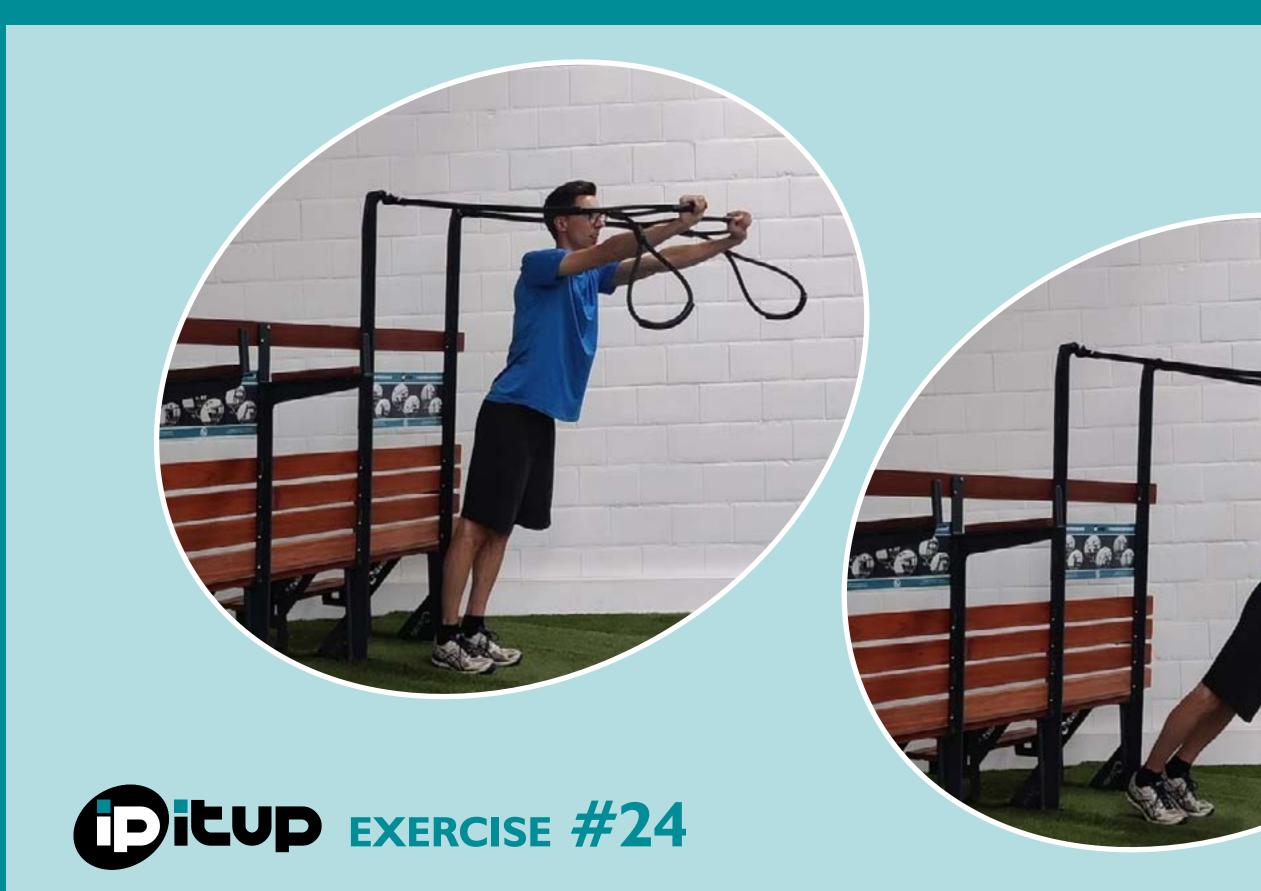




## LEVEL 2









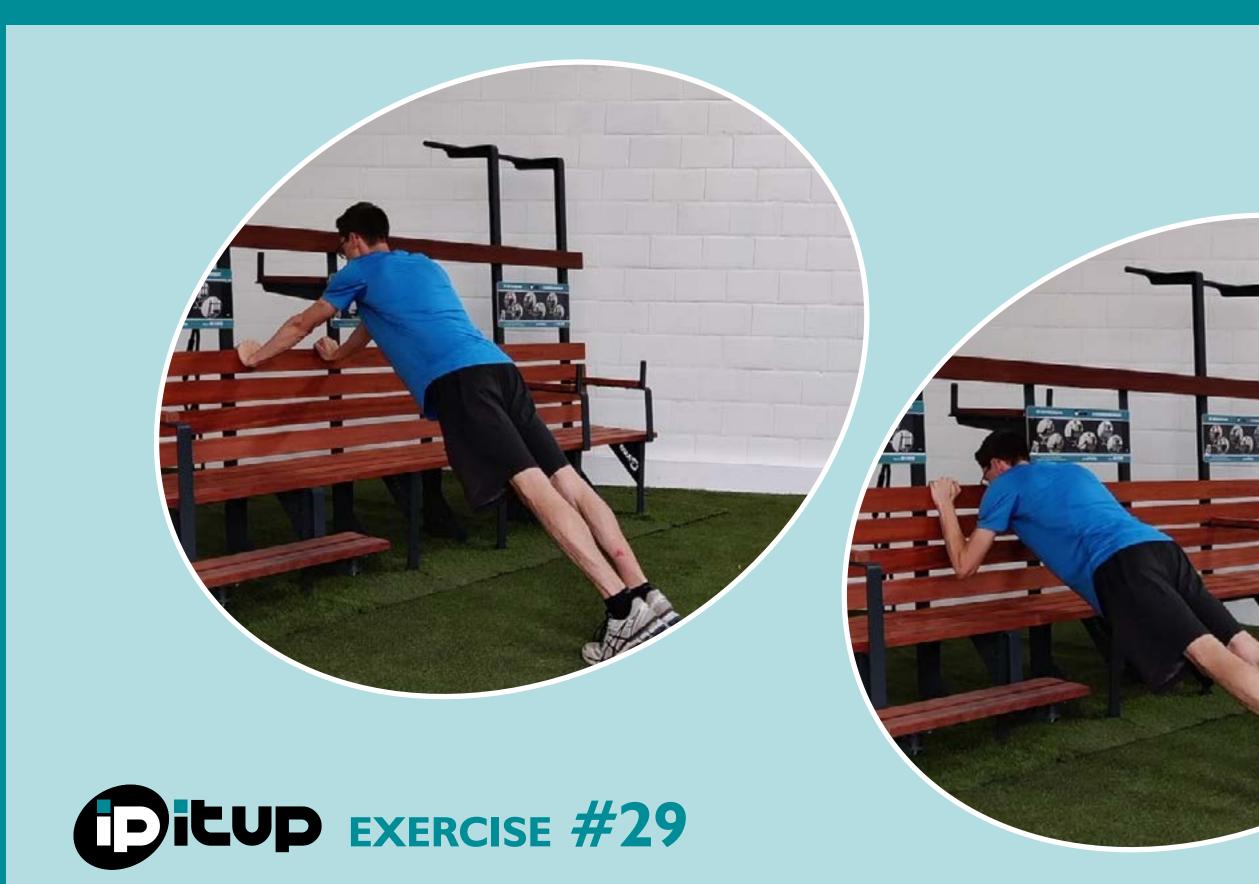


## LEVEL 3



## **LEVEL 5**











## PUSH LEVEL I



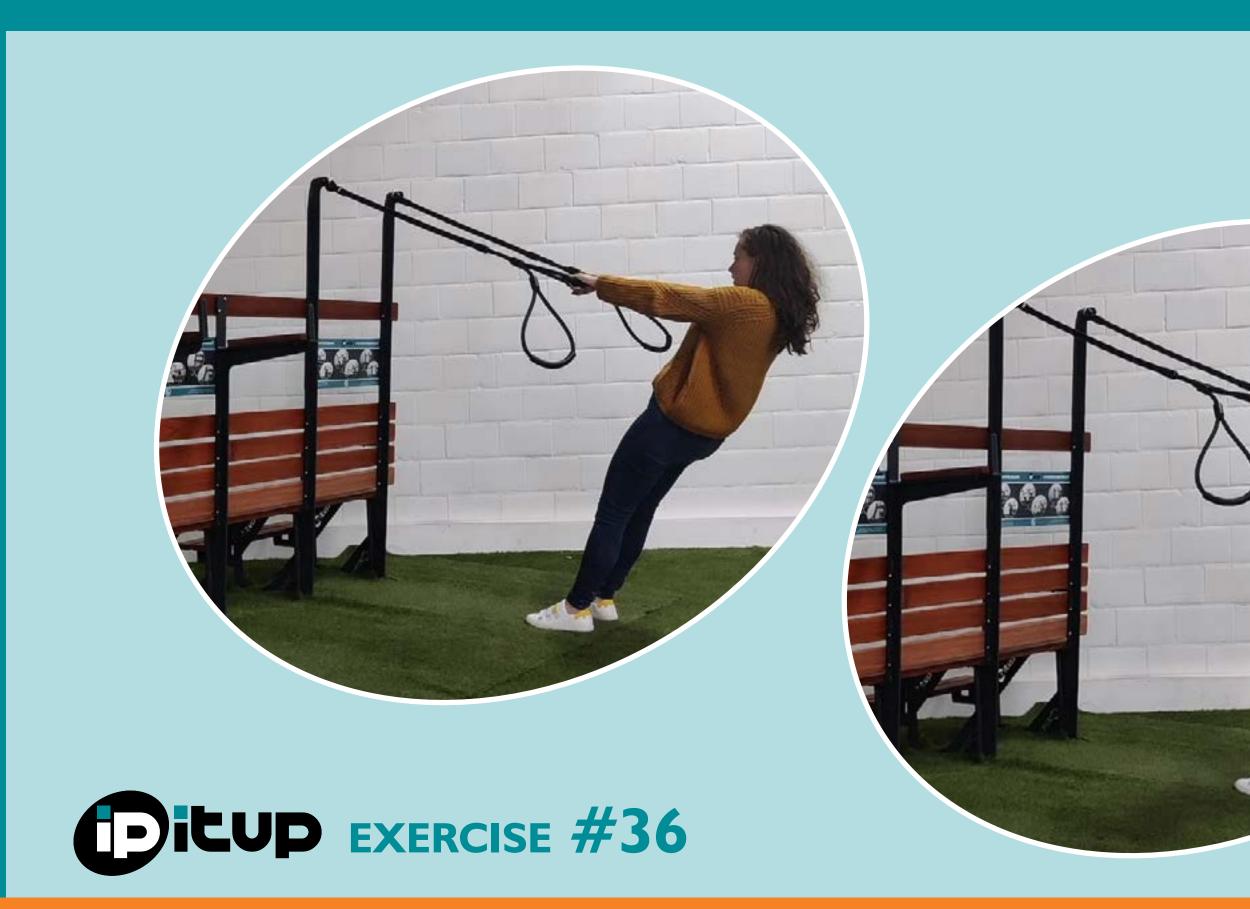














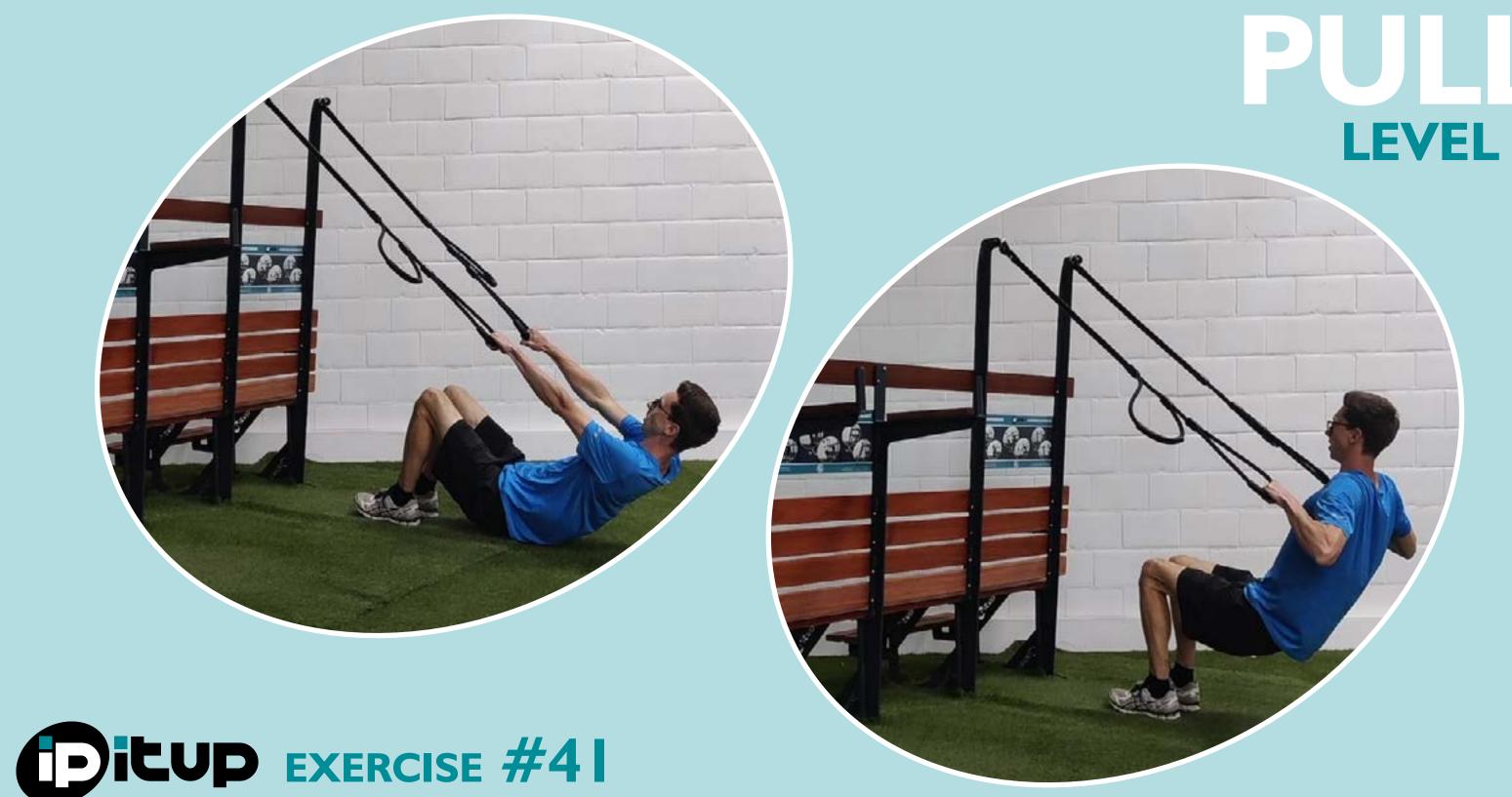


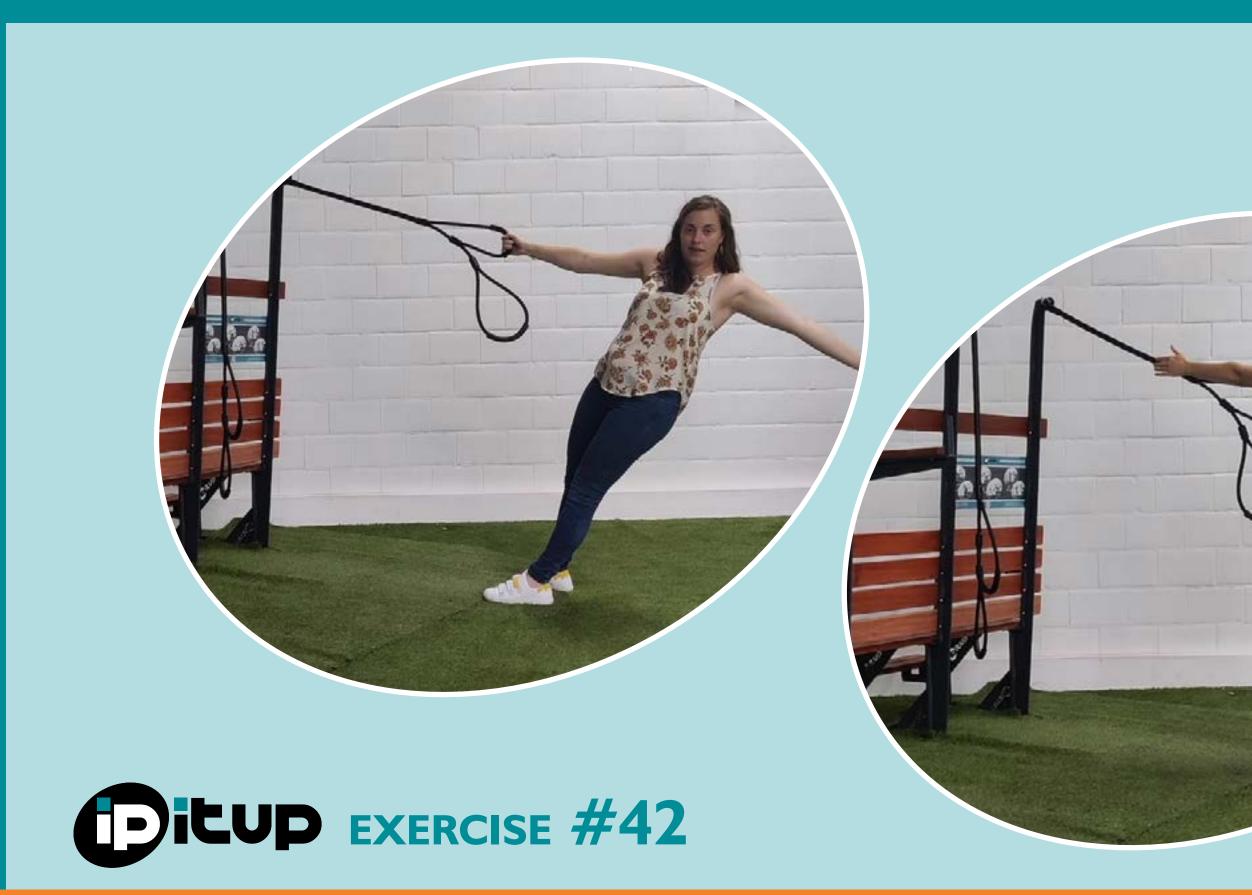
#### PUIL LEVEL 4



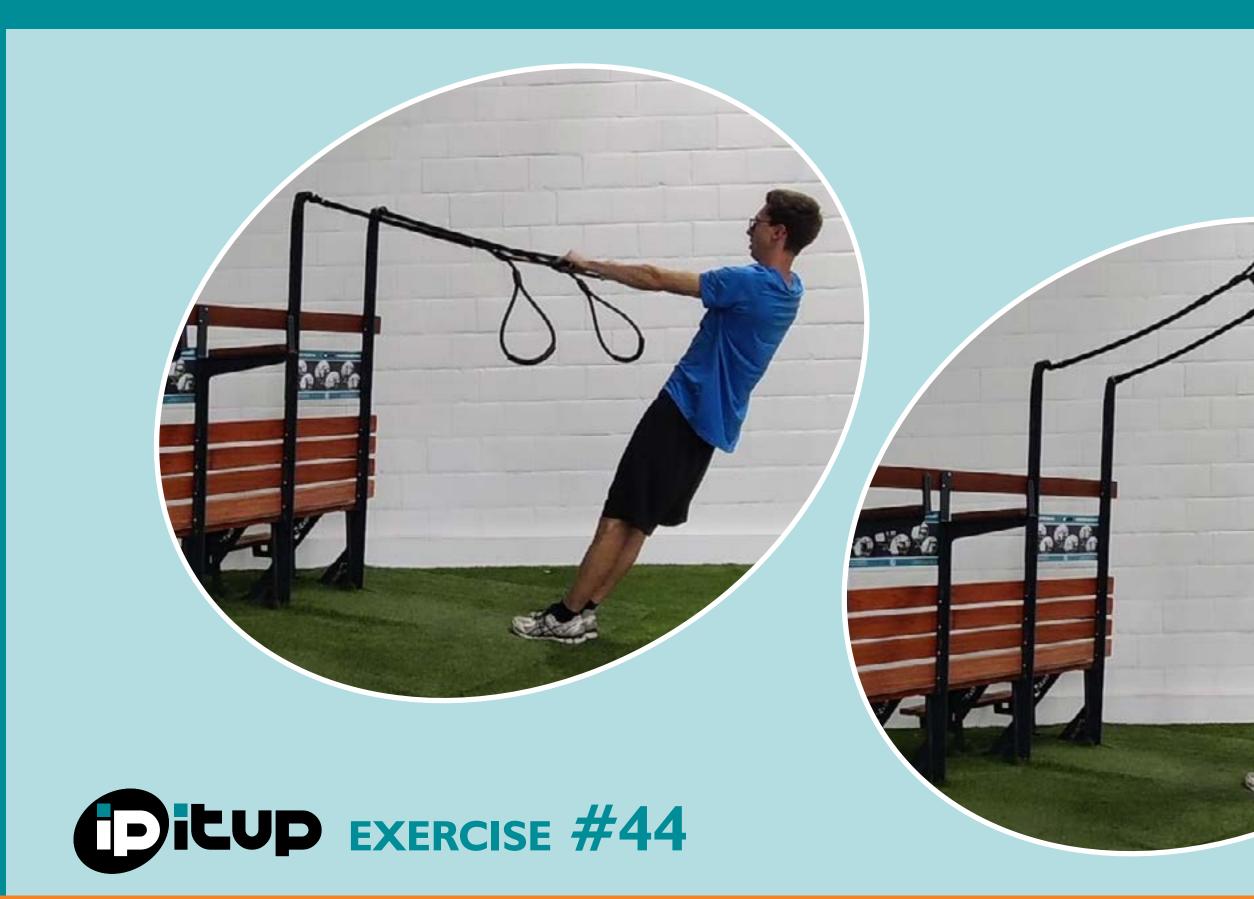
Ditup

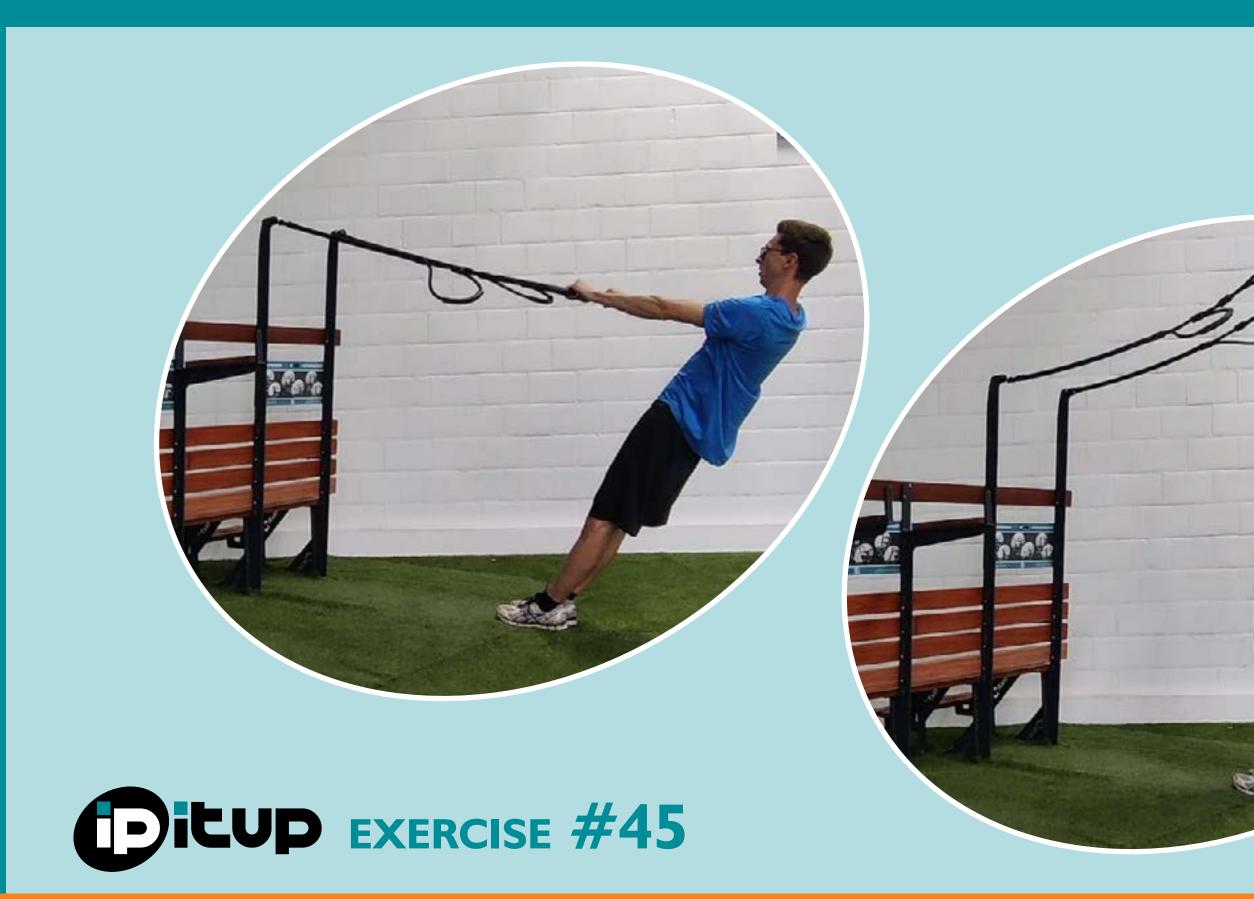






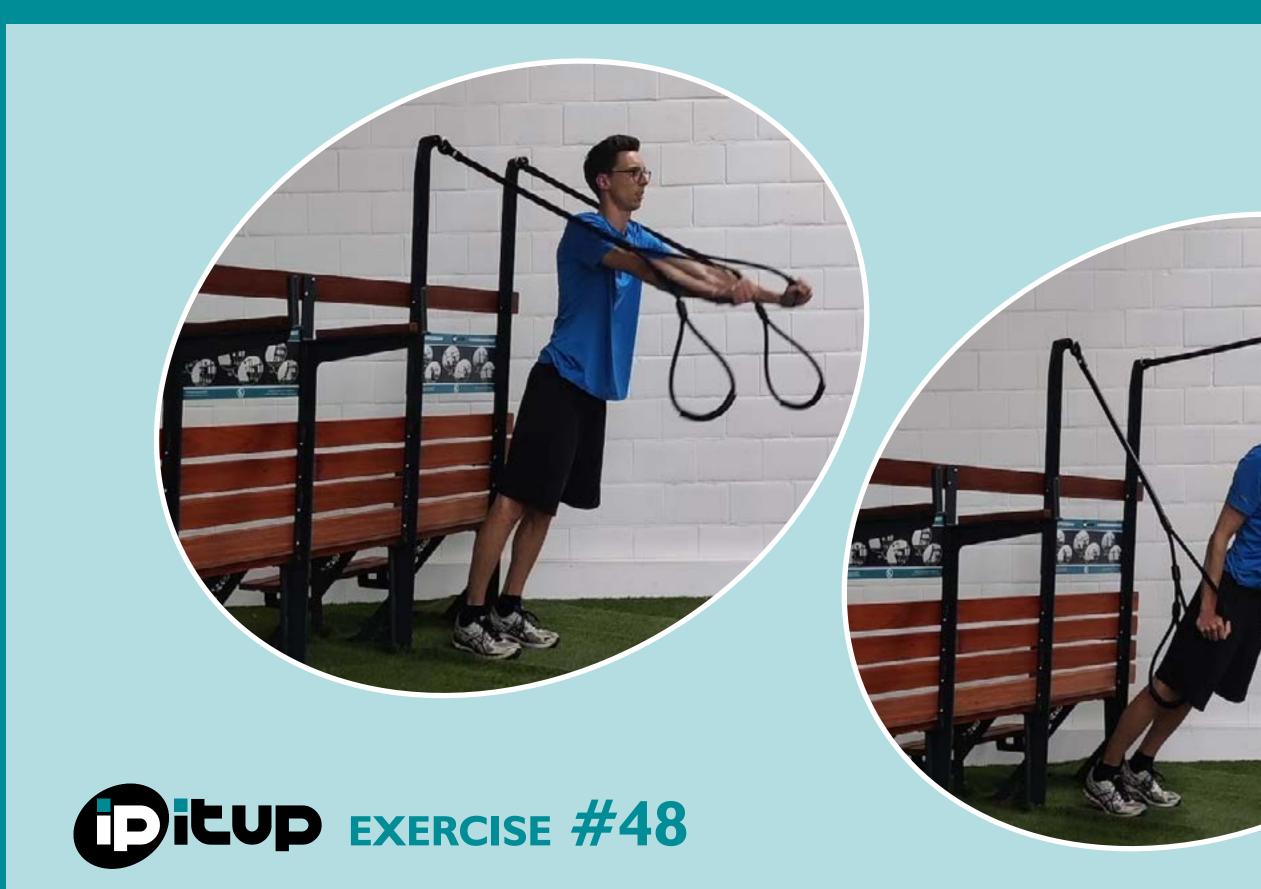


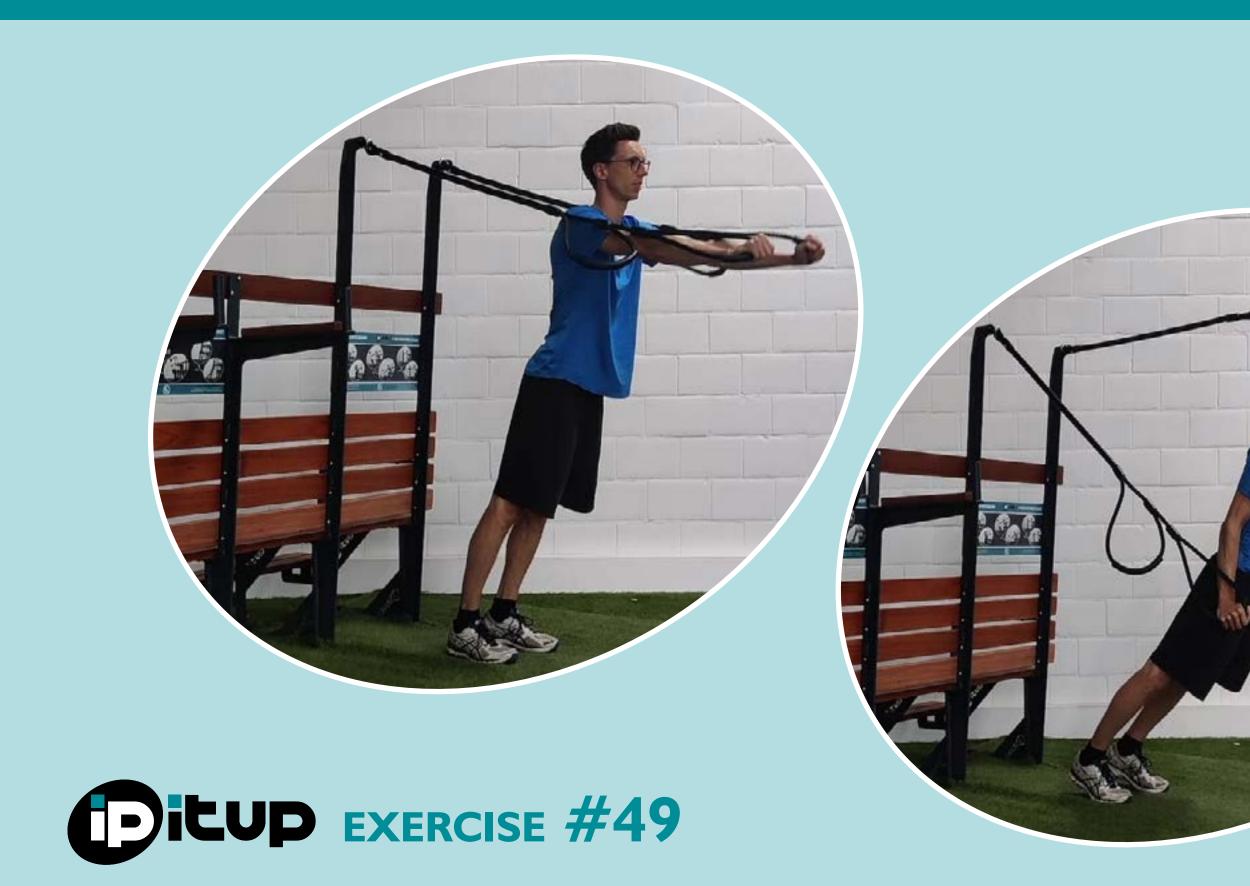






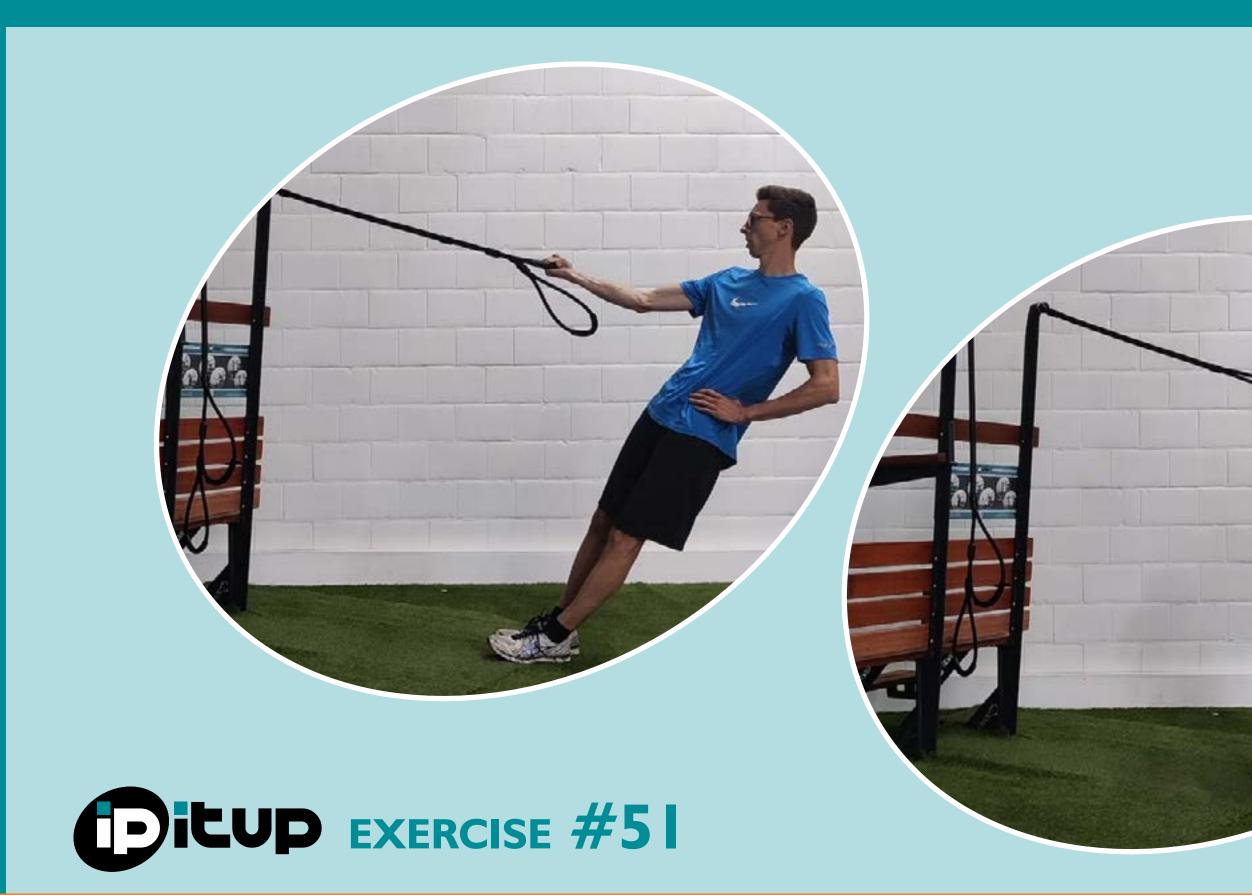








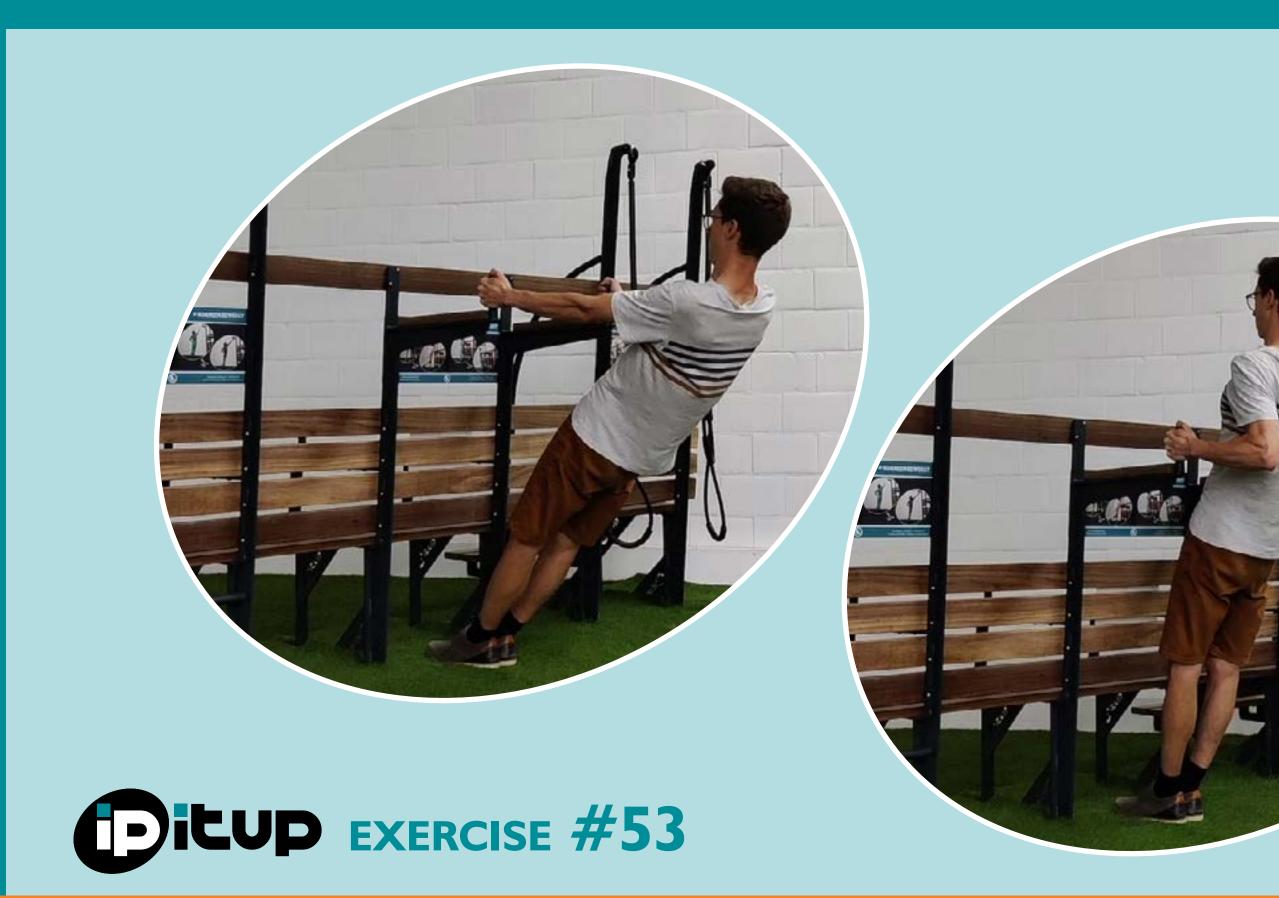
### PULL LEVEL I

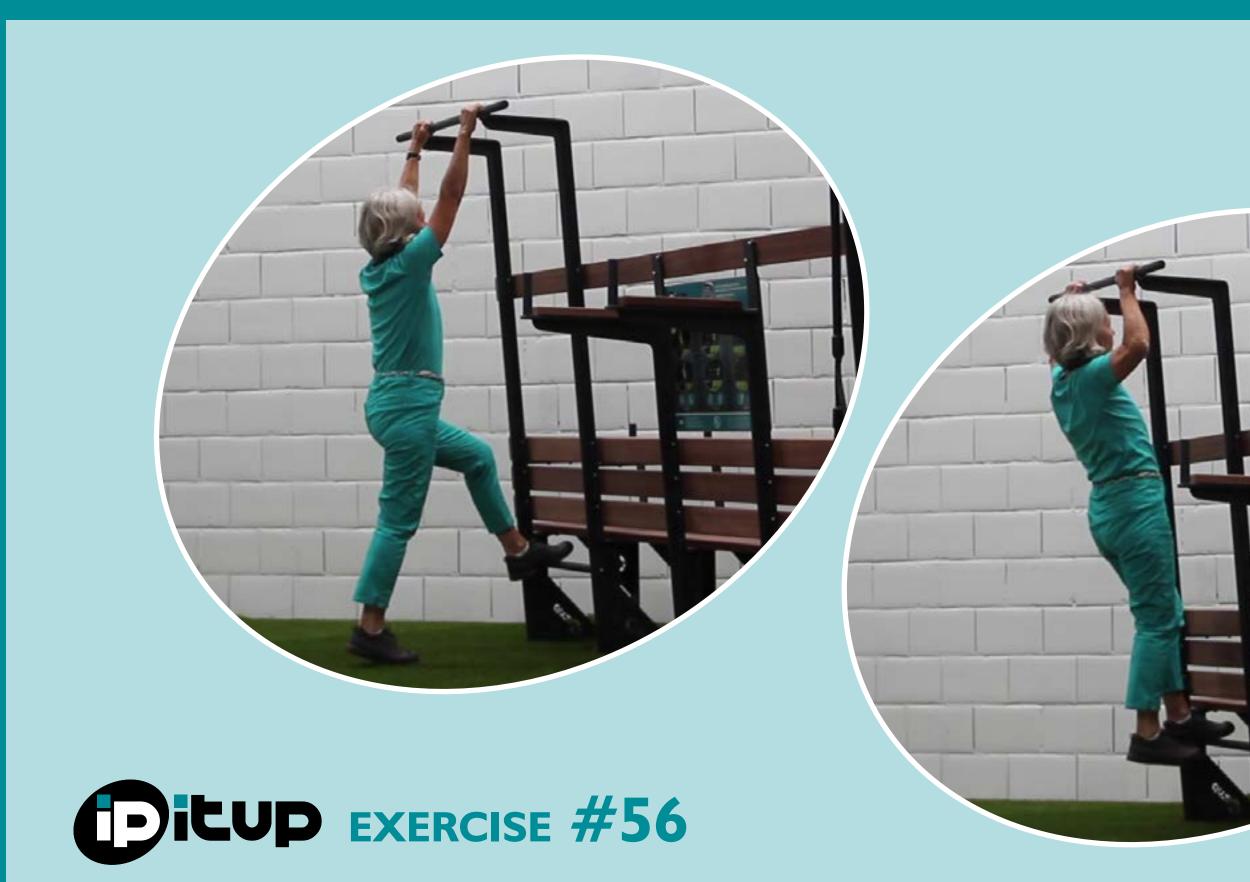




#### PULL LEVEL I







### PULL LEVEL I



1-11

### PUIL LEVEL 2

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#### PUIL LEVEL 2





#### PUIL LEVEL 4







#### PULL LEVEL I



### PULL LEVEL I





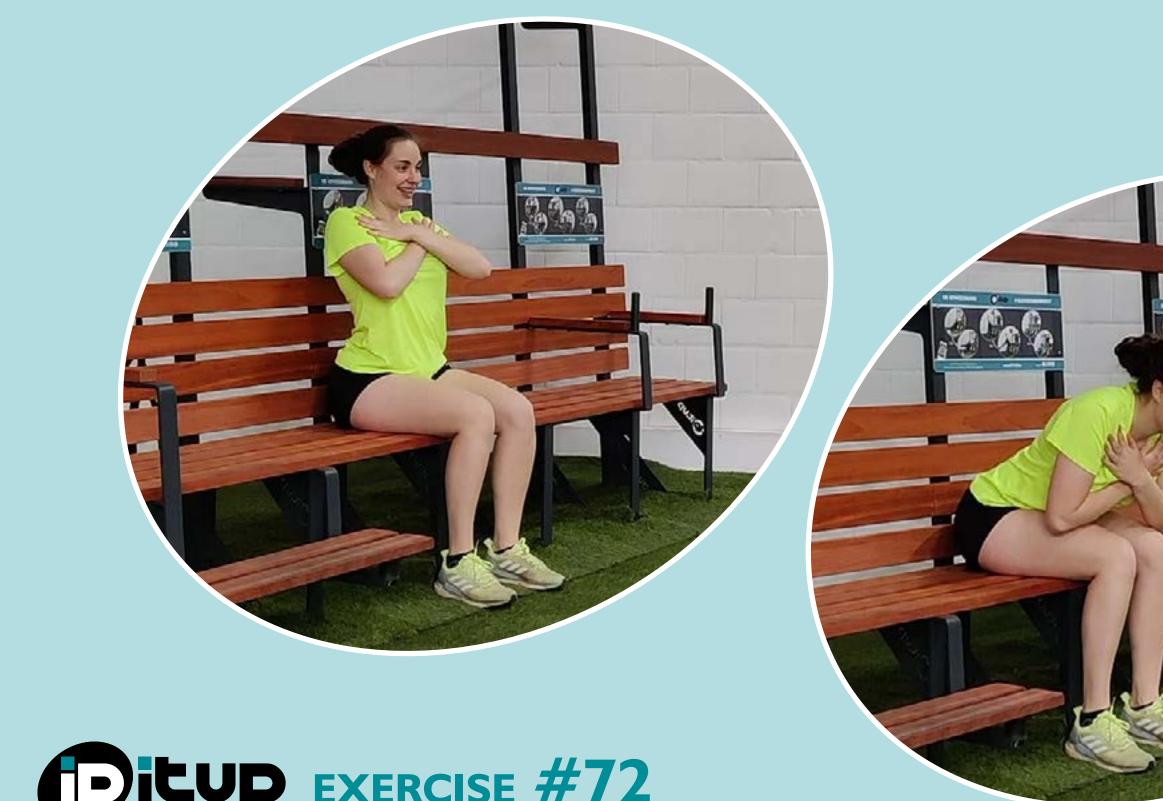














#### LEVEL I



#### LEVEL I



#### **LEVEL 2**

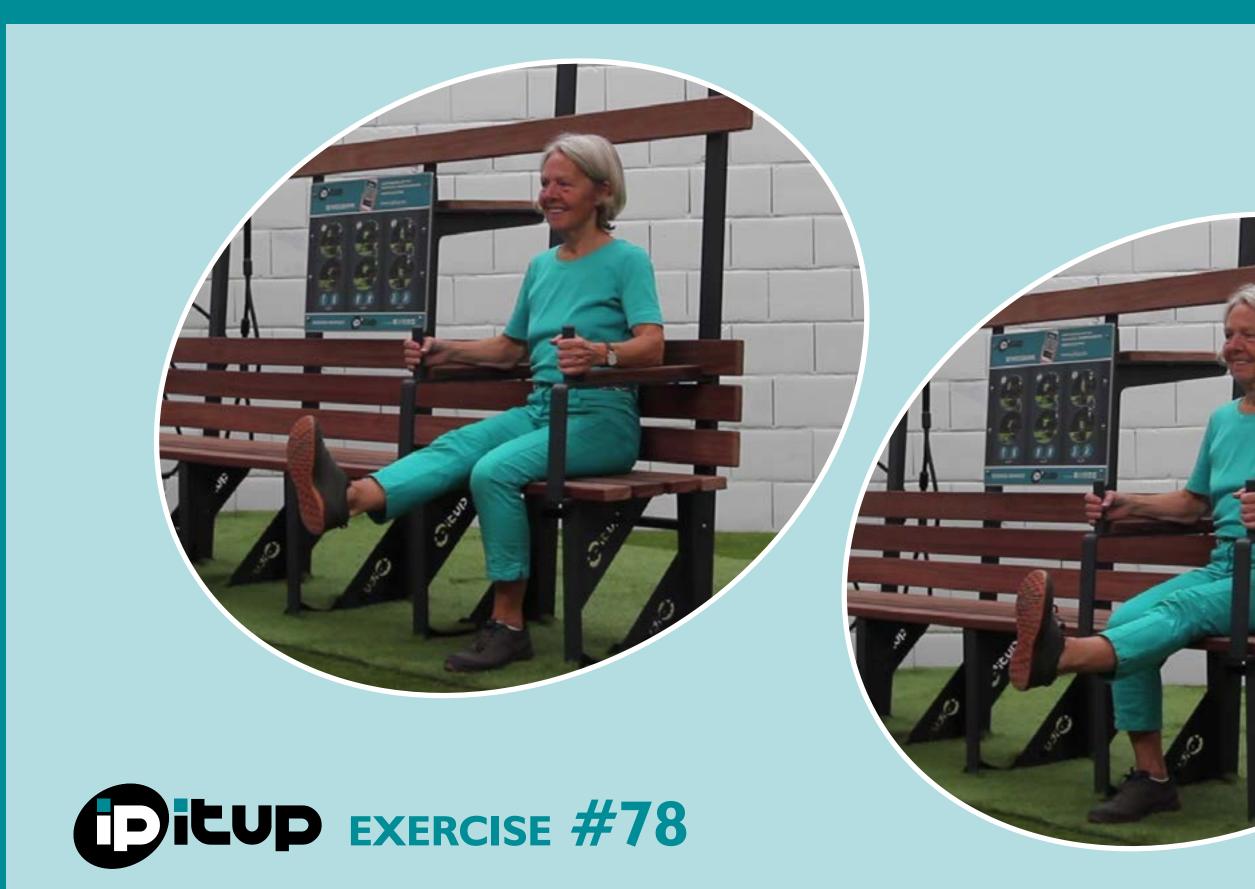






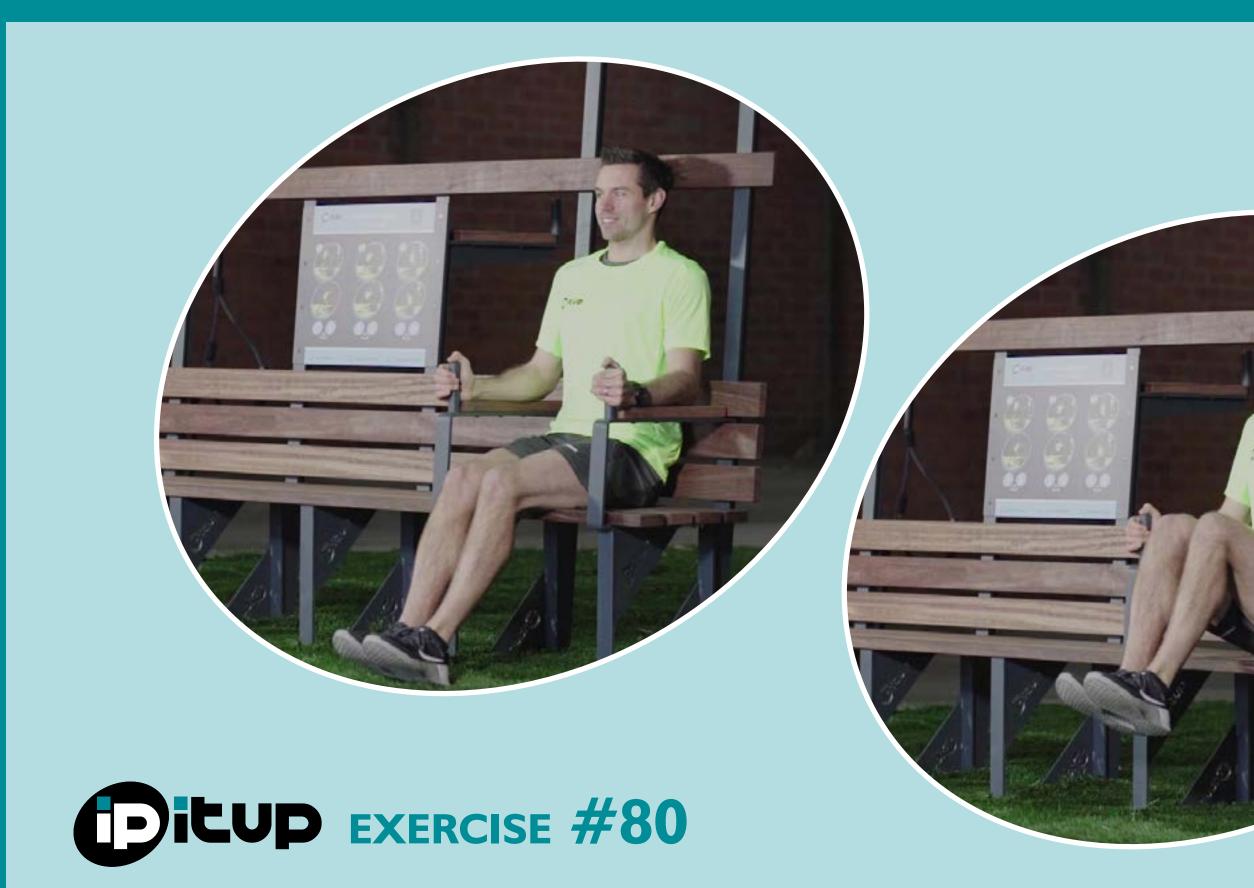


#### CORE LEVEL I



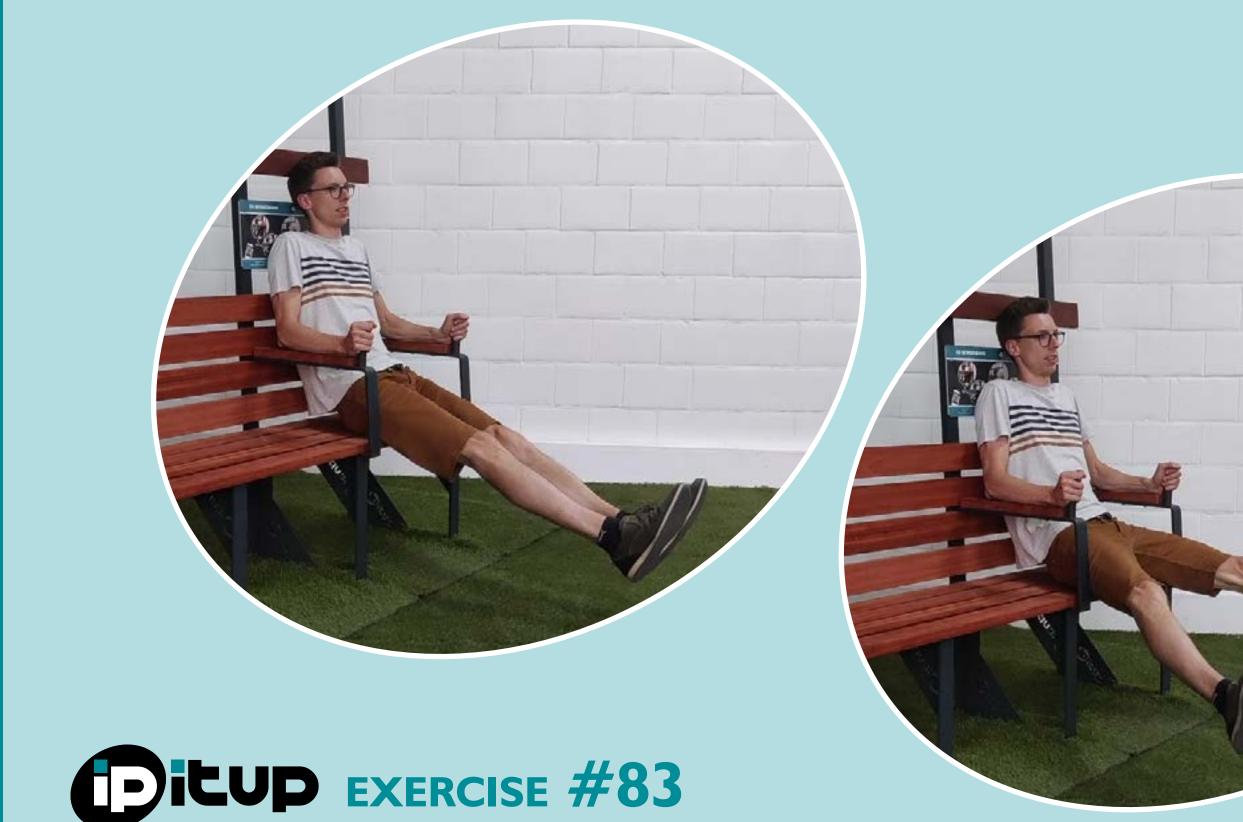
#### CORE LEVEL I















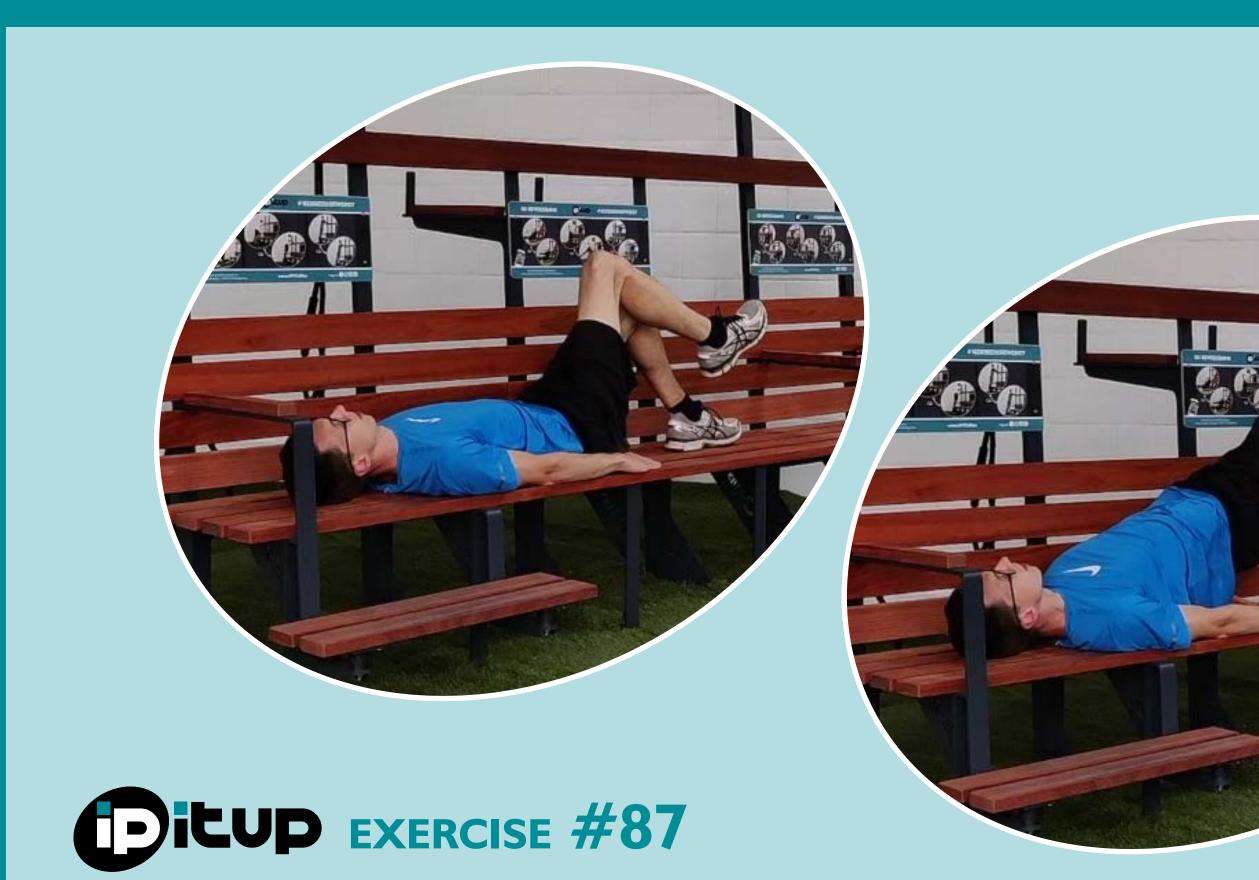




#### **LEVEL 2**



#### **LEVEL 2**





#### **LEVEL 2**



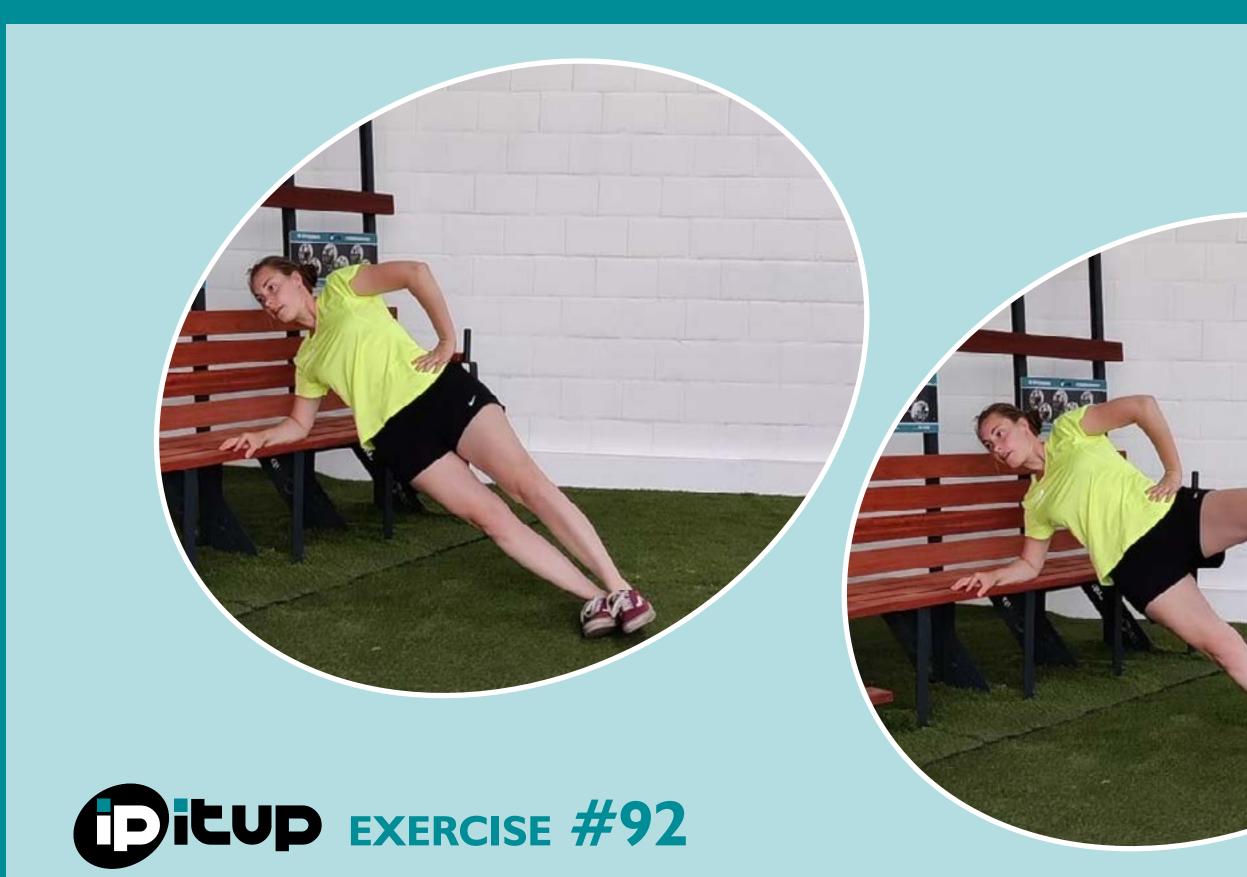
#### LEVEL 3

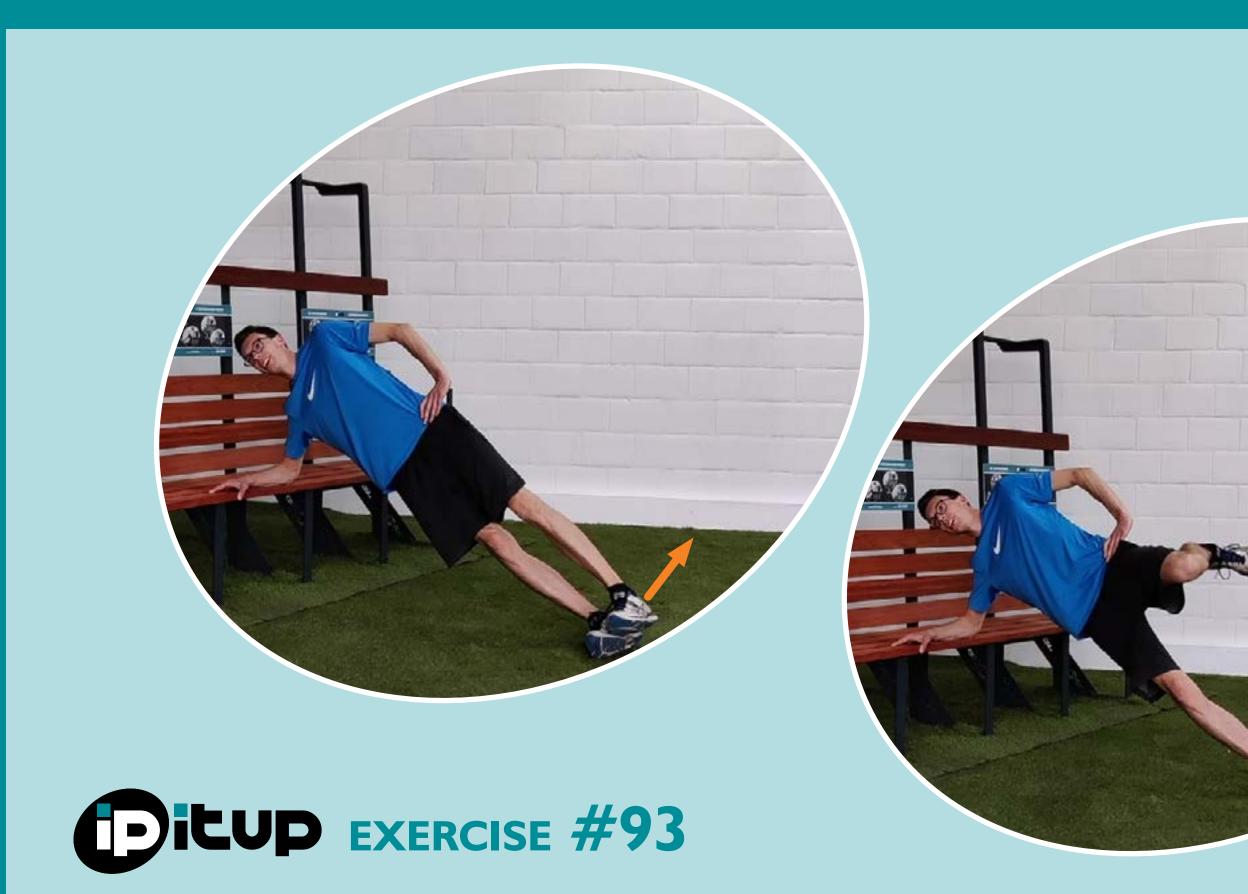


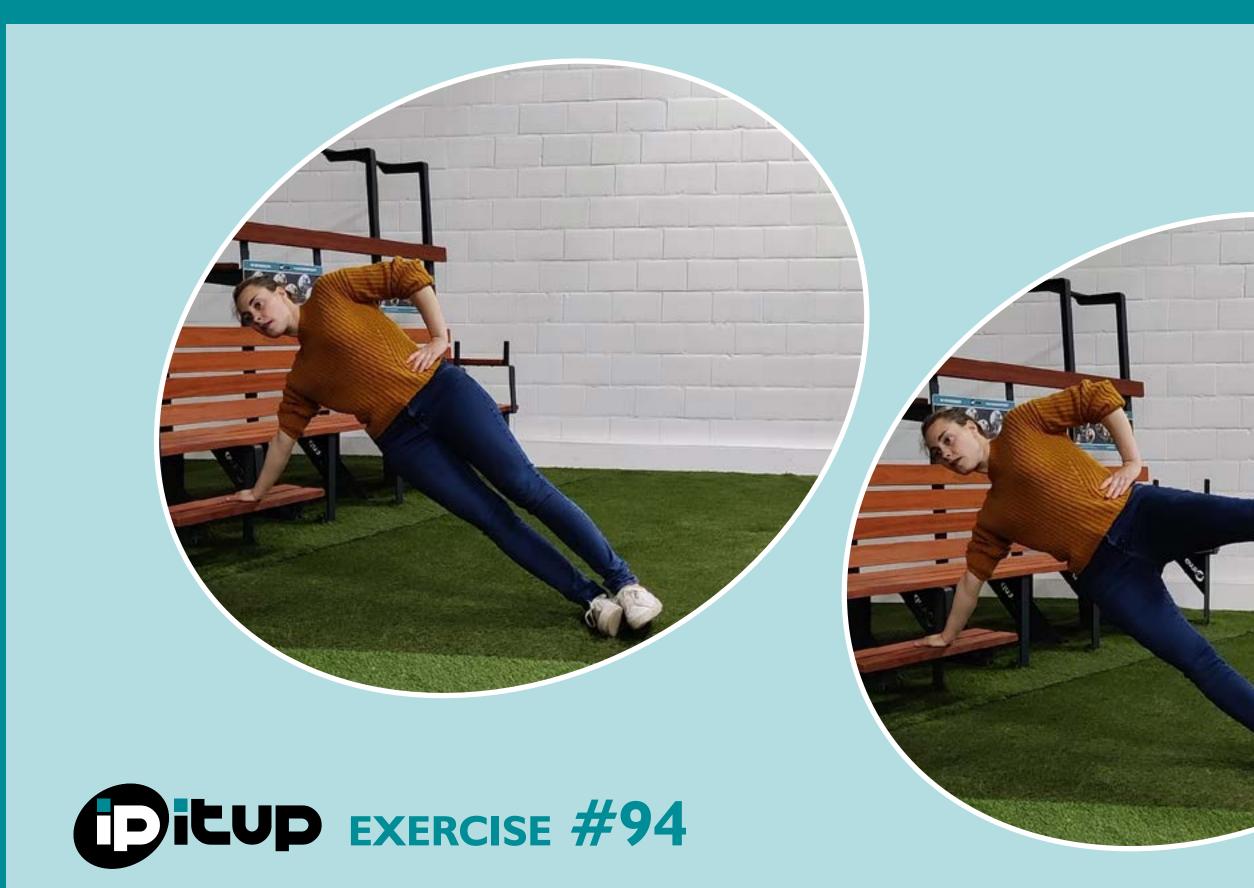
#### CORE LEVEL I

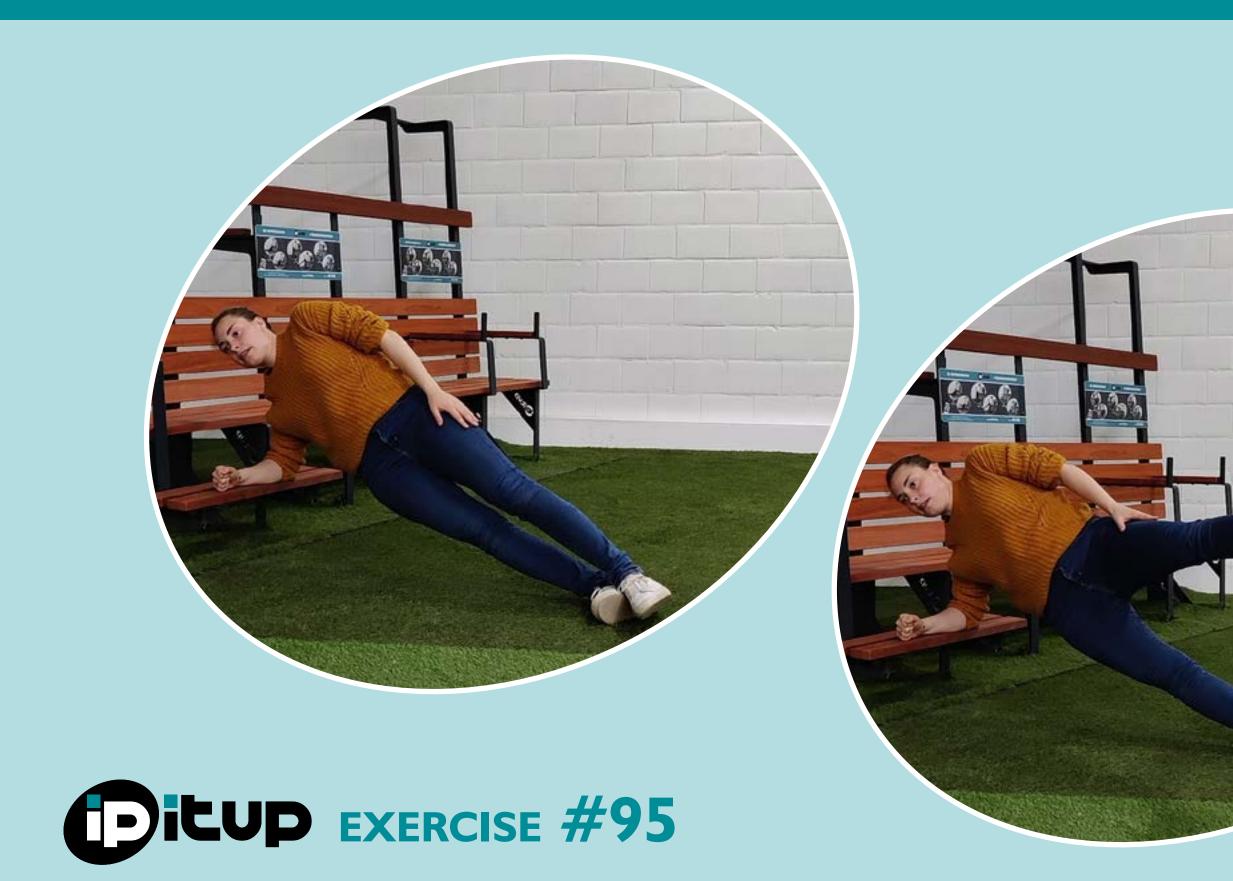








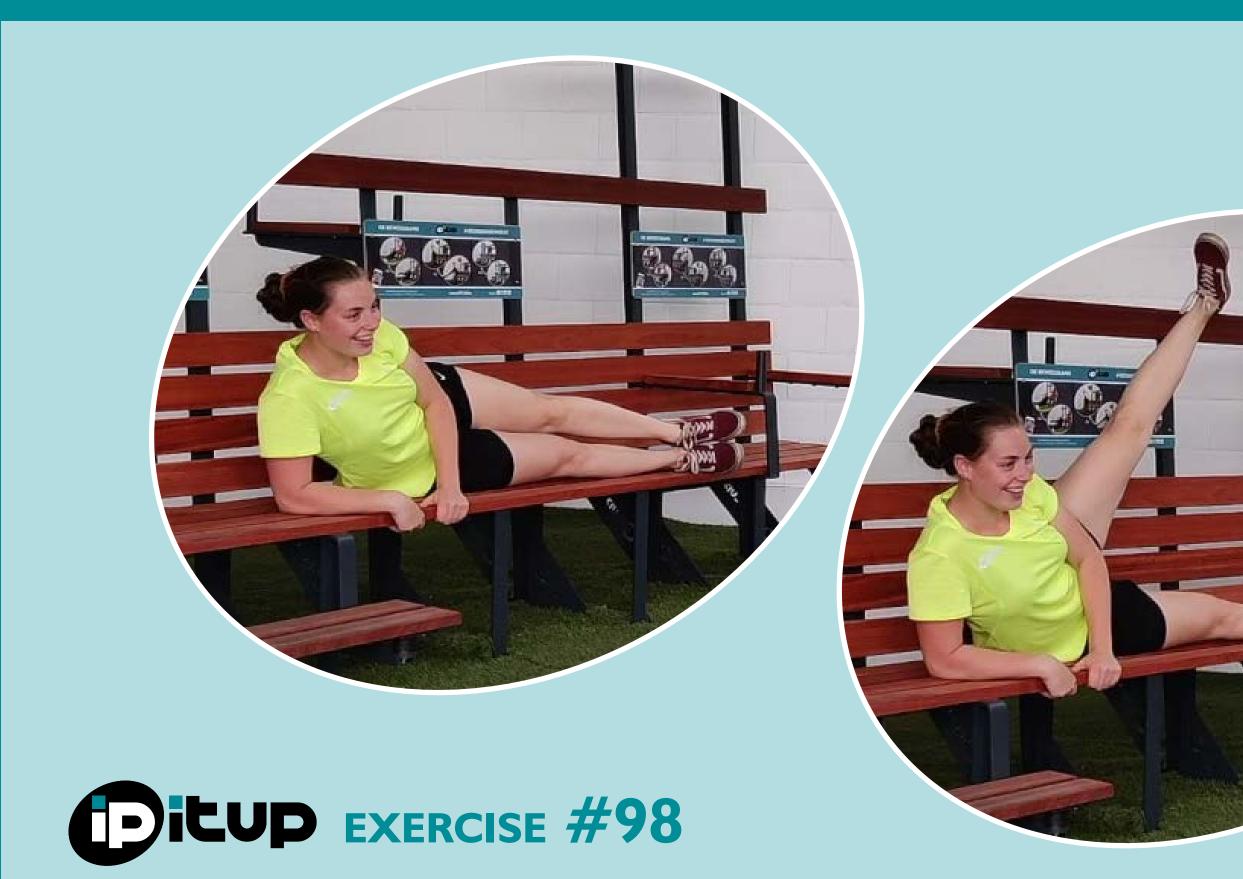








#### **LEVEL 2**













# CORE **LEVEL I**



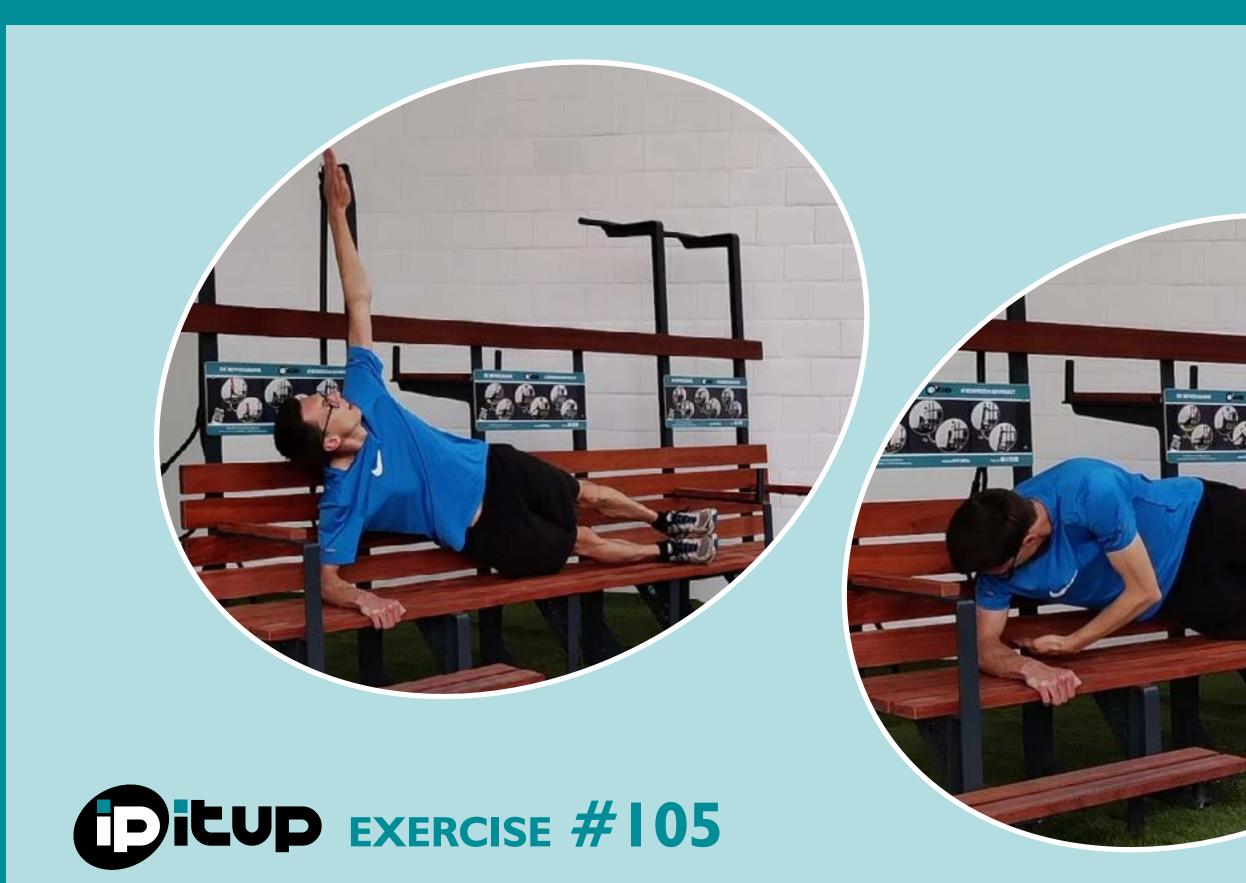














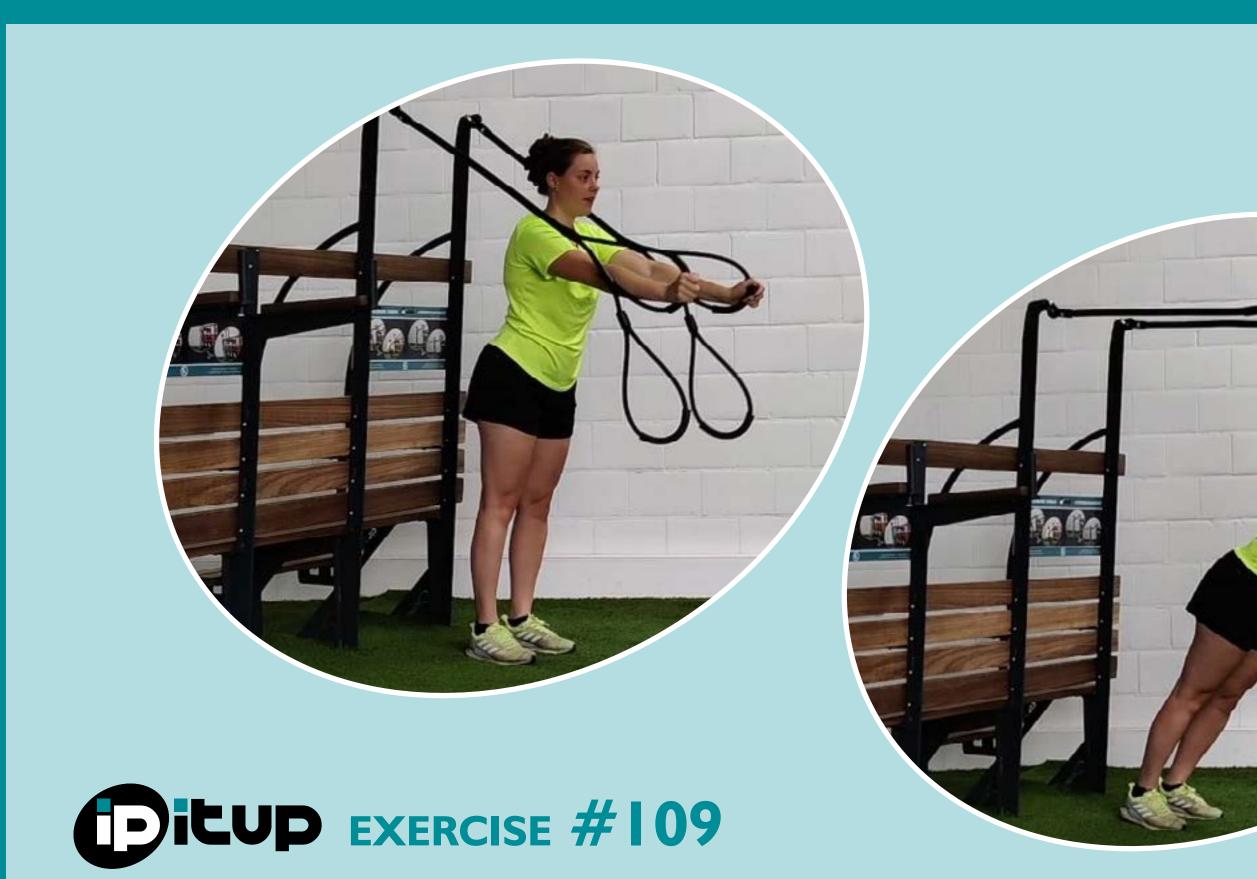
#### **LEVEL 2**



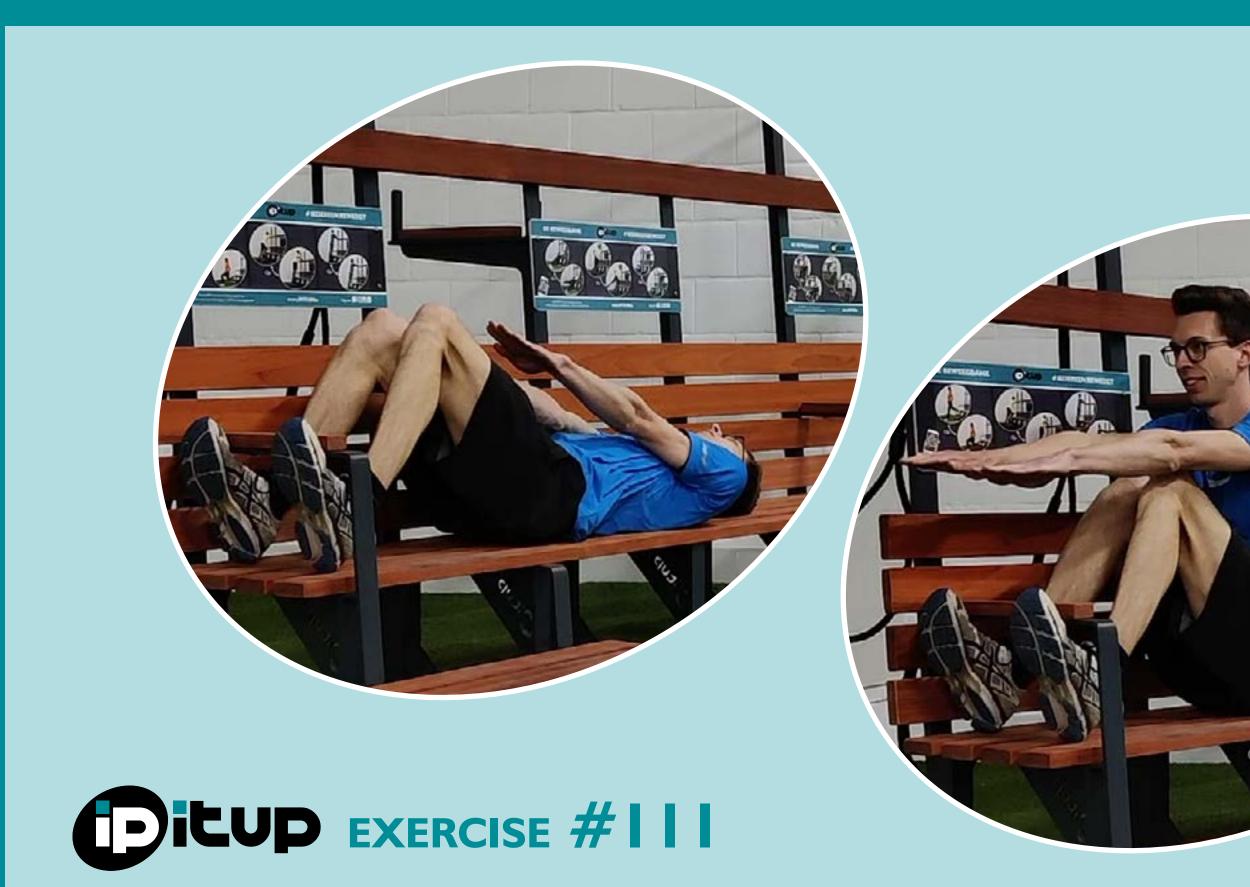








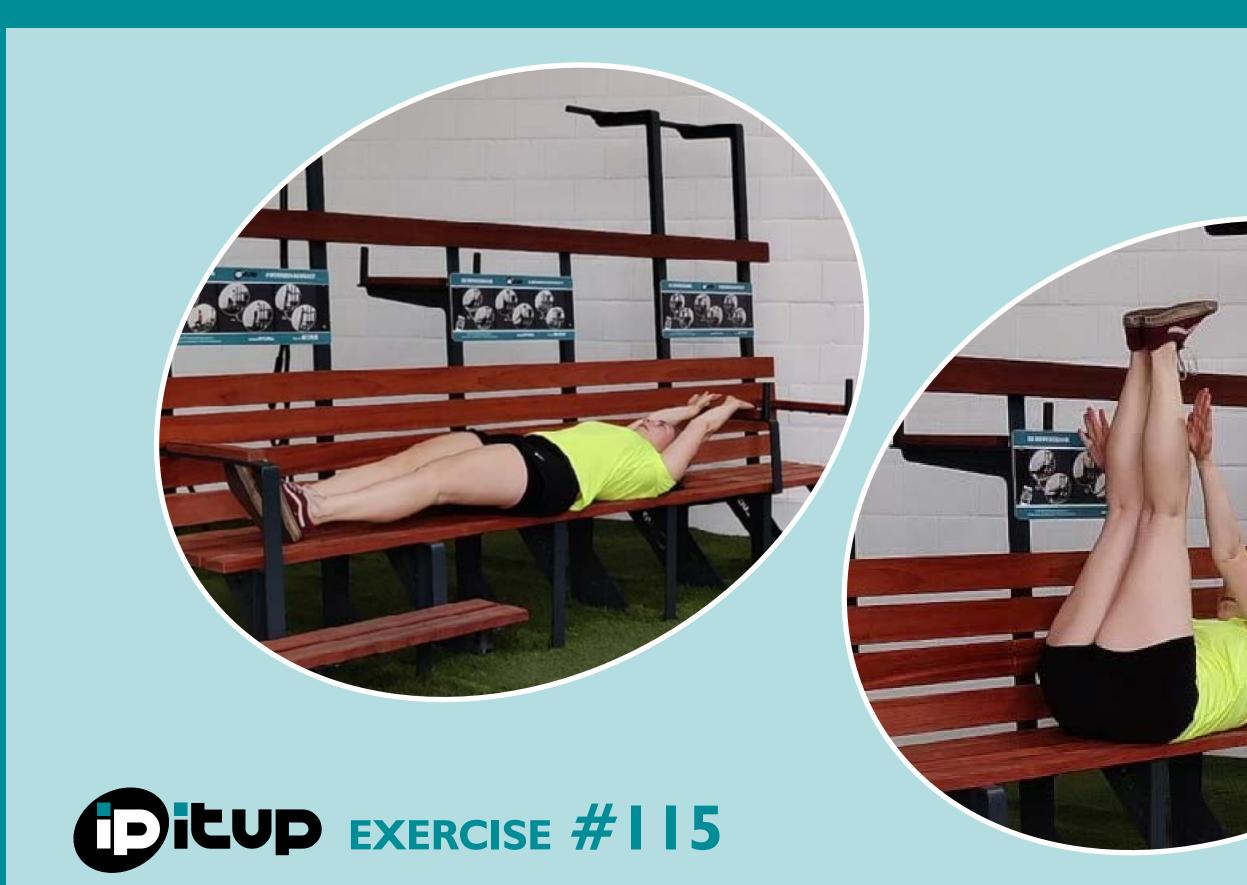






#### LEVEL 3











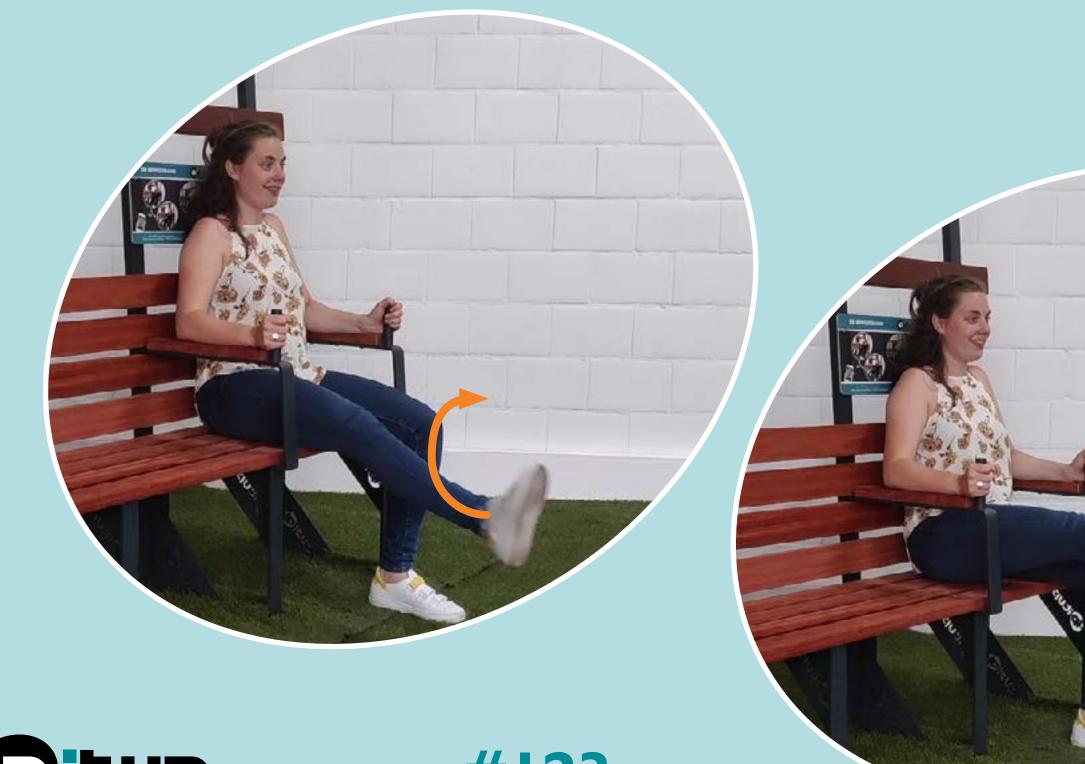








# **LEVEL 2**





















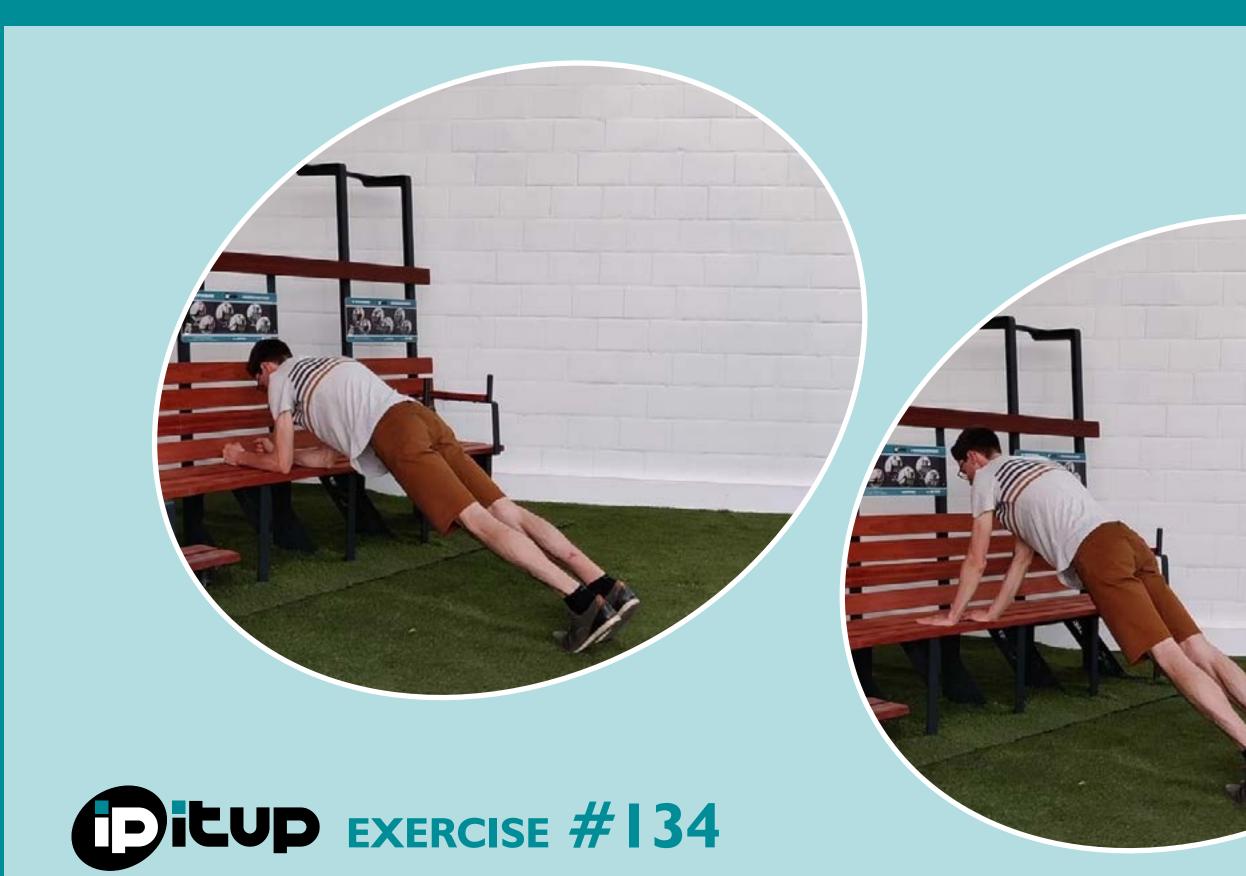




#### **DILUP** EXERCISE #133

640





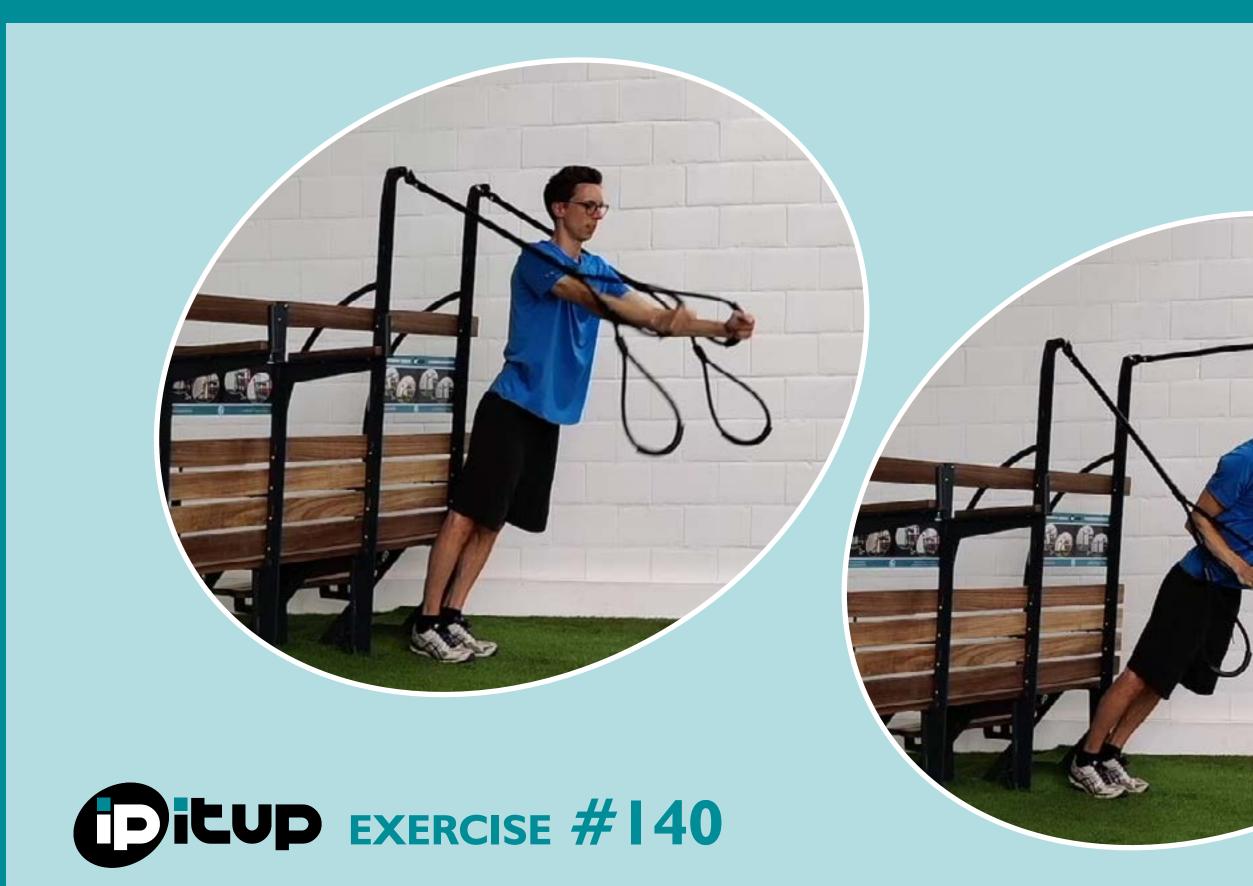






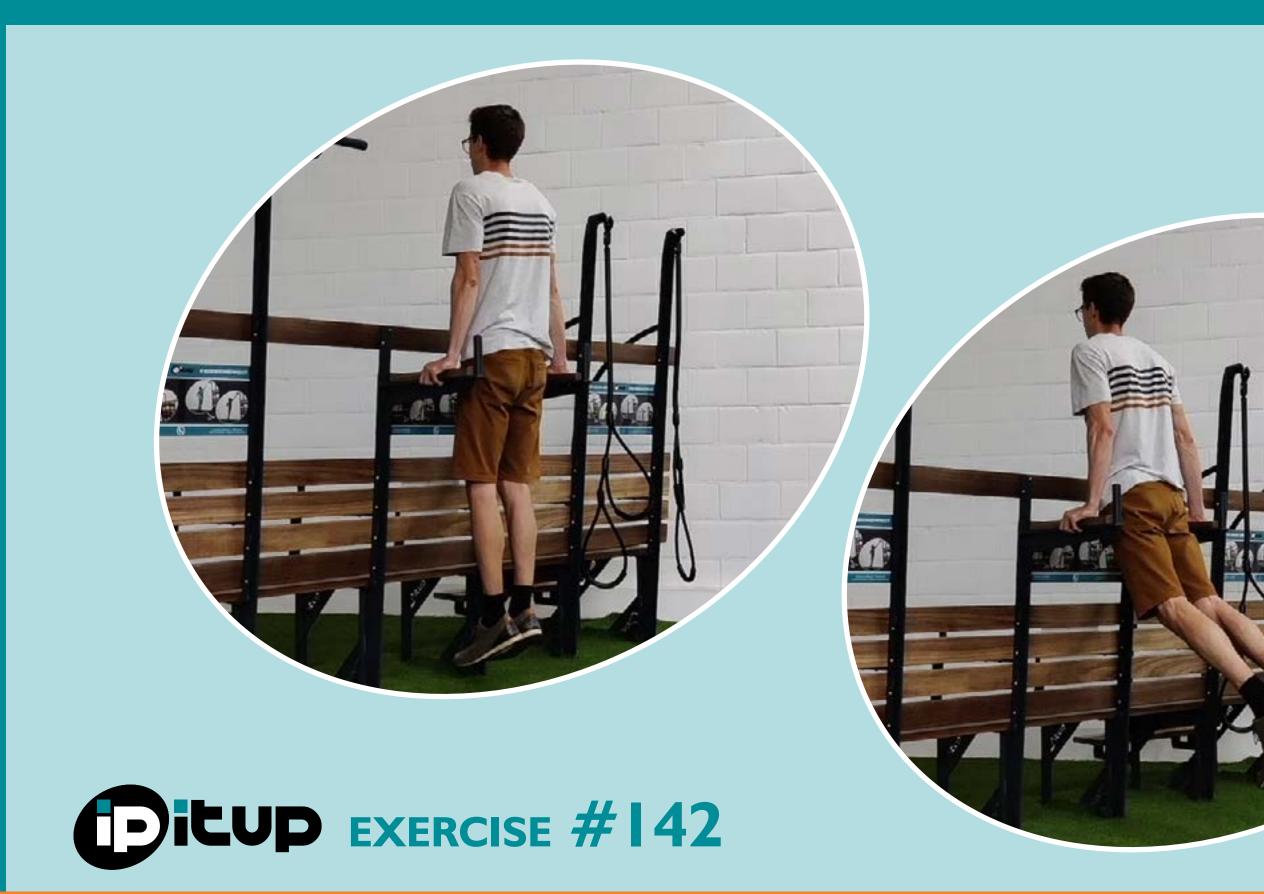


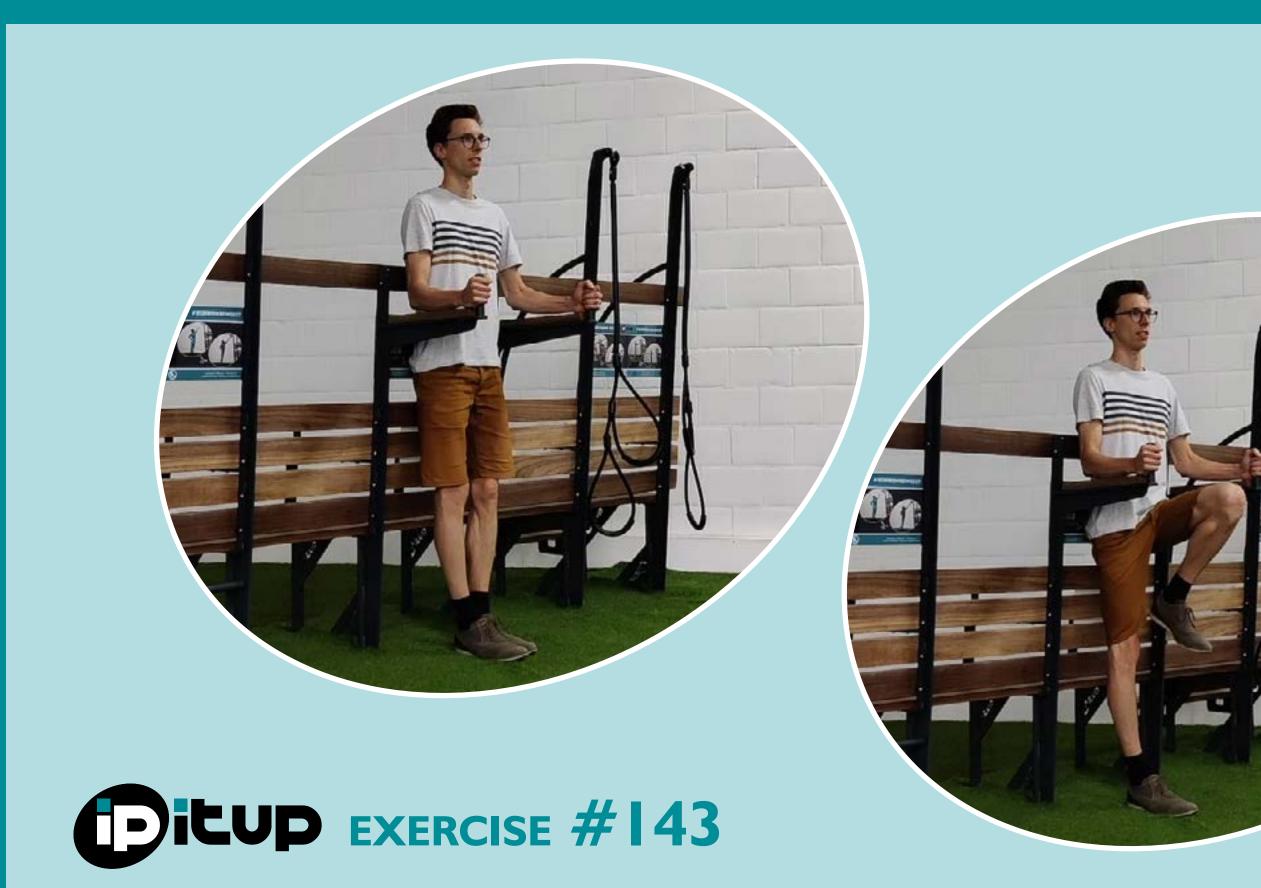






1-11





# CORE LEVEL I

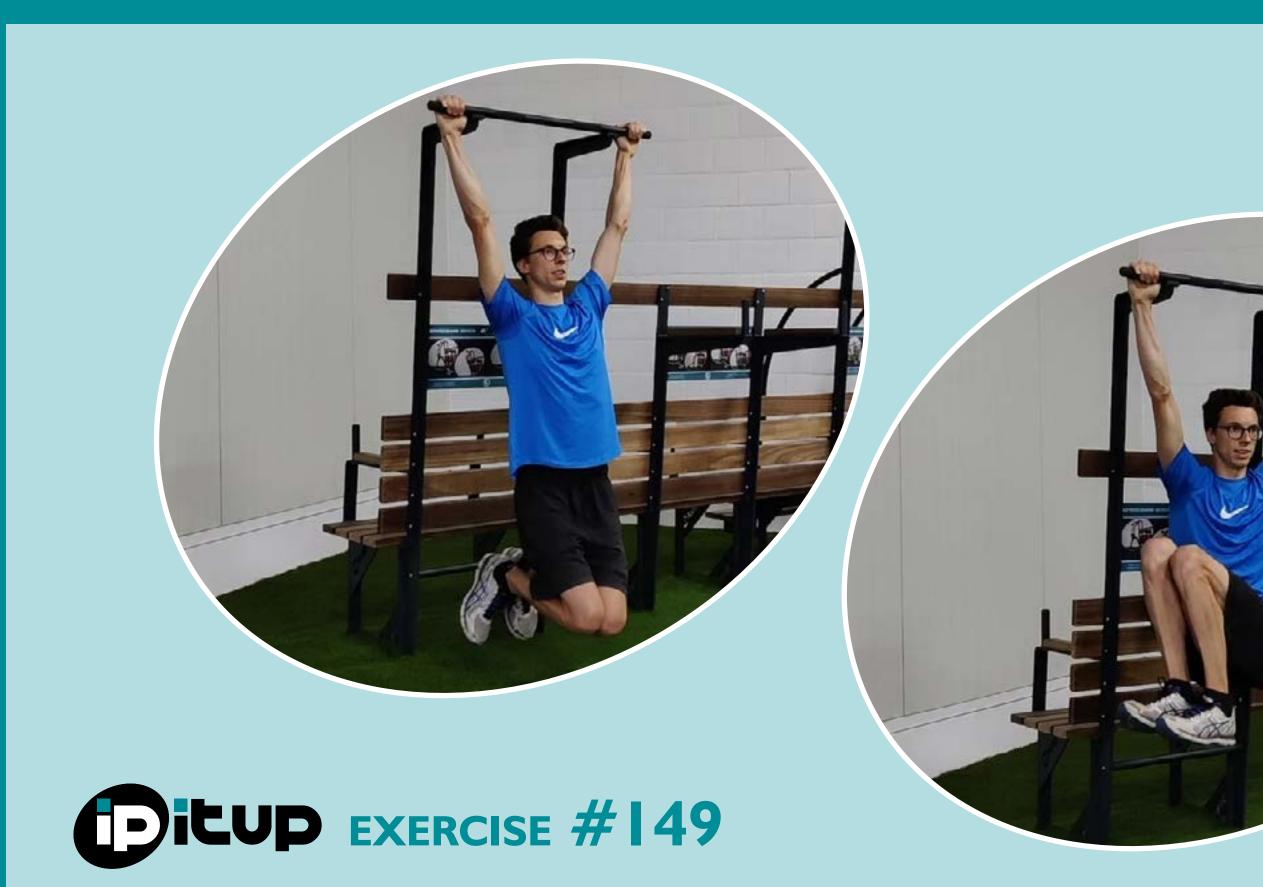
















#### CORE LEVEL 3

15



#### CORE LEVEL I



#### CORE LEVEL I



#### LEVEL I



#### CORE LEVEL I



#### CORE LEVEL I





#### CORE LEVEL I

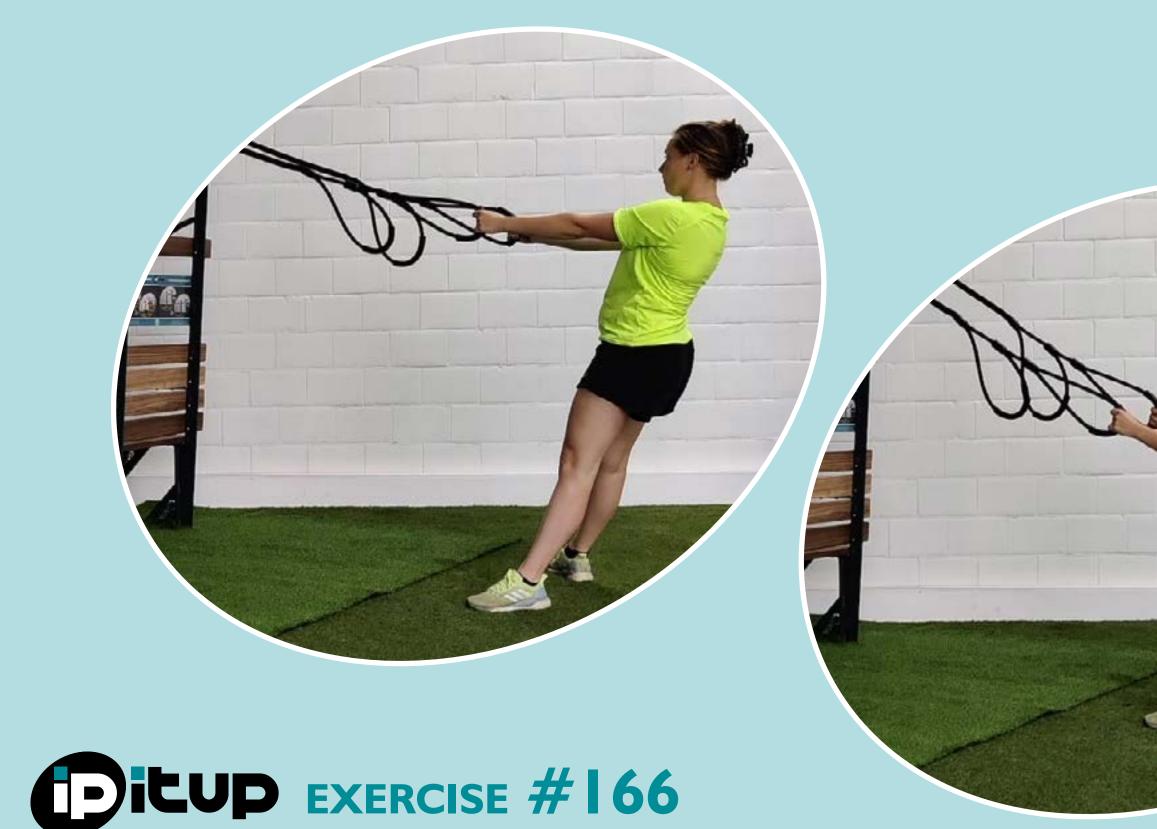


















































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### SOUAT LEVEL 2









### **5 LEVELS**



### LEVEL I



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### BALANCE LEVEL I



PIEUD

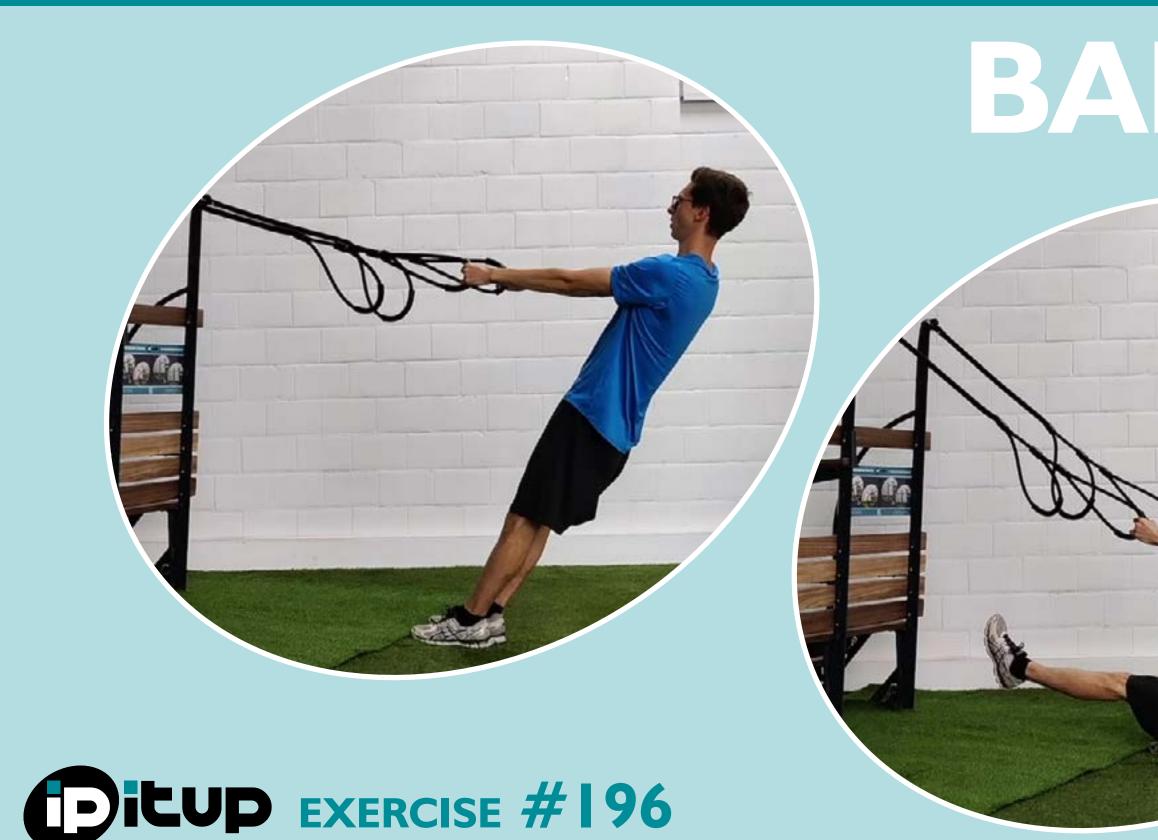










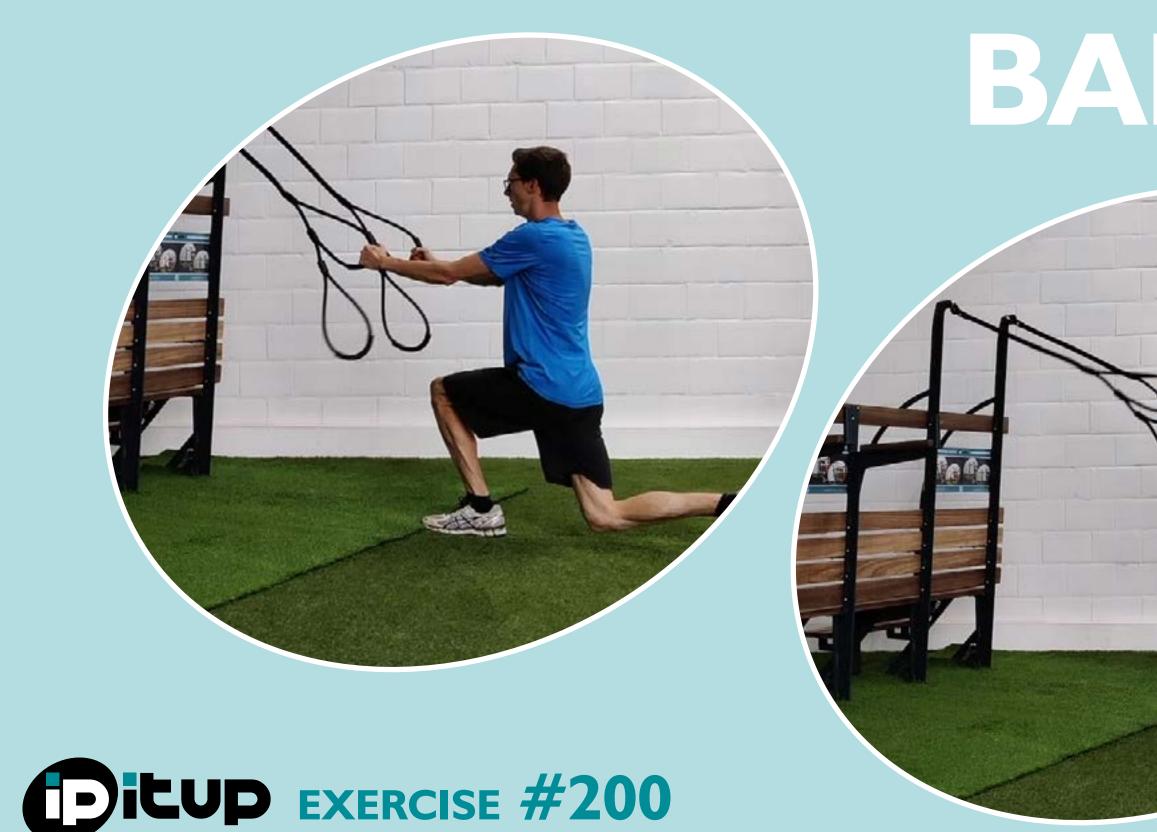


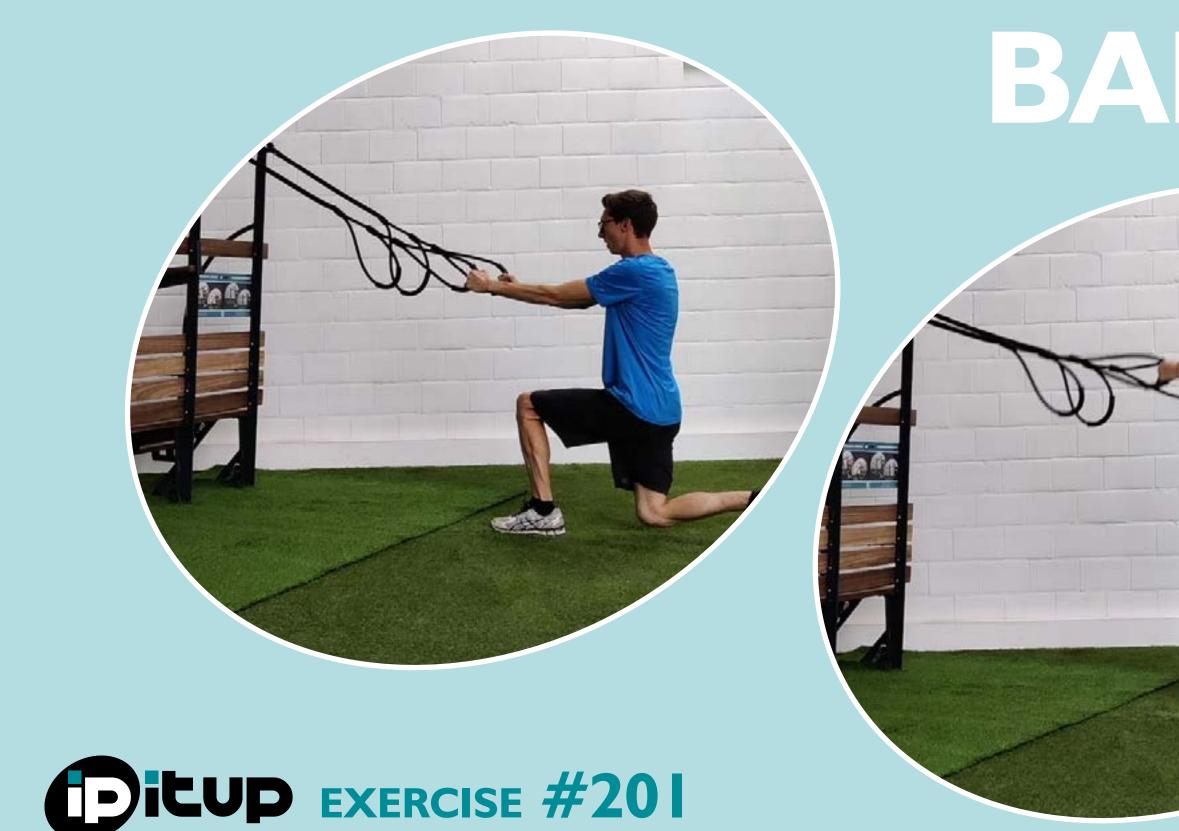




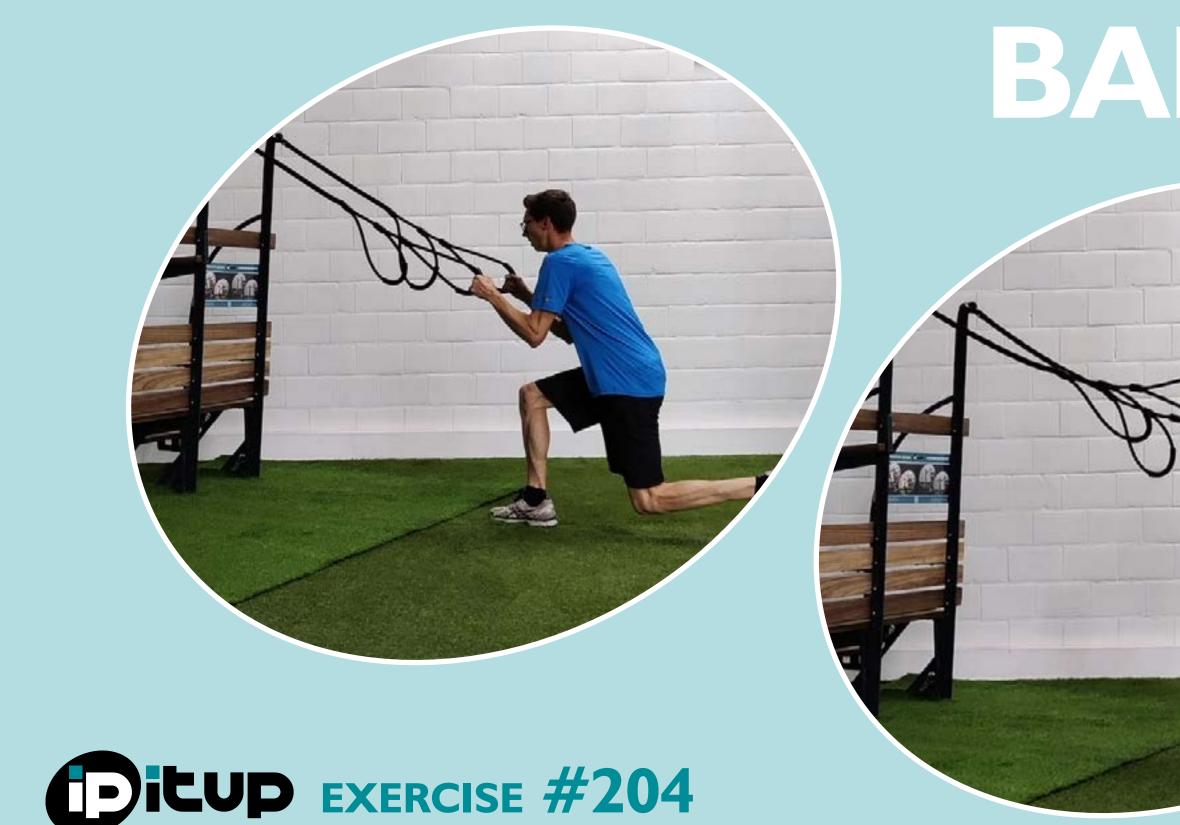


# **LEVEL 5**















# **LEVEL 2**





















# LEVEL 3



# **LEVEL 4**

























# **LEVEL 5**





### **5 LEVELS**























### **5 LEVELS**



## PARTNER LEVEL 4