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Exercise# Description Time Goal Sets Tempo Rest Time 9 Rowing 2 Minutes** 1-3 1/1 30 Seconds 10 Surfer 2 Minutes** 1-3 1/1 30 Seconds 8 Cardio Pull 2 Minutes** 1-3 1/1 30 Seconds 5 Squat 2 Minutes** 1-3 1/1 30 Jan 7th, 2024

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