



	Exercise	Sets	Reps	Rest (sec)	Work	Duration
1	Mid-Level Tuck Jump	1	30	15	1m 0s	1m 45s
2	Push Up to Contralateral Limb Raise	1	20	15	1m 0s	1m 15s
3	Lateral Box Jump Rebounds	1	20	15	1m 0s	1m 15s
4	Diagonal Lunge Plate Blocks	1	20	15	1m 0s	1m 15s
5	Single Leg Squat	1	30	15	1m 0s	1m 45s
6	MB Diagonal Chops	1	20	15	1m 0s	1m 15s
7				Total Duration:	6m 0s	8m 30s

Notice

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