

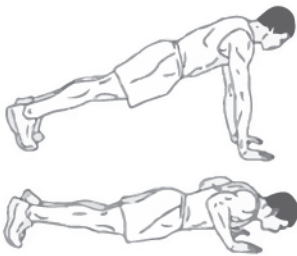


AWAKENS



Awakens

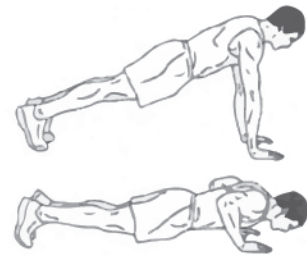
mind, body and soul



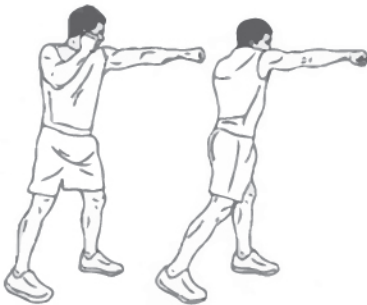
5 Pus-ups



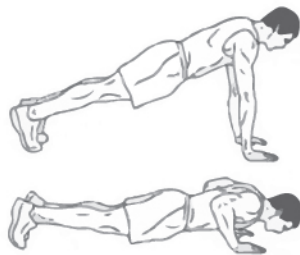
20 Shoulder Taps



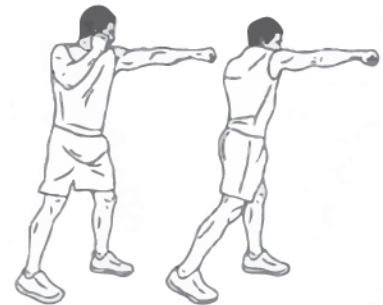
5 Pus-ups



20 Punches



10 Pus-ups



20 Punches

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Awakens

mind, body and soul



5 Squats



5 Sit-ups



5 Squats



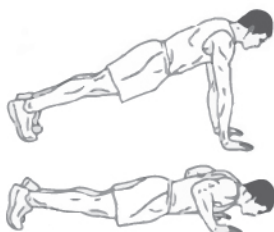
5 Lunges
(perna esq)



5 Sit-ups



5 Lunges
(perna dir)



5 Push-ups



5 Sit-ups



5 Push-ups

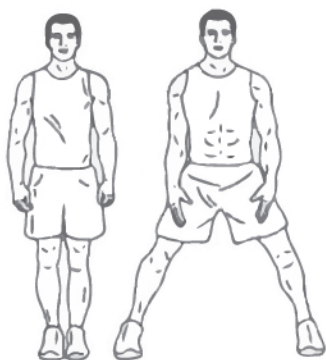
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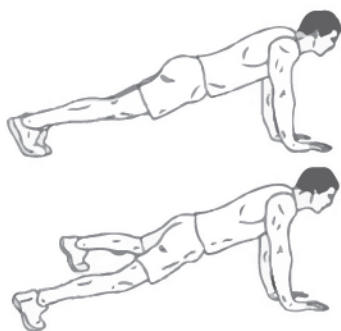


Awakens

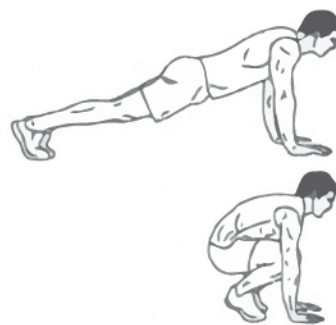
mind, body and soul



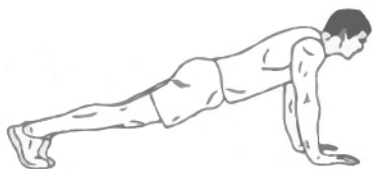
10 Half Jacks



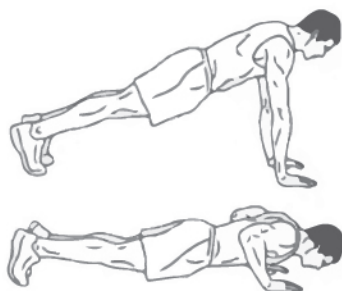
4 Plank Jacks



4 Plank Jump-ins



10-Count plank



4 Push-ups



10 Squats

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