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

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