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

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