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| **SEAL JACKS** | **THIGH TAPS** | **FLOW STEPS** | **BURPEE PUSH-UP** | **PLANK INTO LUNGE** | **TRIPLE PUNCH + DOUBLE TURN KICK** |
| **Cardiorespiratory Endurance** | **Muscular**  **Fitness** | **Skill-Related Fitness** | **Cardiorespiratory Endurance** | **Muscular**  **Fitness** | **Skill-Related Fitness** |
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