| DATE | POWER PUSHUPS / PUSHUPS | KIP-UP / LEG RAISES | MUSCLE-UP / PULLUPS | POWER JUMPS / SQUATS | FRONT FLIP / HANDSTAND PUSHUPS | BACK FLIP / BRIDGES | FORARMS / HANDS | NECK / CALVES | FLAGS / TWISTS | BRIDGE HOLD / L-HOLD | RUNNING / EYES |
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