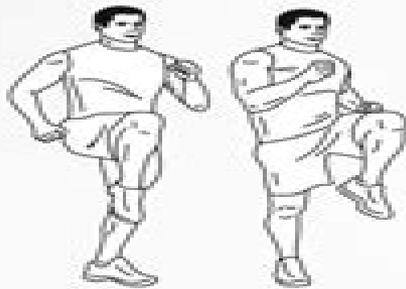


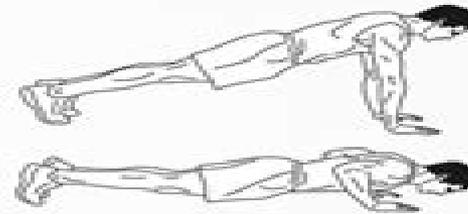
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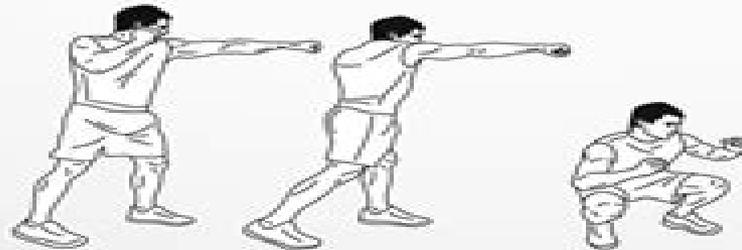
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec push-ups



20sec jab + jab + cross + squat

Ten Week Army Ranger Special Forces Workout Program

Michael Hoelscher



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