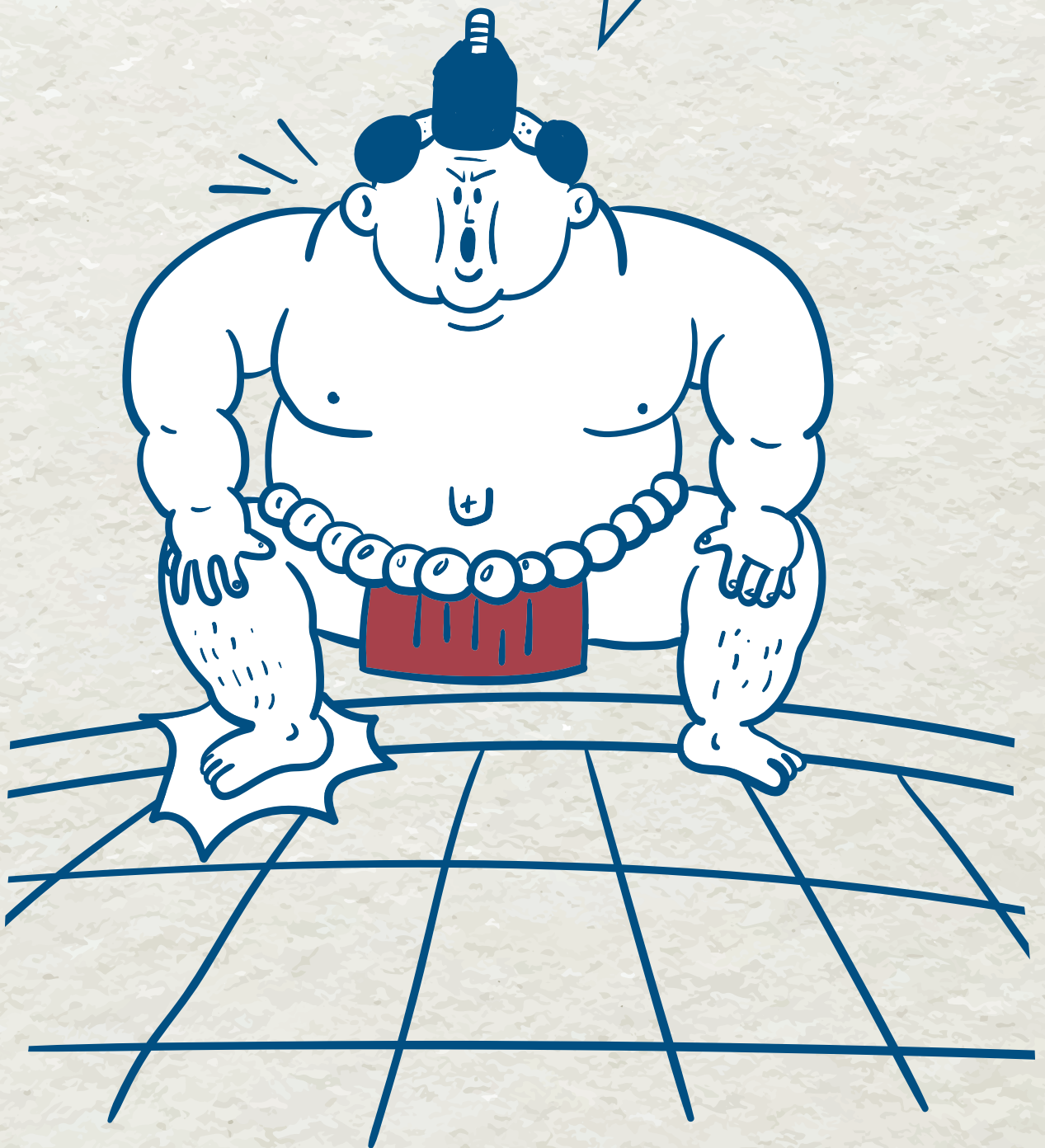


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# CAN DLE LIGHT CHAL LENGE



**SUMO SQUAT MIT LEGLIFT  
(3X22 STK.)  
PUSH-UPS (22X2 STK.)  
MOUNTAINCLIMBER (2X22 SEK)**