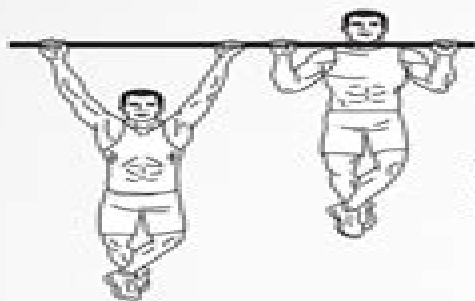


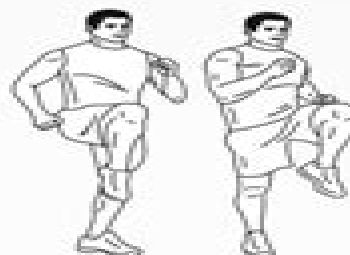
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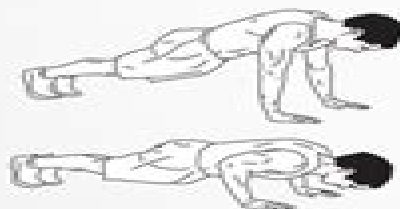
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



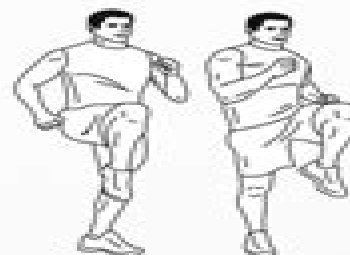
to failure
pull-ups



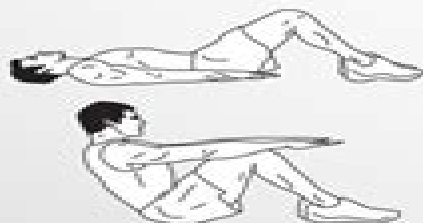
40 high knees
run on a spot
or 60 second run



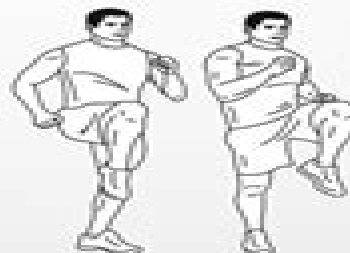
to failure
push-ups



40 high knees
run on a spot
or 60 second run



to failure
sit-ups



40 high knees
run on a spot
or 60 second run

Navy Workout Guide

RJ Alexander

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Navy Workout Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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