

## SQUAT CHALLENGE Basic



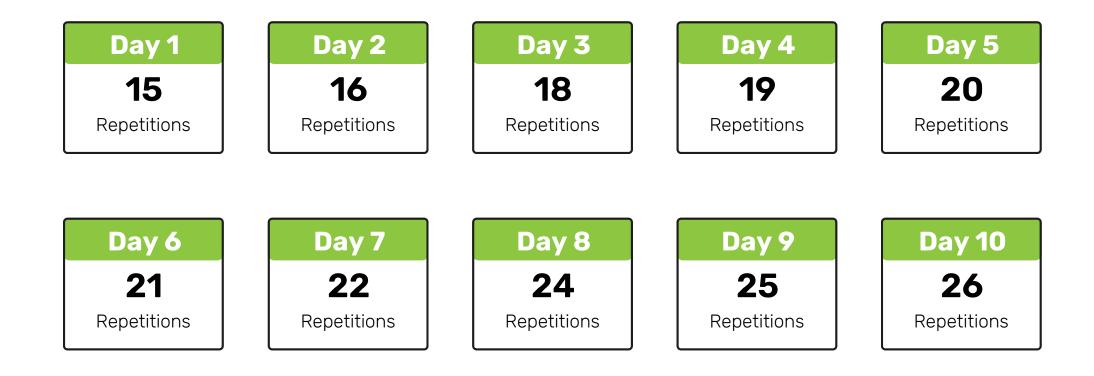






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## SQUAT CHALLENGE Intermediate

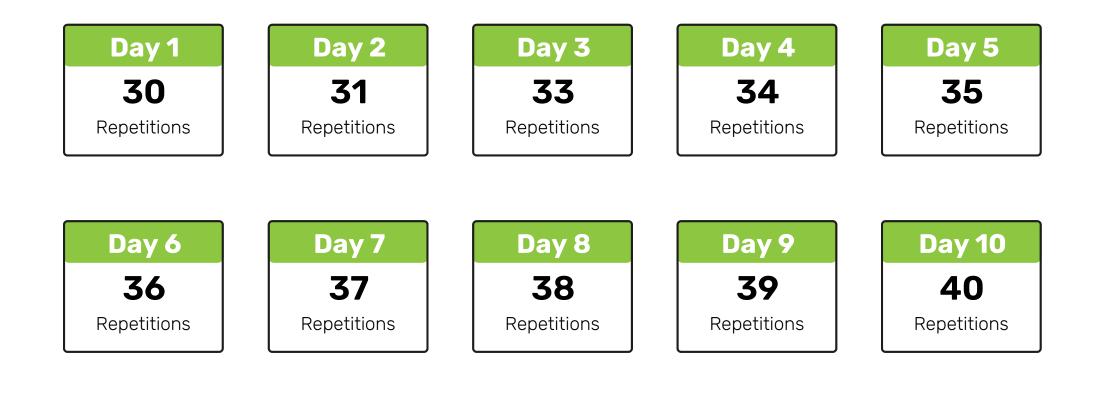








## SQUAT CHALLENGE Experienced









## SQUAT CHALLENGE Expert

