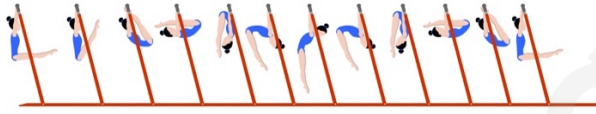
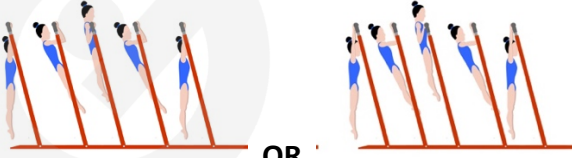


Level 01 to Level 04 - Door Bar

L Hold Min 5 sec – 2.00	
L position to Pike Roll to L position – 2.00	
L Hold Min 5 sec – 2.00	
Chin up 2.00 OR Pull up 2.00	
L Hold Min 5 sec – 2.00	