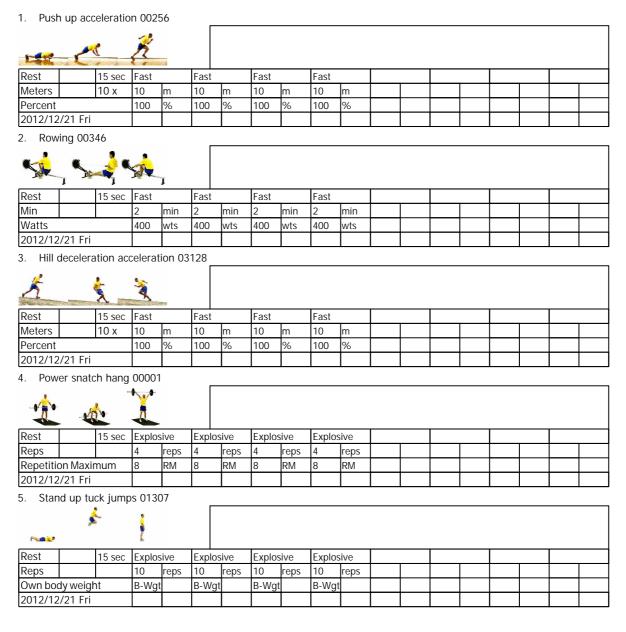
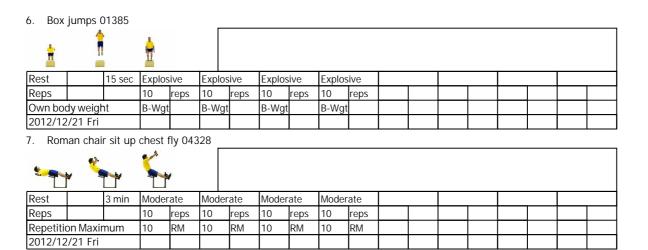


Week 1 2012/12/21 Day of

DELIVERANCE II: The HADES edition

The following 7 exercises has to be done in a circuit with 3 minutes rest between circuits and 15 seconds between stations / exercises.





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