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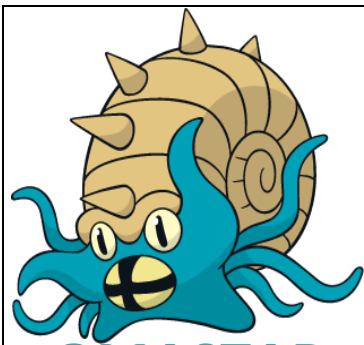
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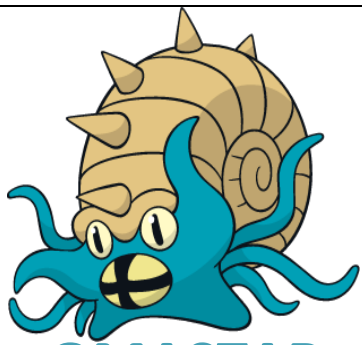
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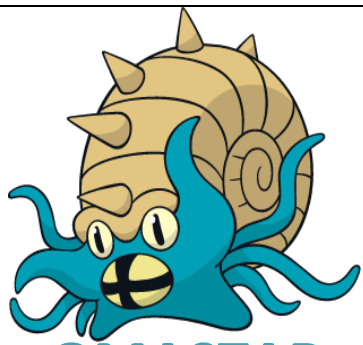
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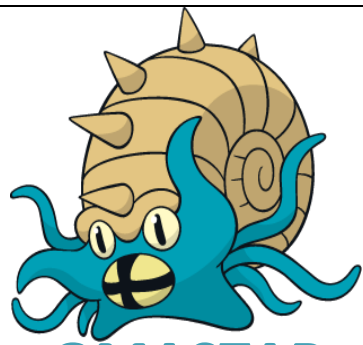
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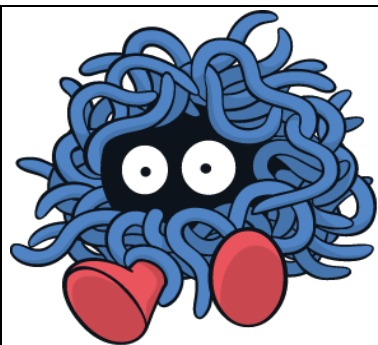
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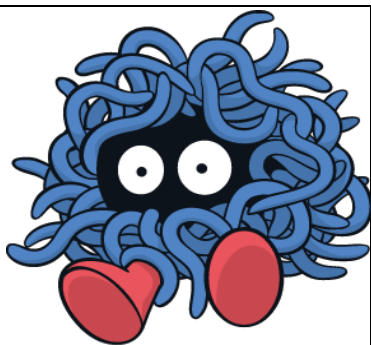
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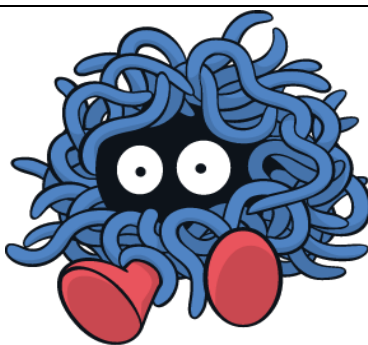
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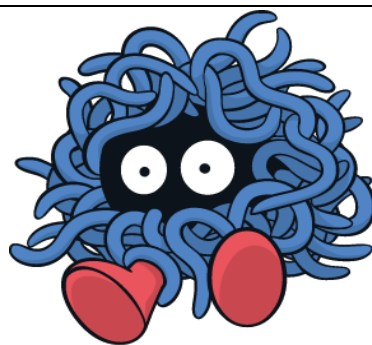
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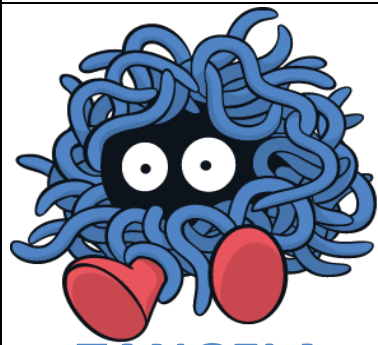
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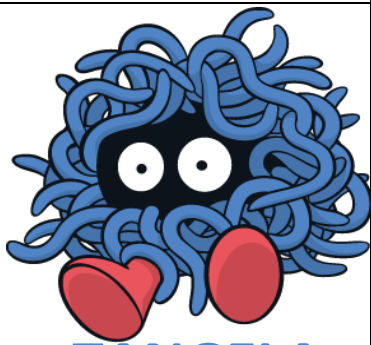
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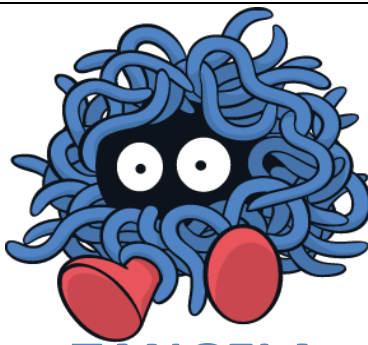
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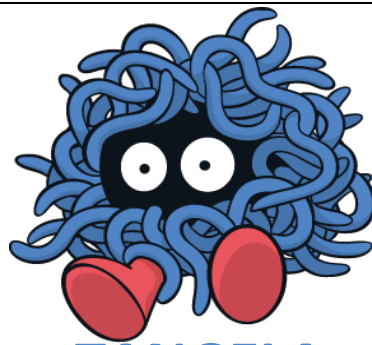
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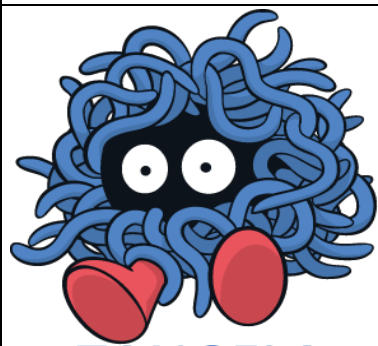
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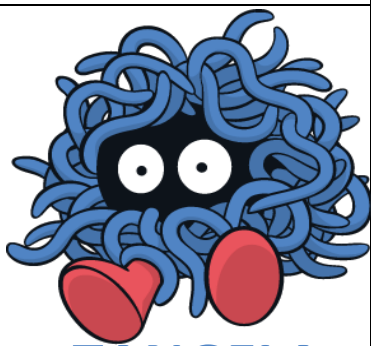
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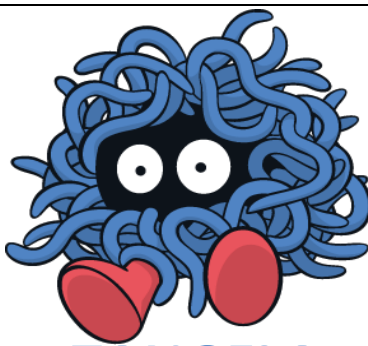
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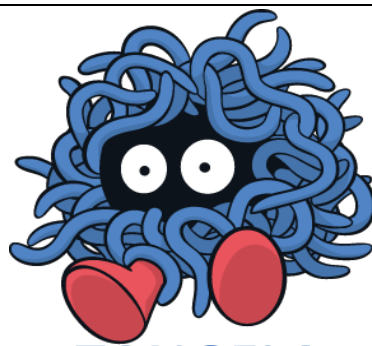
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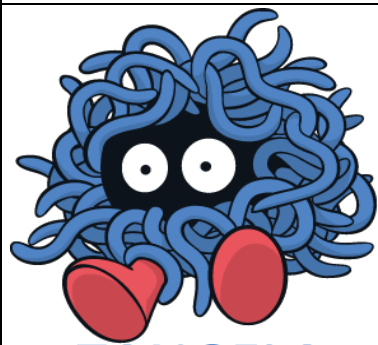
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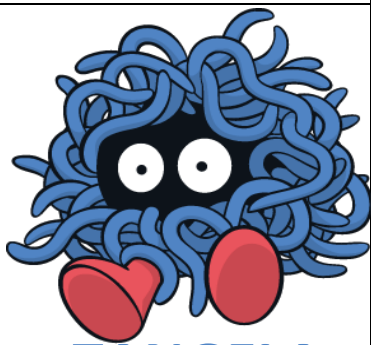
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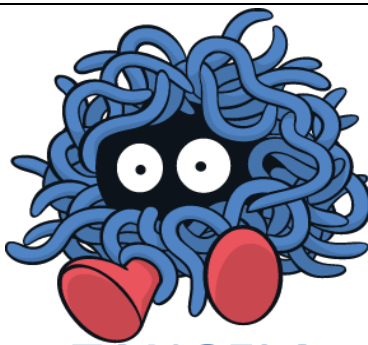
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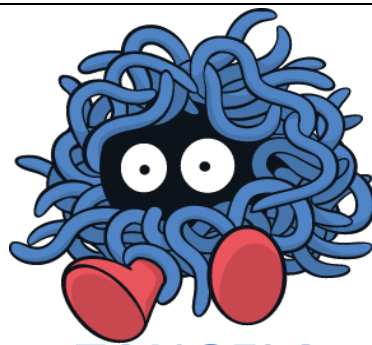
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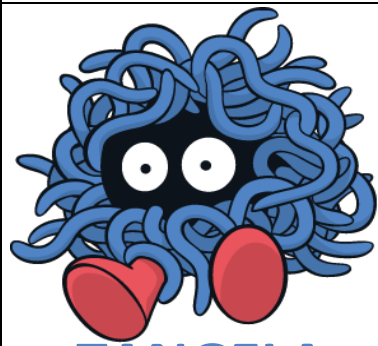
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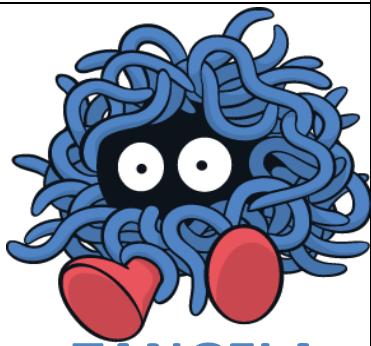
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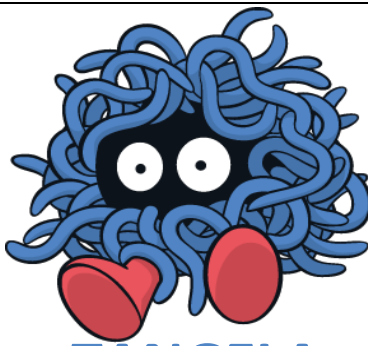
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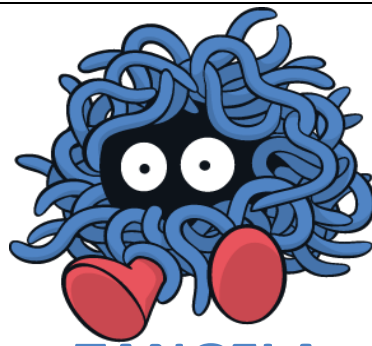
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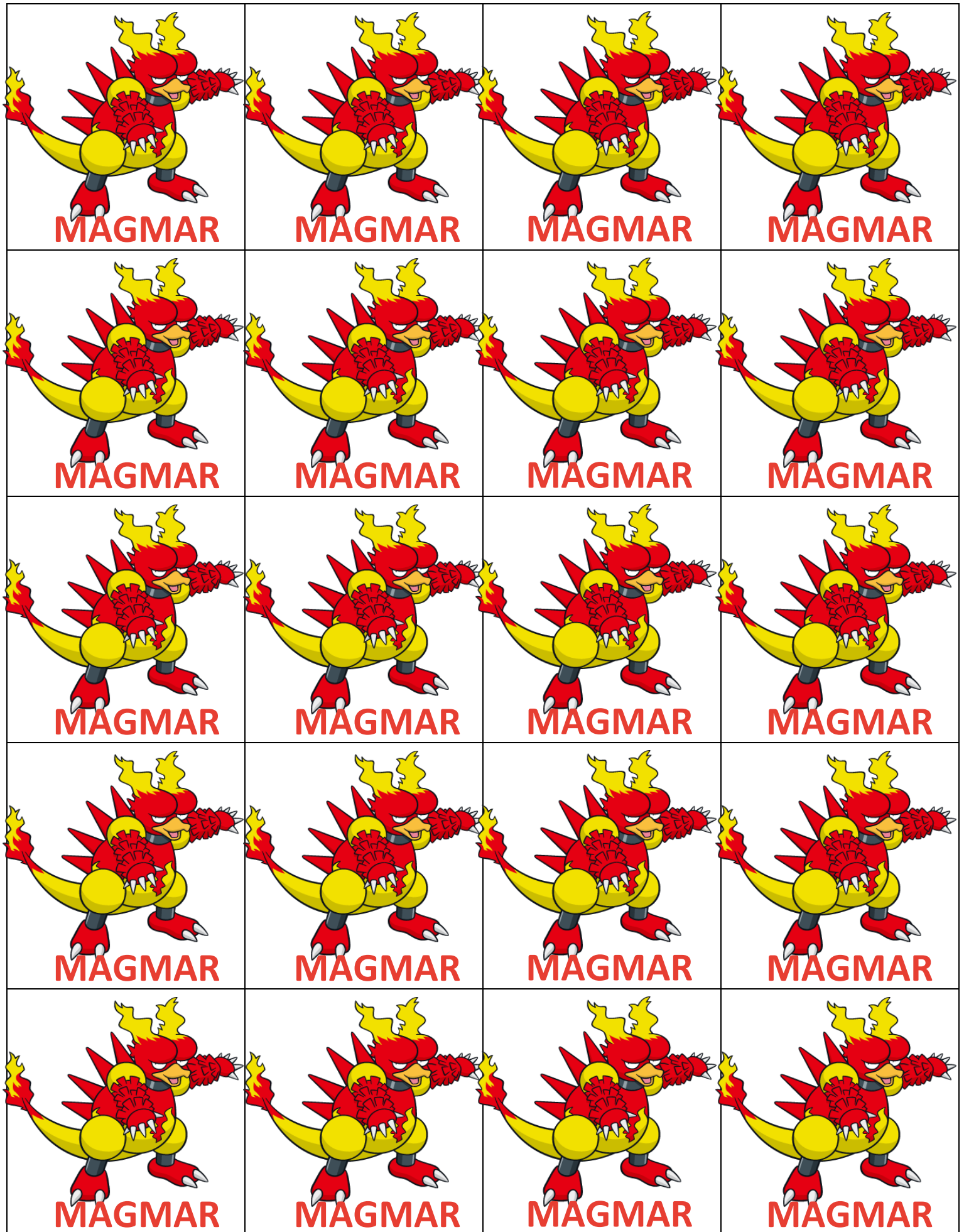
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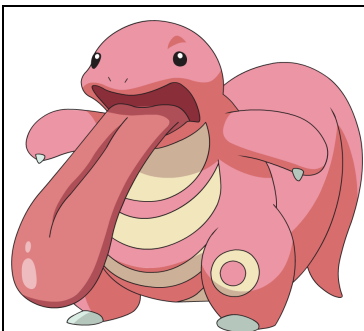


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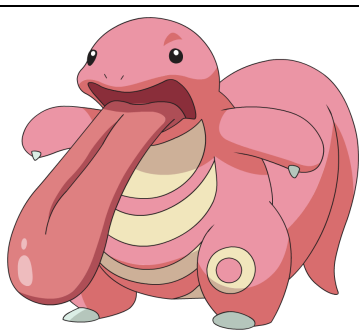


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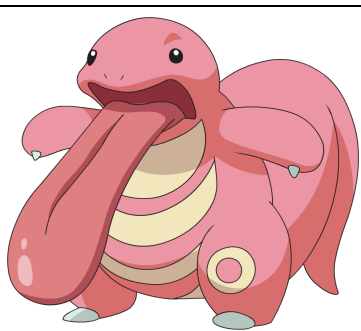




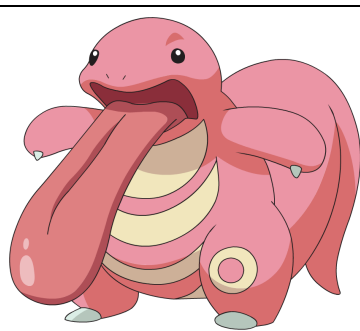
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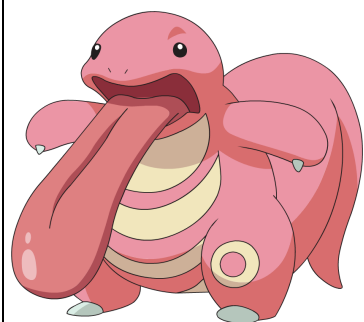
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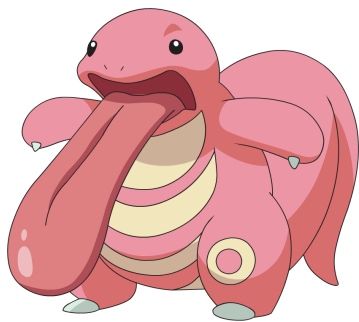
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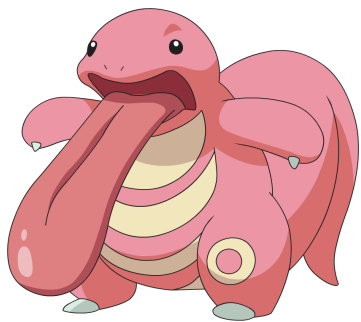
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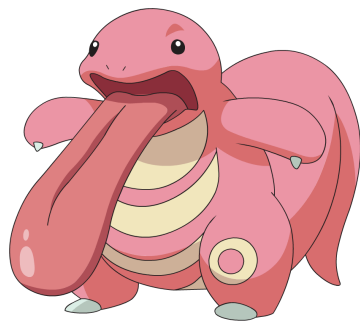
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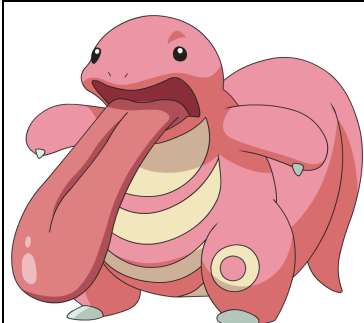
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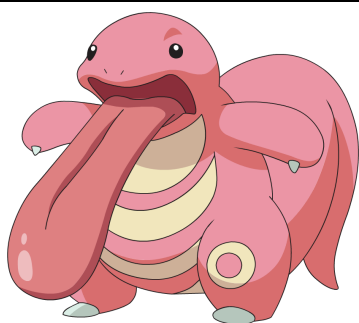
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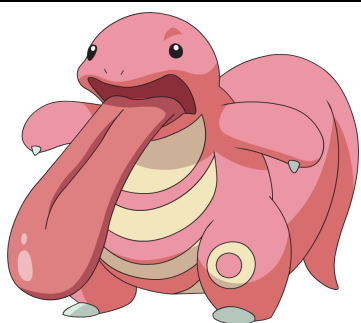
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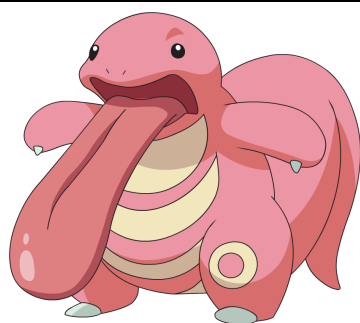
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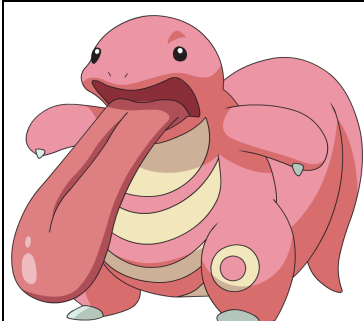
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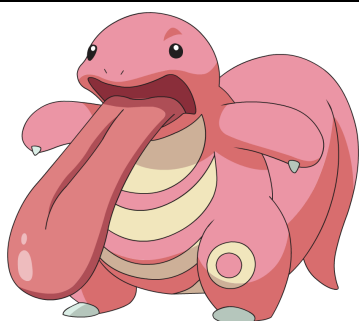
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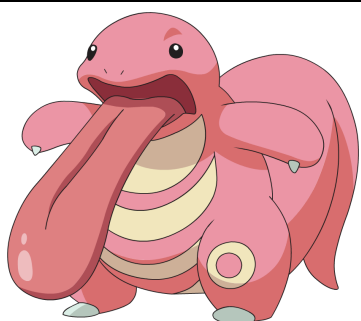
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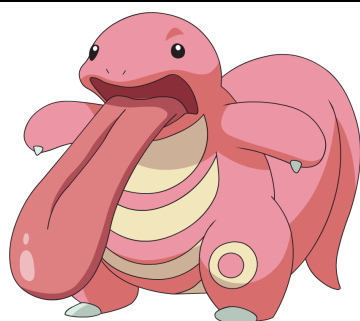
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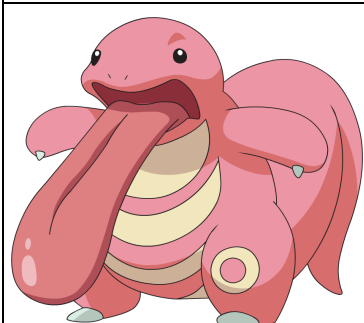
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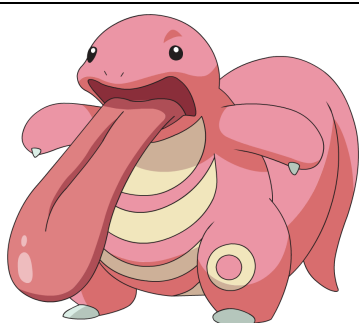
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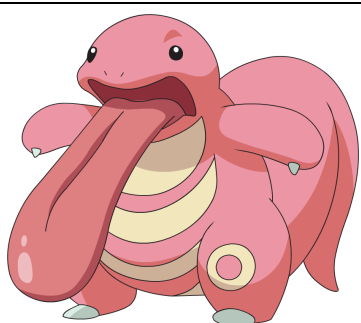
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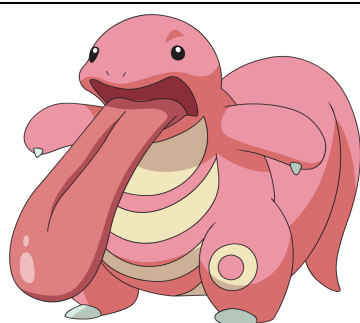
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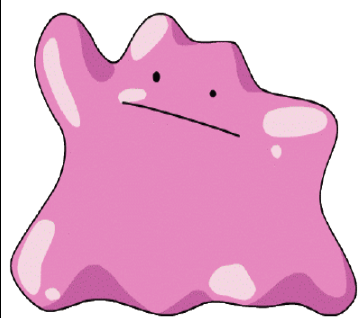
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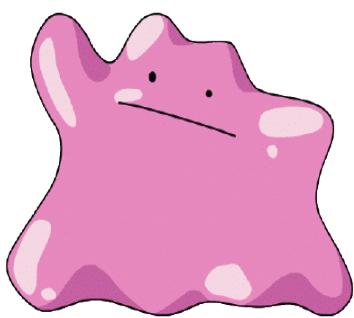
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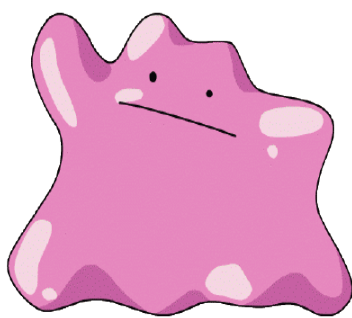
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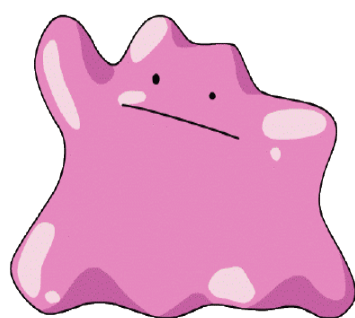
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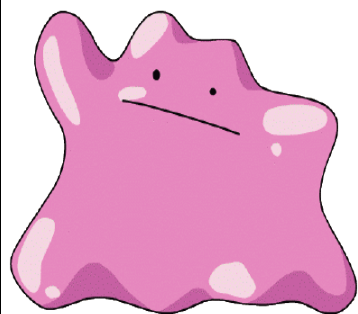
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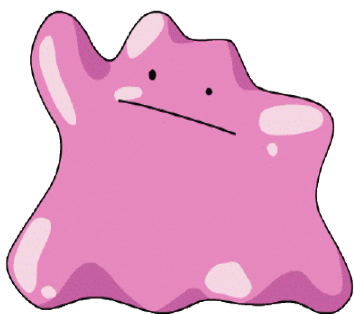
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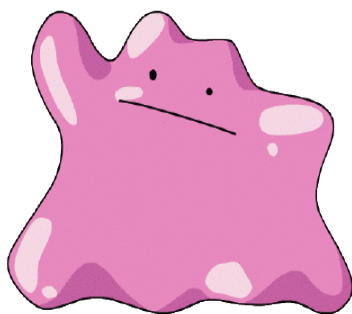
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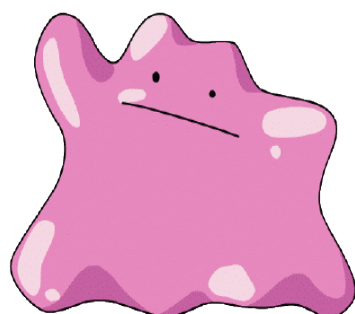
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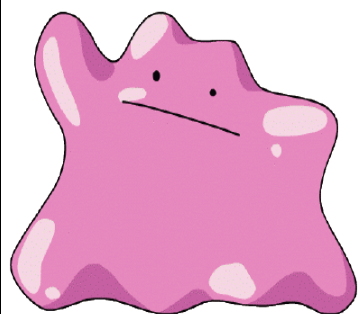
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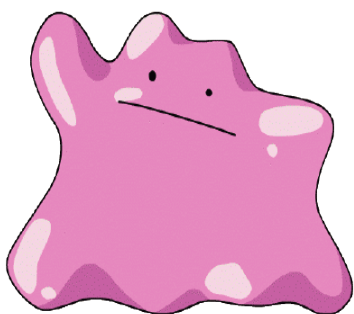
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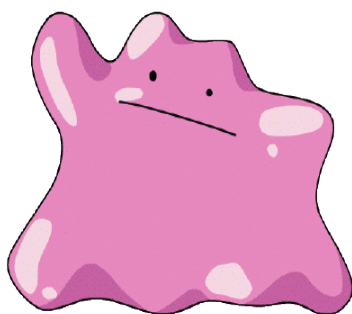
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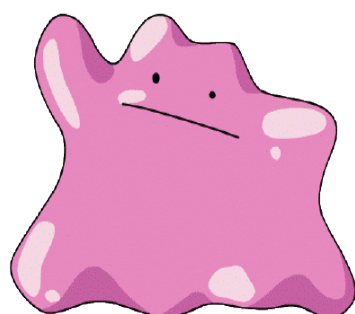
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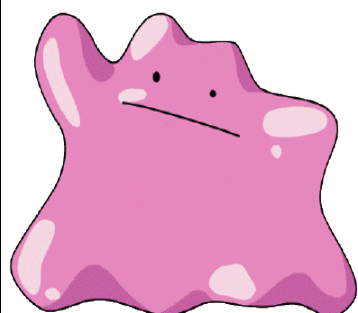
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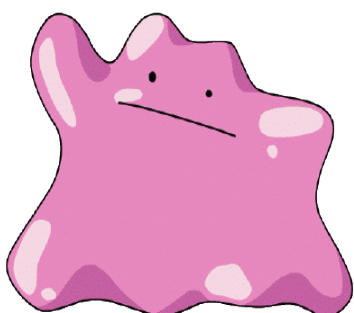
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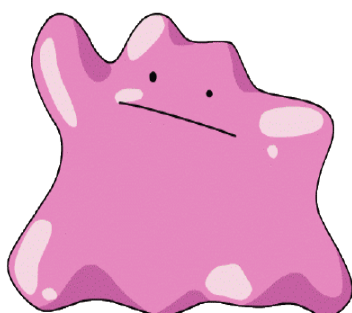
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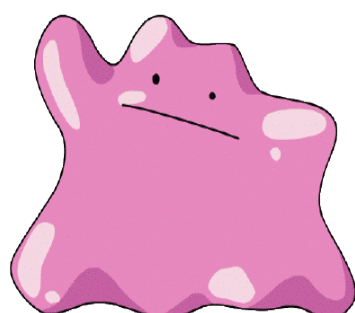
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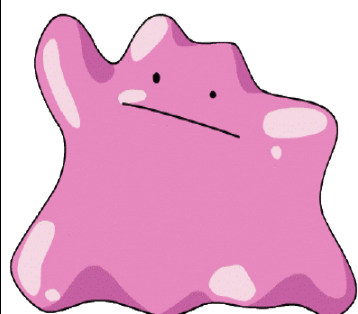
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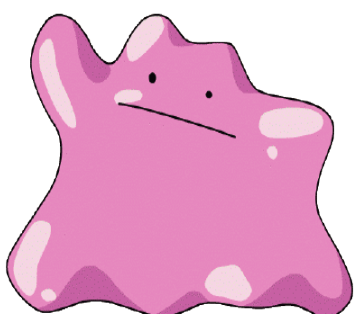
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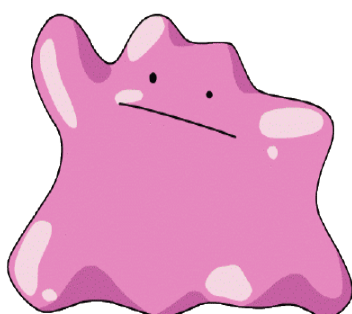
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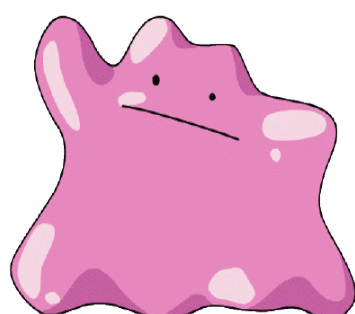
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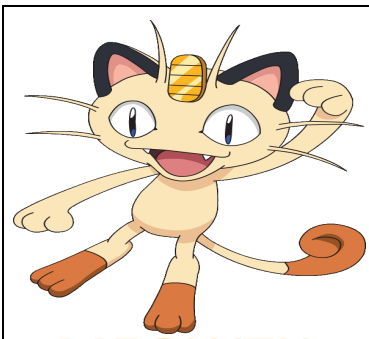
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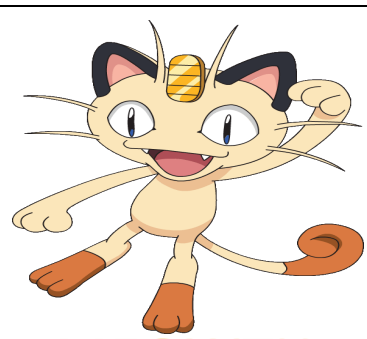
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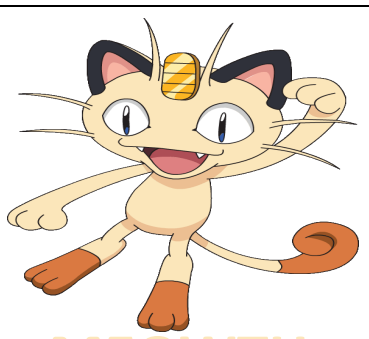
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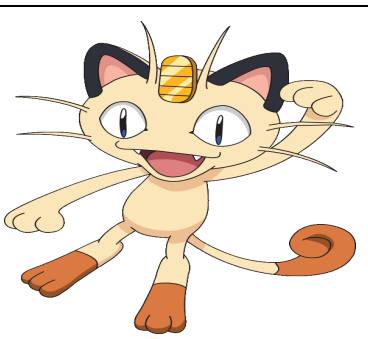
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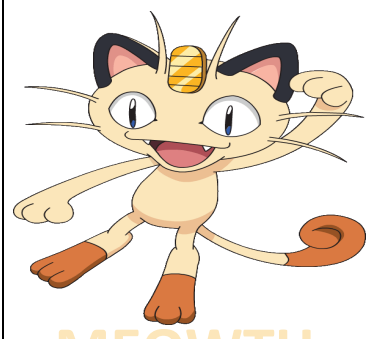
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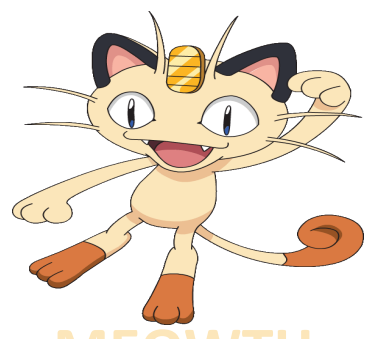
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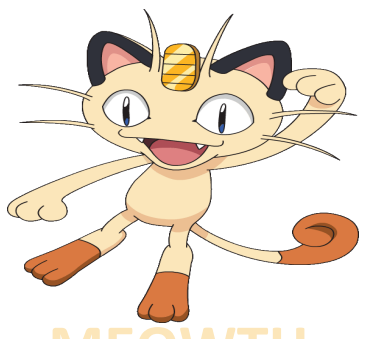
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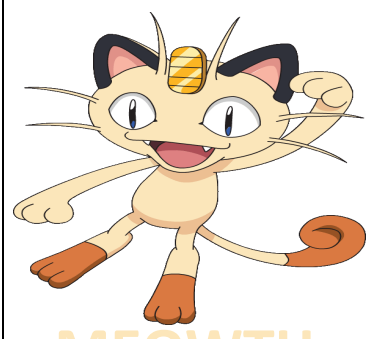
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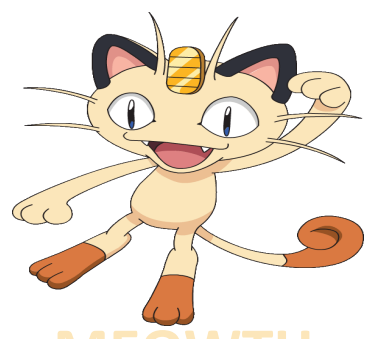
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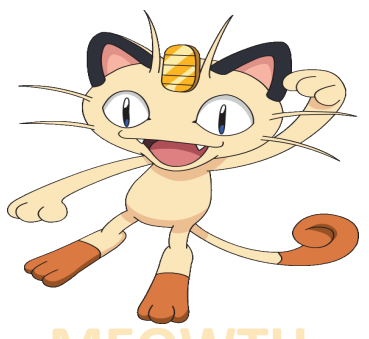
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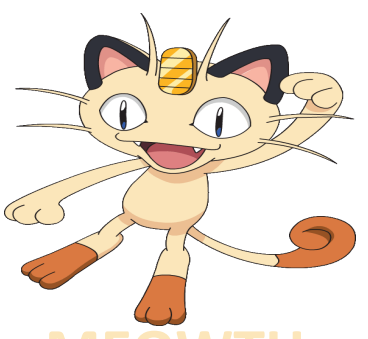
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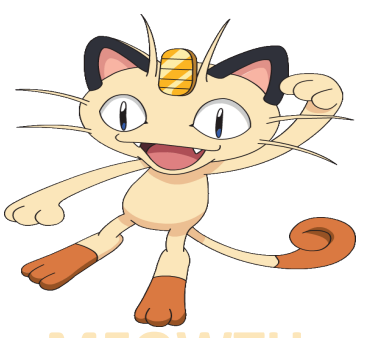
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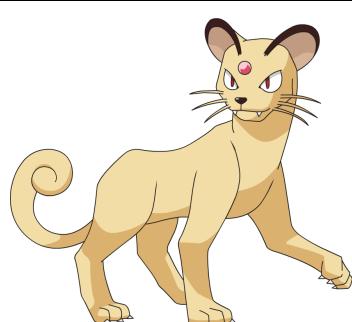
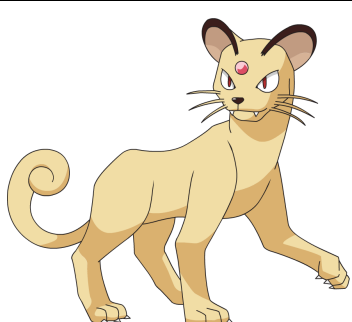
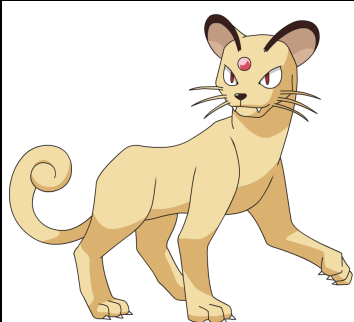
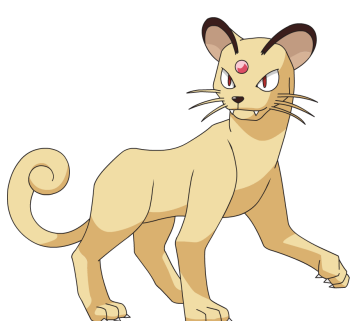
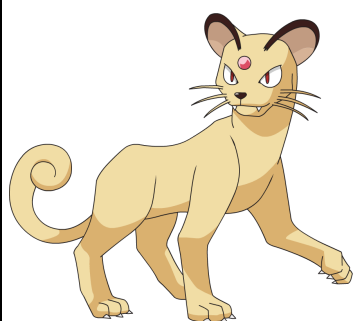
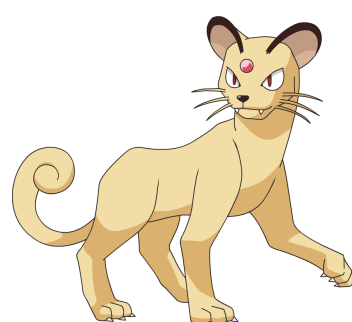
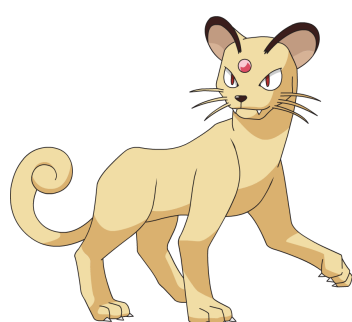
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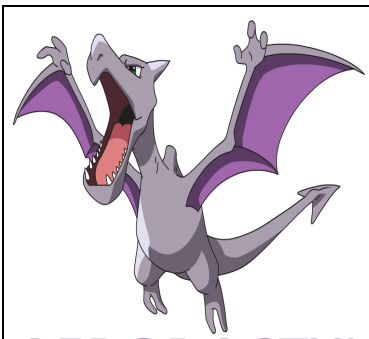


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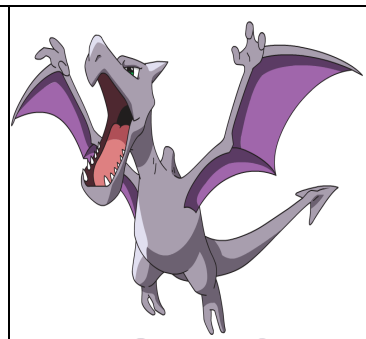
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KABUTO



- **20 SECOND V-SIT**
- **3 PUSH UPS**

KABUTOPS



****To get KABUTOPS, you
must evolve KABUTO****

OMANYTE



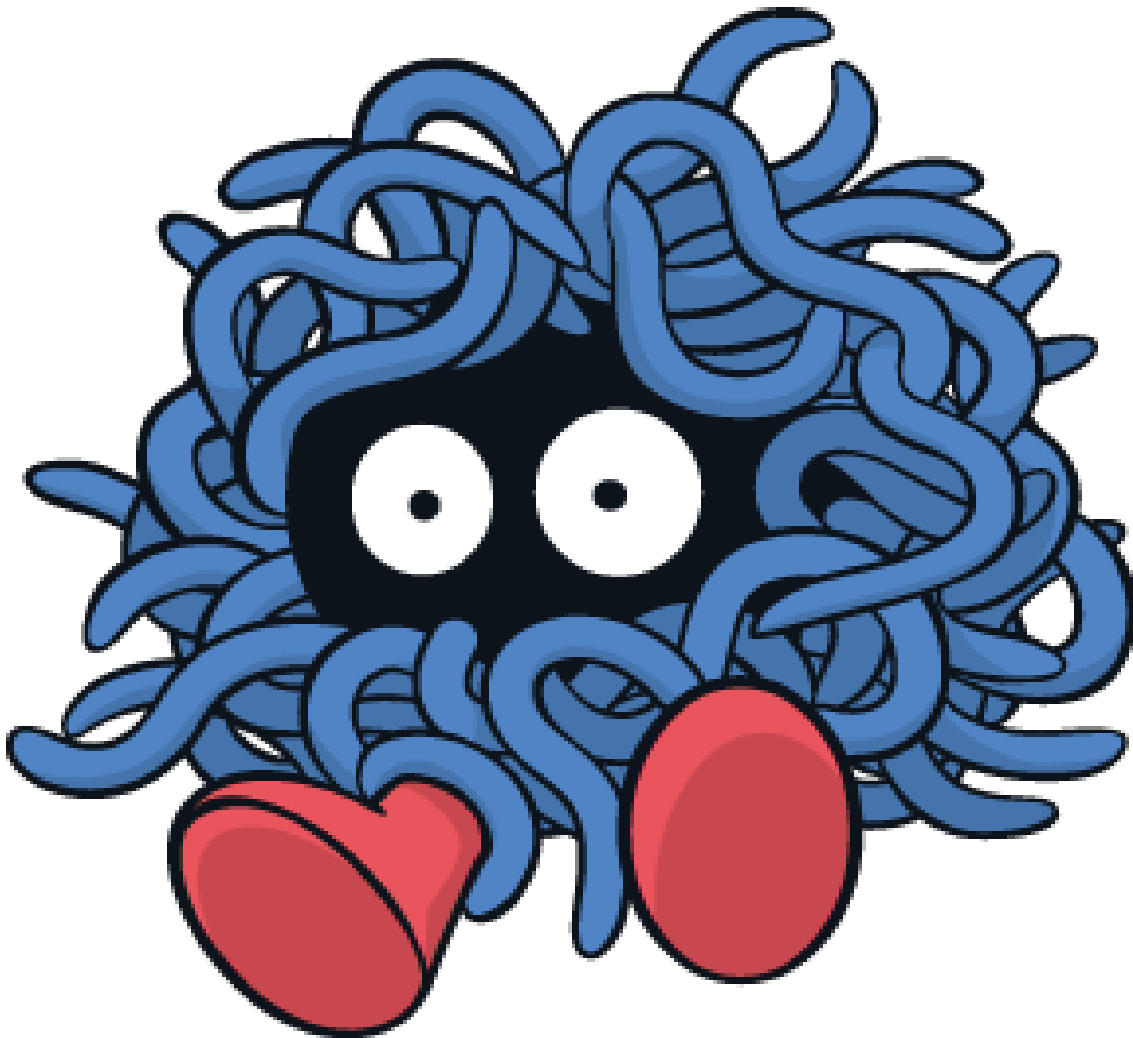
- **30 JUMPING JACKS**
- **20 SECOND**
STRADDLE STRETCH

OMASTAR



****To get OMASTAR, you
must evolve OMANYTE****

TANGELA



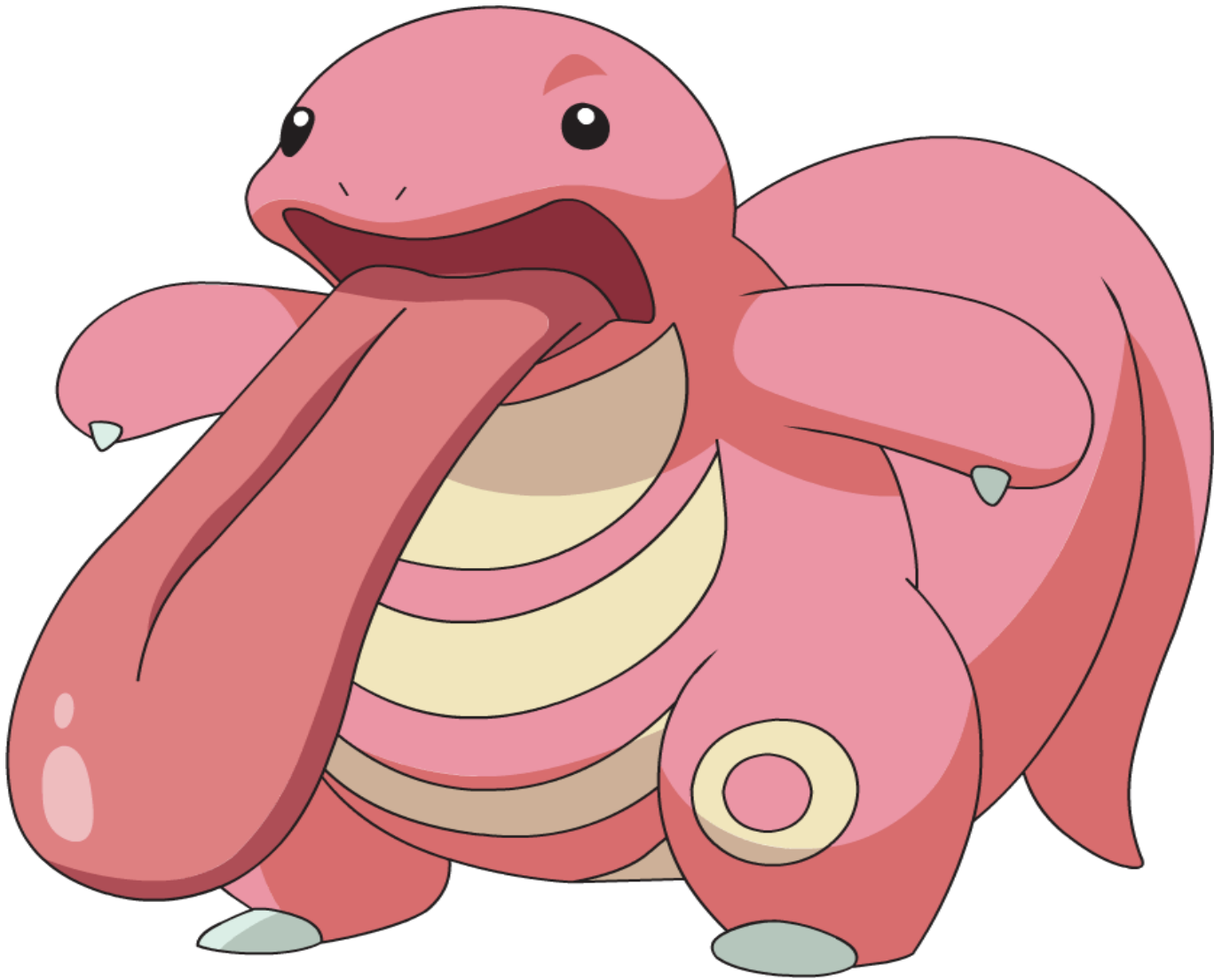
- **20 SECOND KNEE HUG STRETCH**
- **40 BOTTOM KICKERS**

MAGMAR



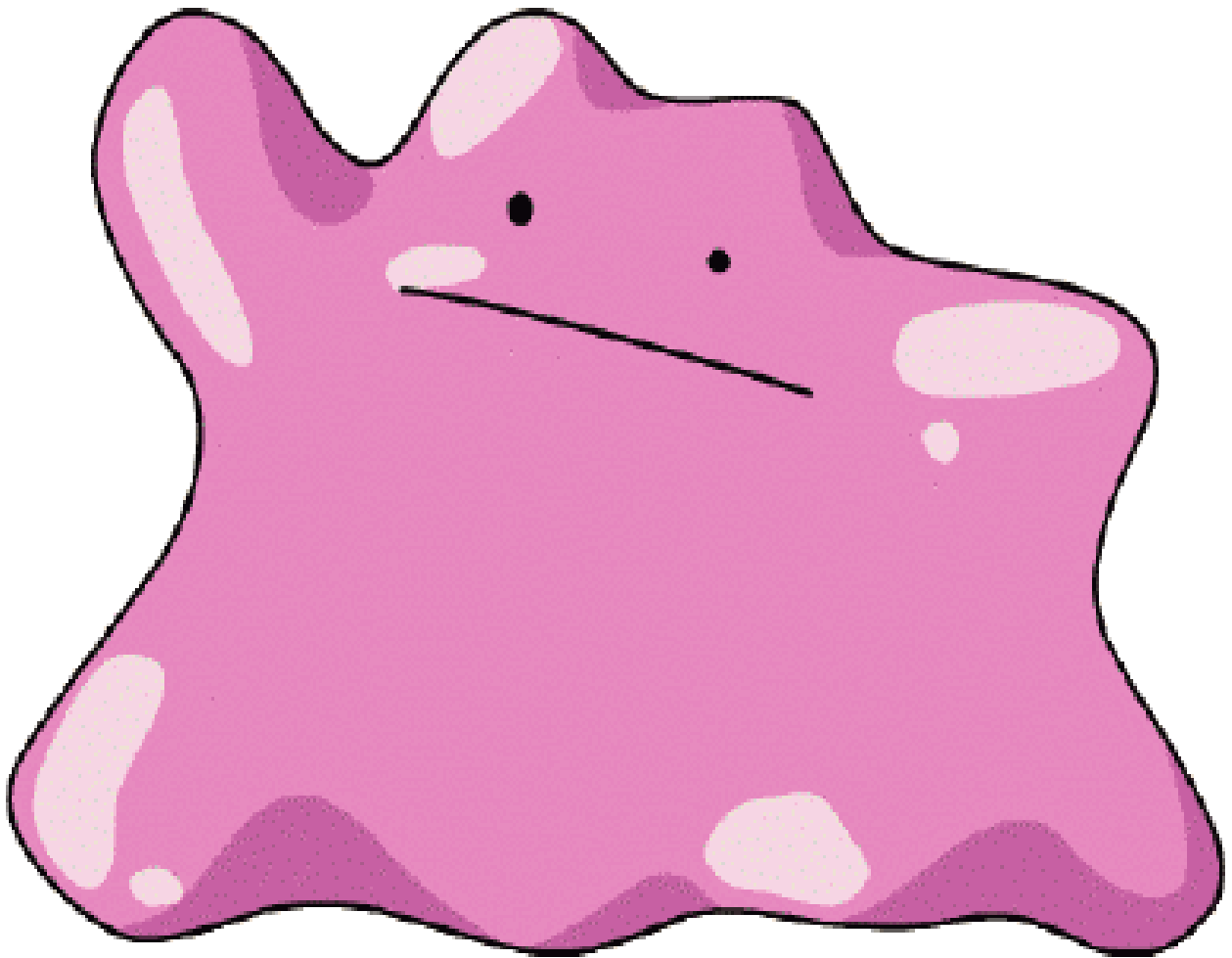
- **20 SECOND V-SIT**
- **10 PUSH UPS**

LICKITUNG



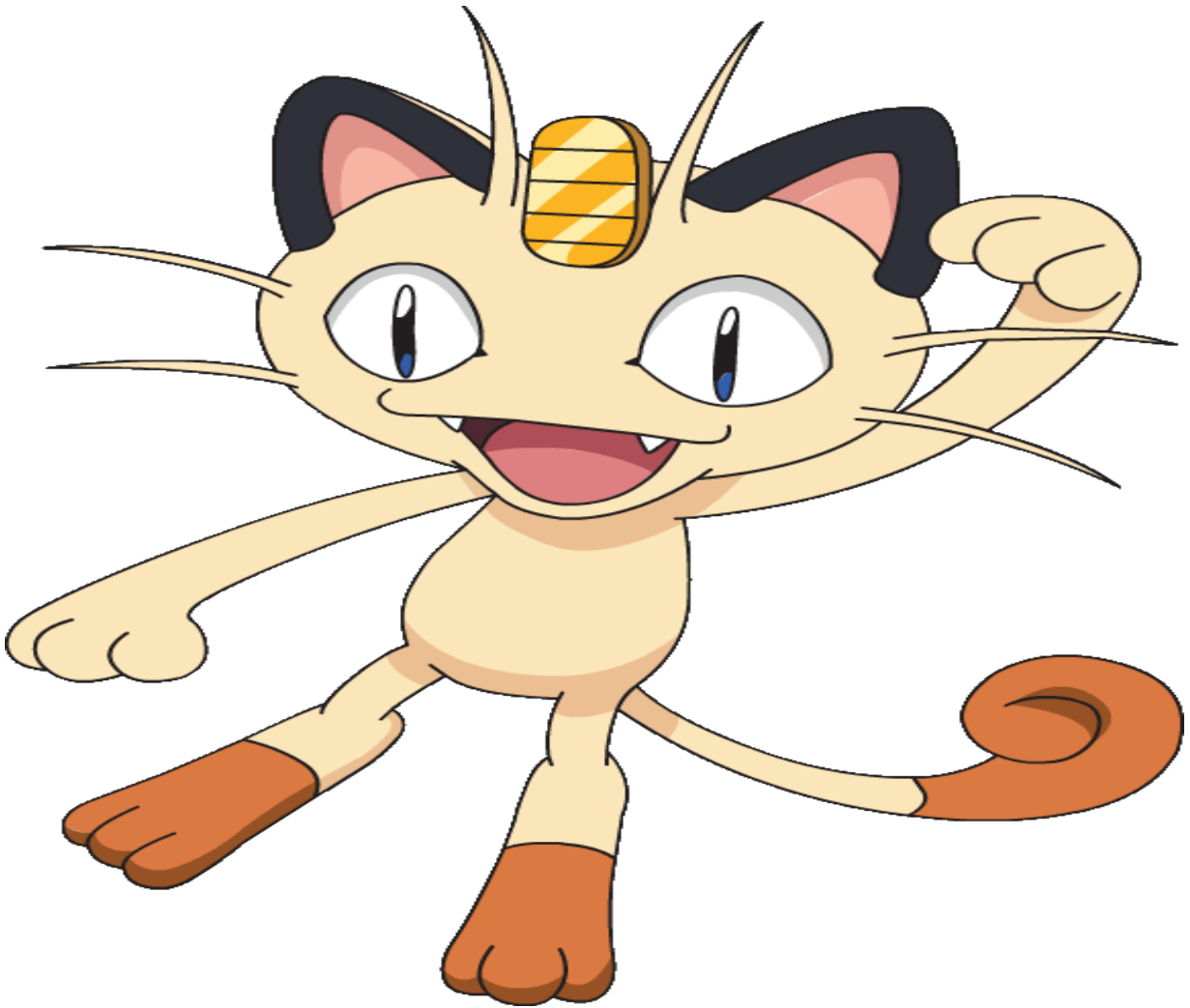
- **15 SQUATS**
- **25 HEEL LIFTS**

DITTO



- **12 SQUAT JUMPS**
- **24 MOUNTAIN CLIMBERS**

MEOWTH



- **4 BURPEES**
- **20 SECOND TOE TOUCH STRETCH**

PERSIAN



****To get PERSIAN, you must
evolve MEOWTH****

AERODACTYL



- **30 SECOND
BUTTERFLY STRETCH**
- **26 PLANK SIDE TAPS**

JYNX



- **SLIDE 1 LAP**
- **10 SQUAT JUMPS**