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| **Goalkeepers** | | |
| **25 press ups** | **15 press ups** | **10 push ups** |
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| **Defenders** | | |
| **25 sit ups** | **15 sit ups** | **10 sit ups** |
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| **Midfielders** | | |
| **20 Burpees (per midfielder)** | **10 Burpees (per midfielder)** | **5 Burpees (per midfielder)** |
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| **Strikers** | | |
| **40 Star Jumps (per striker)** | **30 Star Jumps (per striker)** | **20 Star Jumps (per striker)** |
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| **Legends-** [**CLICK HERE TO SPIN THE WHEEL**](https://wheelofnames.com/k45-vz5) | | | | |
| **1 minute plank** | **30 Sit-ups** | **10 Burpees** | **10 Star Jumps** | **5 Press-ups** |
|  |  |  |  |  |
| **Beckham** | **Lineker** | **Moore** | **Gascoigne** | **Seaman** |