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| --- | --- | --- |
| **Tier 1 Goalkeepers** | **Tier 2 Goalkeepers** | **Tier 3 Goalkeepers** |
| **25 press ups** | **15 press ups** | **5 push ups** |
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| **Tier 1 Defenders** | **Tier 2 Defenders** | **Tier 3 Defenders** |
| **25 sit ups (per defender)** | **15 sit ups (per defender)** | **10 sit ups (per defender)** |
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| **Tier 1 Midfielders** | **Tier 2 Midfielders** | **Tier 3 Midfielders** |
| **30 Burpees (per midfielder)** | **20 Burpees (per midfielder)** | **10 Burpees (per midfielder)** |
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| --- | --- | --- |
| **Tier 1 Strikers** | **Tier 2 Strikers** | **Tier 3 Strikers** |
| **40 Star Jumps (per striker)** | **30 Star Jumps (per striker)** | **20 Star Jumps (per striker)** |
|  |  |  |

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| --- | --- | --- | --- |
| **Sub Keeper** | **Sub Defender** | **Sub Midfielder** | **Sub Striker** |
| **1 minute plank for every sub you select (Max 4 subs)** | | | |
|  |  |  |  |