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| **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** |
| **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** |
| **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** |
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| **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** | **TO EVOLVE INTO CHARMELEON, YOU MUST DO:**   * **20 MOUNTAIN CLIMBERS** * **20 SQUATS** |
| **TO EVOLVE INTO CHARIZARD, YOU MUST DO:**   * **15 SQUAT JUMPS** * **10 PUSH UPS** | **TO EVOLVE INTO CHARIZARD, YOU MUST DO:**   * **15 SQUAT JUMPS** * **10 PUSH UPS** | **TO EVOLVE INTO CHARIZARD, YOU MUST DO:**   * **15 SQUAT JUMPS** * **10 PUSH UPS** | **TO EVOLVE INTO CHARIZARD, YOU MUST DO:**   * **15 SQUAT JUMPS** * **10 PUSH UPS** |
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| **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** |
| **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** |
| **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** | **TO EVOLVE INTO WARTORTLE, YOU MUST DO:**   * **30 SECOND V-SIT** * **JOG 1 LAP** |
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| **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** |
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| **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** |
| **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** | **TO EVOLVE INTO BLASTOISE, YOU MUST DO:**   * **10 PUSH UPS** * **15 SQUATS** |
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| **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** |
| **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** |
| **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** |
| **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** |
| **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** | **TO EVOLVE INTO IVYSAUR, YOU MUST DO:**   * **30 SECOND PLANK** * **5 BURPEES** |
| **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** |
| **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** |
| **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** |
| **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** |
| **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** | **TO EVOLVE INTO VENUSAUR, YOU MUST DO:**   * **15 SQUAT JUMPS** * **40 JUMPING JACKS** |
| **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** | **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** | **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** | **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** |
| **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** | **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** | **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** | **TO EVOLVE INTO RAICHU, YOU MUST DO:**   * **10 PUSH UPS** * **30 ARM CIRCLES** |
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| **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** |
| **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** |
| **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** |
| **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** |
| **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** | **TO EVOLVE INTO WIGGLYTUFF, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND TOE TOUCH STRETCH** |
| **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** |
| **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** |
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| **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** | **TO EVOLVE INTO ARCANINE, YOU MUST DO:**   * **30 HEEL LIFTS** * **20 SECOND PLANK** |
| **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** |
| **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** |
| **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** |
| **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** |
| **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** | **TO EVOLVE INTO RAPIDASH, YOU MUST DO:**   * **12 SQUATS** * **JOG 1 LAP** |
| **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** |
| **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** |
| **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** | **TO EVOLVE INTO ELECTRODE, YOU MUST DO:**   * **20 DIPS** * **20 SECOND BUTTERFLY STRETCH** |
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| **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** |
| **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** |
| **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** |
| **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** |
| **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** | **TO EVOLVE INTO GYRADOS, YOU MUST DO:**   * **20 BURPEES** * **10 HEEL LIFTS** |
| **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** |
| **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** |
| **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** |
| **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** |
| **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** | **TO EVOLVE INTO EXEGGUTOR, YOU MUST DO:**   * **GALLOP 1 LAP** * **10 PUSH UPS** |
| **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** |
| **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** |
| **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** |
| **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** |
| **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** | **TO EVOLVE INTO ARBOK, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 JUMPING JACKS** |
| **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** |
| **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** |
| **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** |
| **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** |
| **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** | **TO EVOLVE INTO DUGTRIO, YOU MUST DO:**   * **30 HEEL LIFTS** * **10 BURPEES** |
| **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **VTO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** |
| **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **VTO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** |
| **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **VTO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** |
| **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **VTO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** |
| **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **VTO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** | **TO EVOLVE INTO HYPNO, YOU MUST DO:**   * **SKIP 1 LAP** * **30 SECOND V-SIT** |
| **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** |
| **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** |
| **TO EVOLVE INTO TENTACRUEL YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** |
| **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** | **TO EVOLVE INTO TENTACRUEL, YOU MUST DO:**   * **20 ALT. LUNGES** * **30 BOTTOM KICKERS** |
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