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25 press ups	15 press ups	5 push ups
 Alisson LIV GKP   6.2	 Leno ARS GKP   5.0	 Krul NOR GKP   4.6
 Ederson MCI GKP   6.0	 Guaita CRY GKP   5.0	 Reina AVL GKP   4.5
 Kepa CHE GKP   5.4	 Pope BUR GKP   4.9	 Ramsdale BOU GKP   4.5
 Schmeichel LEI GKP   5.4	 Foster WAT GKP   4.9	 Mignolet LIV GKP   4.5
 de Gea MUN GKP   5.3	 Fabianski WHU GKP   4.9	 McCarthy SOU GKP   4.5
 Henderson SHU GKP   5.3	 Caballero CHE GKP   4.8	 Kelleher LIV GKP   4.4
 Lloris TOT GKP   5.3	 Ryan BHA GKP   4.7	 Fahrmann NOR GKP   4.4
 Pickford EVE GKP   5.2	 Bravo MCI GKP   4.7	 Verrips SHU GKP   4.4
 Patrício WOL GKP   5.2	 Grant MUN GKP   4.7	 Roberto WHU GKP   4.4
 Dubravka NEW GKP   5.1	 Romero MUN GKP   4.6	 Nyland AVL GKP   4.3

Tier 1 Defenders	Tier 2 Defenders	Tier 3 Defenders
25 sit ups (per defender)	15 sit ups (per defender)	10 sit ups (per defender)
 Alexander-Arnold LIV DEF   7.8	 Tarkowski BUR DEF   5.2	 Wan-Bissaka MUN DEF   5.3
 van Dijk LIV DEF   6.5	 O'Connell SHU DEF   4.7	 Fernández NEW DEF   4.6
 Robertson LIV DEF   7.0	 Chilwell LEI DEF   5.5	 Aurier TOT DEF   4.9
 Lundstram SHU DEF   4.9	 Egan SHU DEF   4.6	 Digne EVE DEF   5.7
 Pereira LEI DEF   6.3	 Dunk BHA DEF   4.7	 Coady WOL DEF   5.1
 Doherty WOL DEF   6.3	 Basham SHU DEF   4.6	 David Luiz ARS DEF   5.7
 Baldock SHU DEF   5.1	 Maguire MUN DEF   5.3	 Lindelöf MUN DEF   5.3
 Stevens SHU DEF   5.2	 Azpilicueta CHE DEF   5.9	 Alonso CHE DEF   6.2
 Evans LEI DEF   5.3	 Mee BUR DEF   5.0	 Gomez LIV DEF   5.3
 Söyüncü LEI DEF   4.9	 van Aanholt CRY DEF   5.6	 Cathcart WAT DEF   4.3

Tier 1 Midfielders	Tier 2 Midfielders	Tier 3 Midfielders
30 Burpees (per midfielder)	20 Burpees (per midfielder)	10 Burpees (per midfielder)
 Salah LIV MID   12.7	 Ali TOT MID   8.3	 Tielemans LEI MID   6.1
 De Bruyne MCI MID   10.6	 Willian CHE MID   7.0	 Fleck SHU MID   5.0
 Mané LIV MID   12.5	 Barnes LEI MID   6.2	 Moutinho WOL MID   5.4
 Richarlison EVE MID   8.3	 Mount CHE MID   6.2	 Ward-Prowse SOU MID   5.7
 Martial MUN MID   8.0	 Pérez LEI MID   6.2	 Doucoure WAT MID   5.6
 Son TOT MID   9.7	 Traoré WOL MID   5.7	 Westwood BUR MID   5.5
 Mahrez MCI MID   8.5	 Cantwell NOR MID   4.7	 David Silva MCI MID   7.3
 Maddison LEI MID   7.5	 McNeil BUR MID   6.1	 James MUN MID   5.8
 Grealish AVL MID   6.4	 Henderson LIV MID   5.3	 Pépé ARS MID   9.3
 Sterling MCI MID   11.7	 Zaha CRY MID   6.7	 Snodgrass WHU MID   5.2

Tier 1 Strikers	Tier 2 Strikers	Tier 3 Strikers
40 Star Jumps (per striker)	30 Star Jumps (per striker)	20 Star Jumps (per striker)
 Vardy LEI FWD   9.7	 Wood BUR FWD   6.1	 Mousset SHU FWD   4.5
 Aubameyang ARS FWD   11.1	 Ayew CRY FWD   5.2	 Deeney WAT FWD   6.2
 Jiménez WOL FWD   8.1	 Kane TOT FWD   10.8	 King BOU FWD   6.1
 Ings SOU FWD   7.1	 Maupay BHA FWD   5.7	 Wesley AVL FWD   5.4
 Rashford MUN FWD   8.8	 Jesus MCI FWD   9.6	 Rodriguez BUR FWD   5.7
 Abraham CHE FWD   7.5	 Haller WHU FWD   6.8	 Barnes BUR FWD   6.1
 Firmino LIV FWD   9.5	 Callum Wils... BOU FWD   7.4	 Joelinton NEW FWD   5.5
 Pukki NOR FWD   6.5	 Deulofeu WAT FWD   6.1	 McBurnie SHU FWD   5.7
 Agüero MCI FWD   11.8	 Jota WOL FWD   6.4	 Greenwood MUN FWD   4.3
 Calvert-Lew... EVE FWD   6.5	 Lacazette ARS FWD   9.4	 Long SOU FWD   4.7

Sub Keeper	Sub Defender	Sub Midfielder	Sub Striker
<b>1 minute plank for every sub you select (Max 4 subs)</b>			
 Nyland AVL GKP   4.3	 Jonny WOL DEF   5.4	 Bernardo Sil... MCI MID   7.7	 Origi LIV FWD   5.1
 Randolph WHU GKP   4.0	 Mina EVE DEF   5.3	 Wijnaldum LIV MID   5.4	 Iheanacho LEI FWD   5.7
 Steer AVL GKP   4.3	 Walker MCI DEF   5.6	 Harry Wilson BOU MID   5.8	 McGoldrick SHU FWD   5.4
 Travers BOU GKP   4.2	 Saïss WOL DEF   4.6	 Noble WHU MID   5.0	 Solanke BOU FWD   5.1
 Fahrmann NOR GKP   4.4	 Webster BHA DEF   4.5	 Jorginho CHE MID   4.9	 Connolly BHA FWD   4.2
 Moore SHU GKP   4.3	 Aké BOU DEF   4.8	 Buendía NOR MID   6.0	 Kean EVE FWD   6.3
 Martínez ARS GKP   4.2	 Otamendi MCI DEF   4.9	 El Ghazi AVL MID   5.5	 Sharp SHU FWD   5.6
 Kalinic AVL GKP   4.2	 Alderweireld TOT DEF   5.3	 Almirón NEW MID   5.8	 Martinelli ARS FWD   4.4
 Begovic BOU GKP   4.2	 Ogbonna WHU DEF   4.5	 Sarr WAT MID   6.4	 Adams SOU FWD   5.3
 Boruc BOU GKP   4.2	 Kelly CRY DEF   4.1	 Norwood SHU MID   4.9	 Gray WAT FWD   5.5