

Athlete



You have undergone extensive physical training to gain the following benefits:

- Increase your Strength or Dexterity score by 1, to a maximum of 20.
- When you are prone, standing up uses only 5 feet of your movement.
- Climbing doesn't cost you extra movement.
- You can make a running long jump or a running high jump after moving only 5 feet on foot, rather than 10 feet.

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