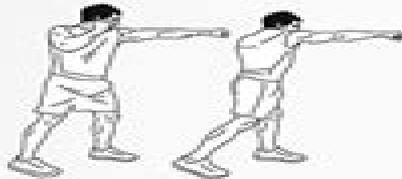


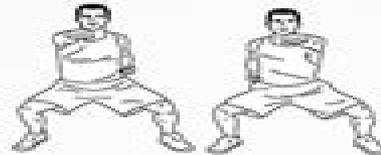
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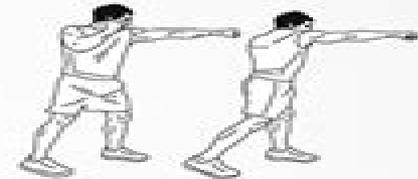
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 punches



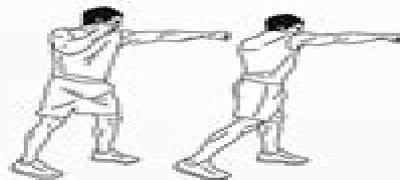
20 squat hold punches



10 punches



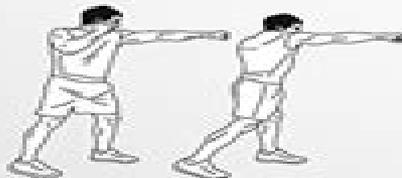
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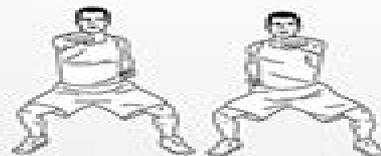
10 punches



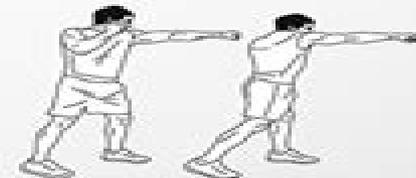
5 calf raises



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