

BOND

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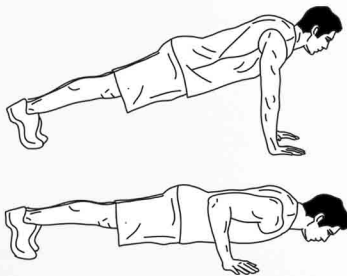
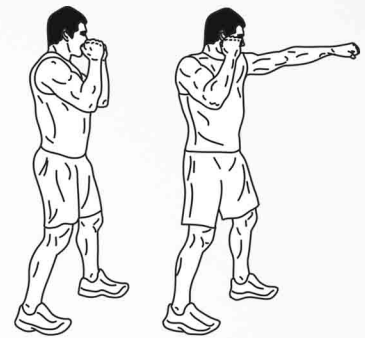
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



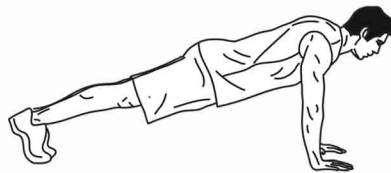
20 knee strikes



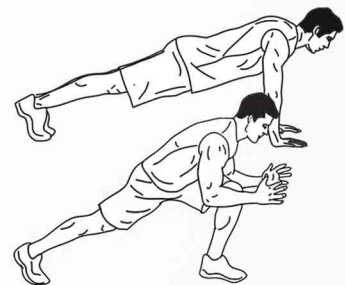
20 combos squat + punch



10 push-ups



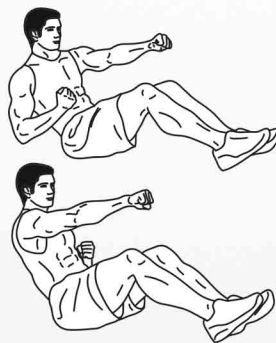
10-count plank



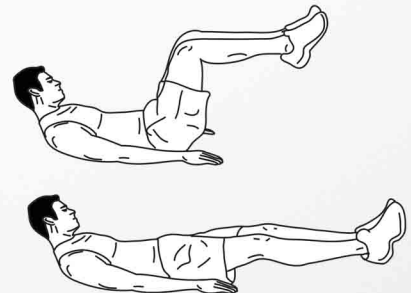
10 plank-into-lunges



10 sit-up punches



10 sitting punches



10 crunch kicks