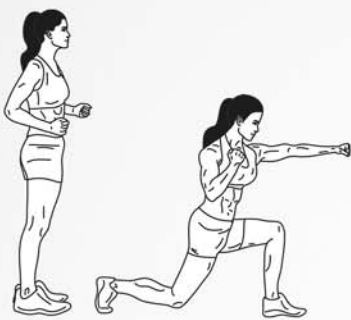


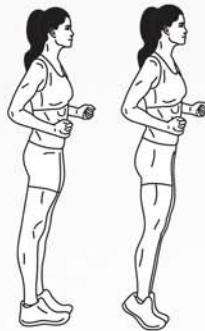
FIERCE

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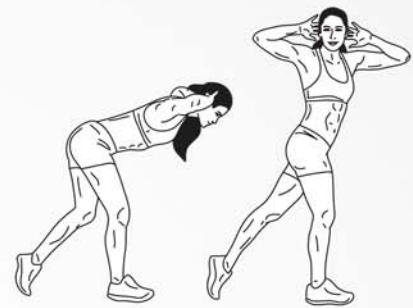
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunge punches



10 calf raises



10 deadlift & twist



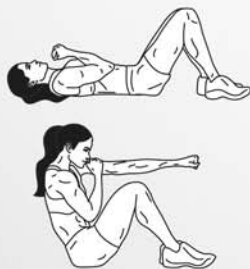
6 slow climbers



6 downward upward dog



6 knee push-ups



6 sit-up punches



6 sitting twists



6 sitting punches