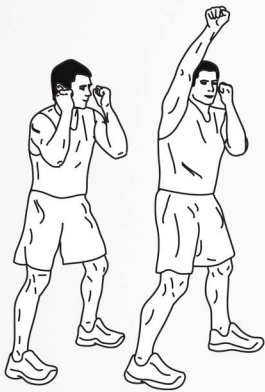


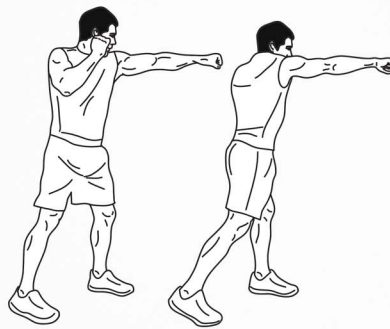
HE WHO FIGHTS WITH MONSTERS

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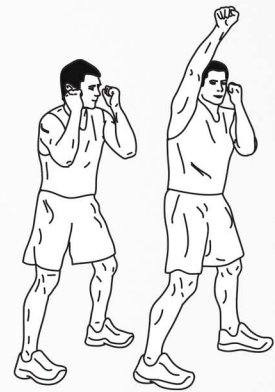
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



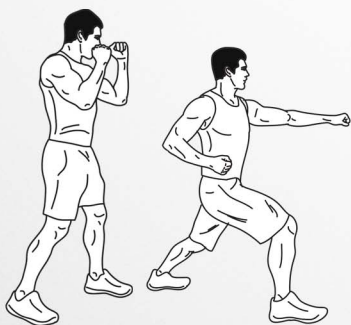
20 overhead punches



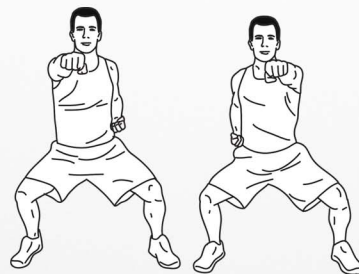
20 punches



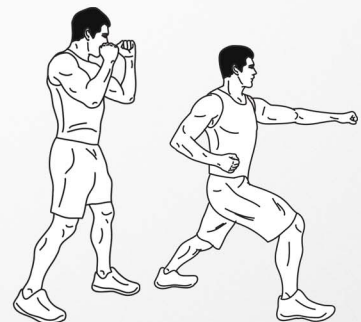
20 overhead punches



10 lunge punches



20 squat hold punches



10 lunge punches