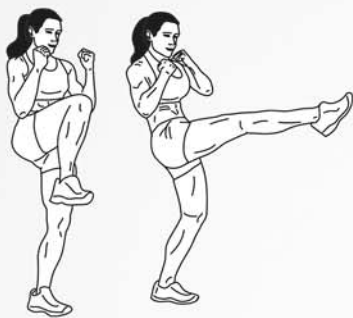


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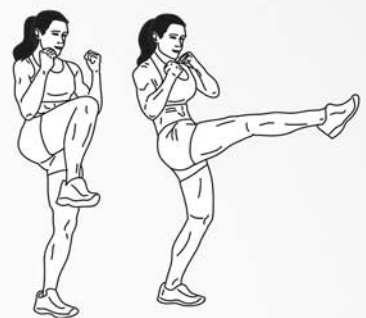
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



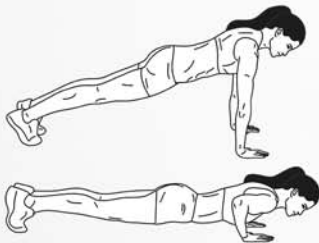
20 front kicks



20 high knees



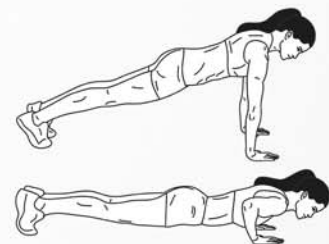
20 front kicks



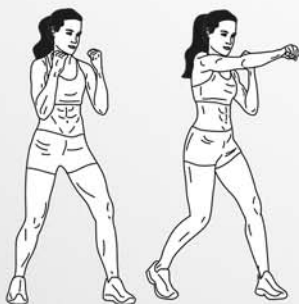
5 push-ups



20 high knees



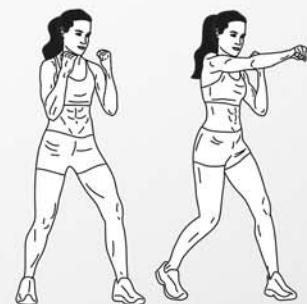
5 push-ups



20 punches



20 high knees



20 punches