

LAST STAND

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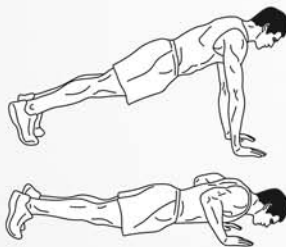
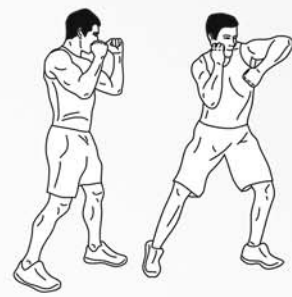
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



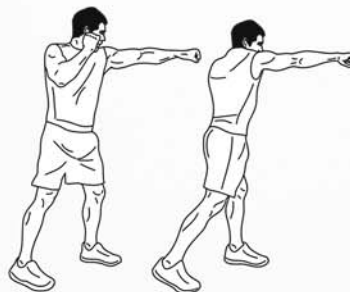
20 knee strikes



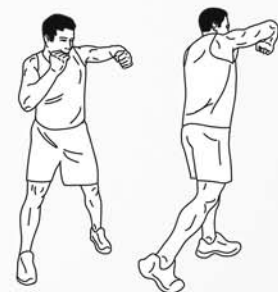
20 combos knee strike + elbow strike



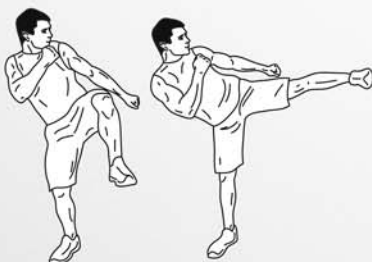
20 push-ups



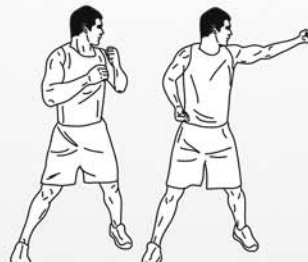
20 punches



20 hooks



20 side kicks



20 combos backfist + side kick

