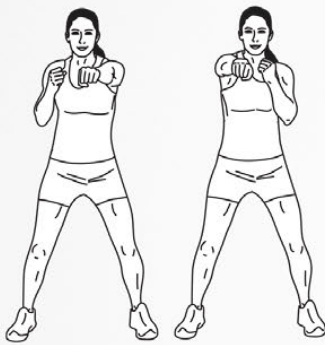


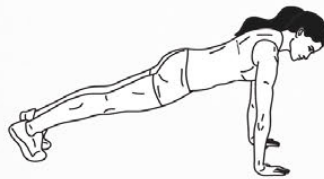
MAYHEM

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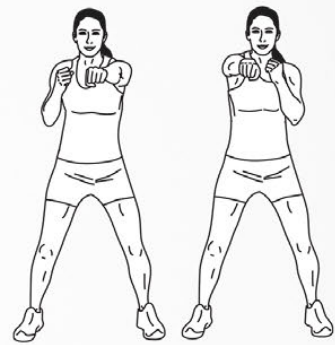
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



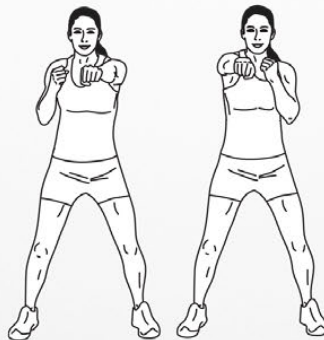
20-count plank hold



20 punches



20-count side plank hold
left side



20 punches



20-count side plank hold
right side