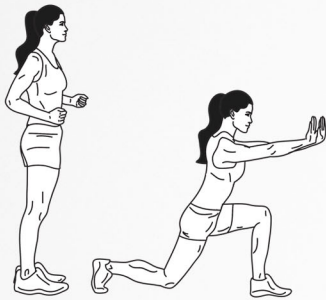


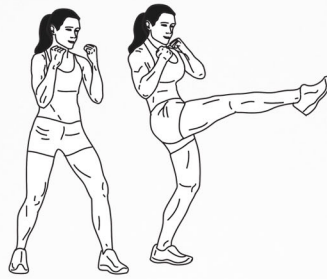
Savage Princess

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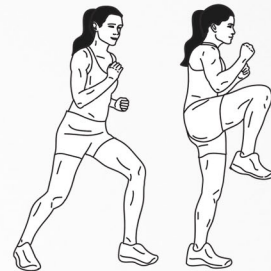
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



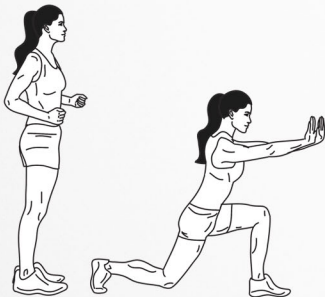
8 push lunges



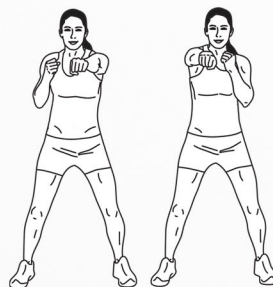
10 front kicks



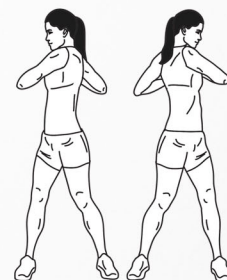
10 knee strikes



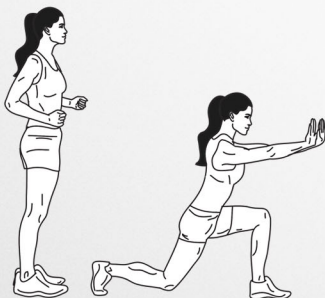
8 push lunges



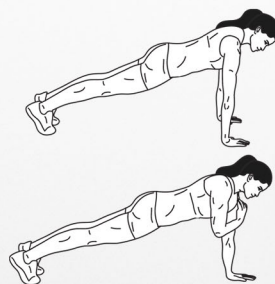
10 punches



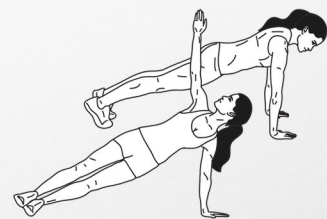
10 torso twists



8 push lunges



10 shoulder taps



10 plank rotations