

STORMWEAVER

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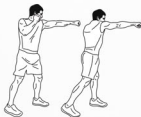
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 double side kicks / low & high



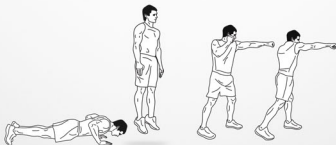
20 squat hold punches



20 punches



20 squat hold punches



20 combos burpee + jab + cross