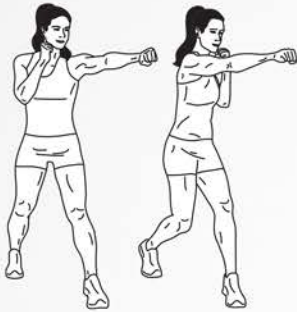


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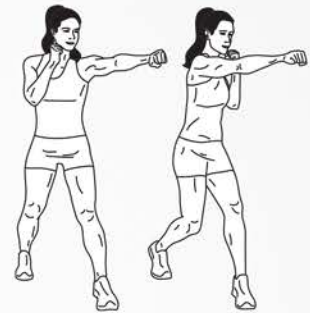
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



20 punches



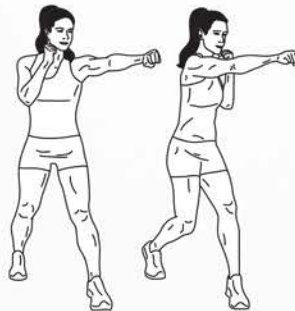
10 squat side kicks



20 punches



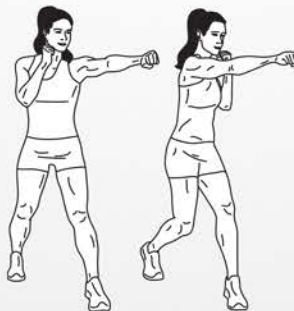
5 squats



20 punches



5 squats



20 punches