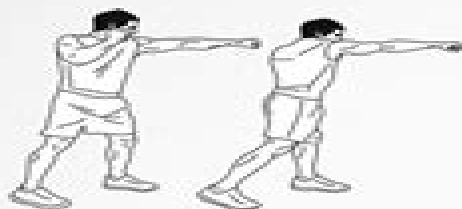


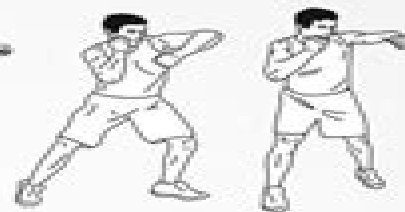
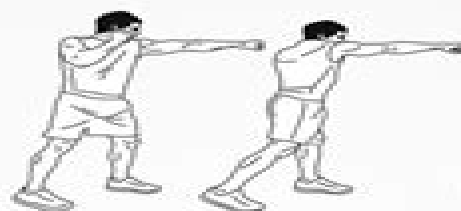
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



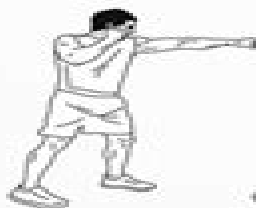
40 jab + cross



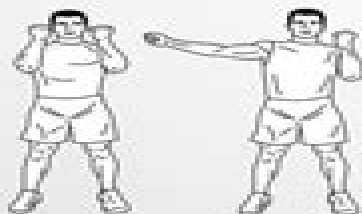
20combos jab + cross + elbow strike + hook



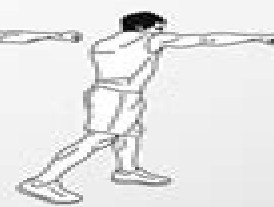
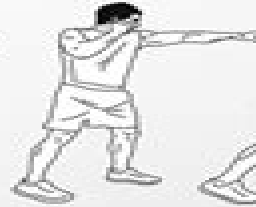
40 speed bag punches



20combos jab + jab + cross + hook



40 side-to-side backfists



20combos jab + elbow strike + jab + cross

My Knockout Workout

Hector Roca, Bruce Silverglade

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Kriegel, 2013-07-09 A biography of boxing champ Ray Boom Boom Mancini who is considered the real Rocky One Night A. J. Pine, 2015-04-21 When she lost it all Jess decided to cope by living a lie But you can t keep on pretending forever Twenty one year old Jess used to have everything a loyal best friend a boyfriend she loved and a future that was right on track But in a single night her whole world changed Now Jess lives for the impersonal connection of drunken hook ups and to go coffee cups in the morning All she needs is one night to pretend everything is fine until she meets Adam Thanks to a sports injury

gorgeous charming basketball star Adam Carson is stuck in physical therapy at the hospital where Jess interns giving her the perfect opportunity to see his sweet considerate nature and making her realize that maybe she does want something more But while Adam might be the best thing that s happened to Jess in a long time letting him past her carefully constructed walls means letting him know what happened and why he d never want her for more than one night AJ Pine writes stories to break readers hearts but don t worry she ll mend them with a happily ever after As an English teacher and a librarian AJ has always surrounded herself with books All her favorites have one big commonality kissing Lots of kissing Naturally her books have the same When she s not writing she s of course reading Then there s online shopping everything from groceries to shoes and a tiny bit of TV where she nourishes her undying love of vampires from Eric Northman to the Salvatore brothers And in the midst of all of this you ll also find her hanging with her family in the Chicago burbs

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