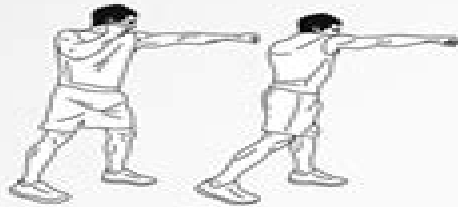


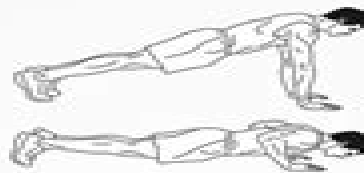
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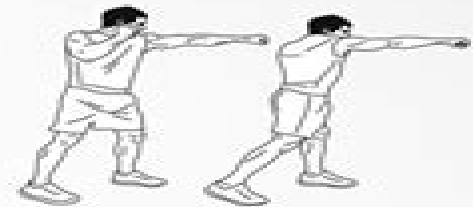
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



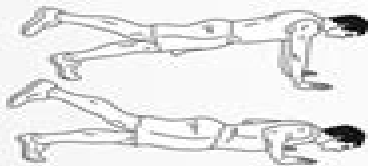
20 punches



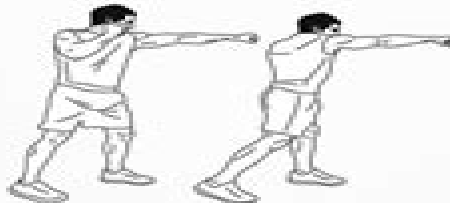
6 push-ups



20 punches



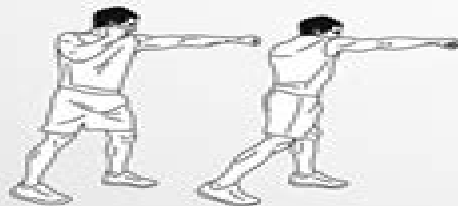
6 raised leg push-ups



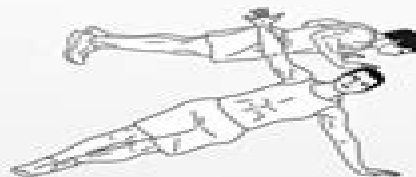
20 punches



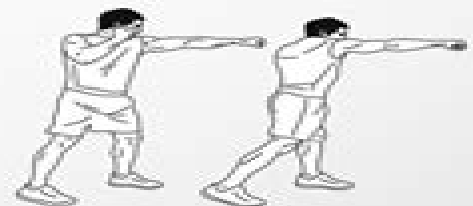
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20 punches



6 push-up + rotation



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