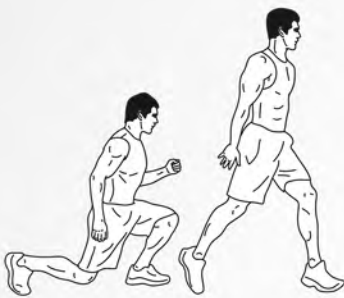


CRITICAL HIT

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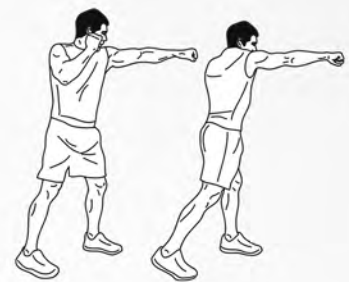
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



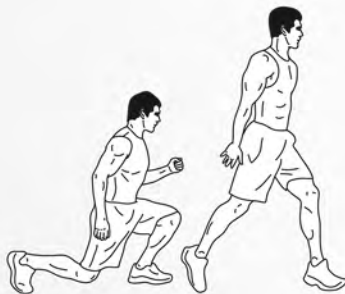
10 jumping lunges



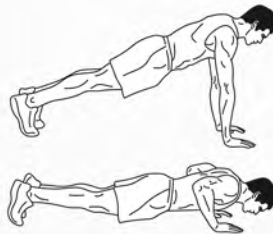
20 knee strikes



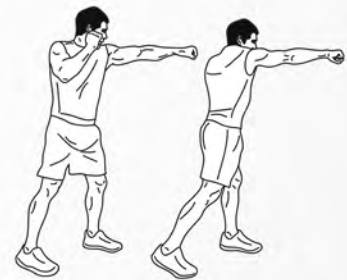
20 punches



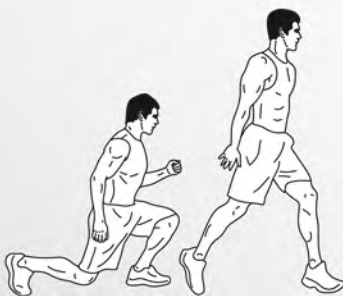
10 jumping lunges



20 push-ups



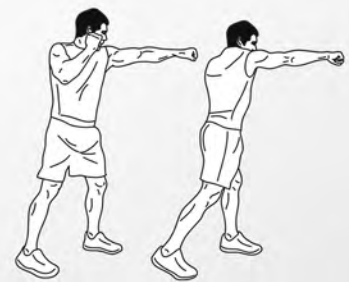
20 punches



10 jumping lunges



20 knee strikes



20 punches