

THE DESTROYER

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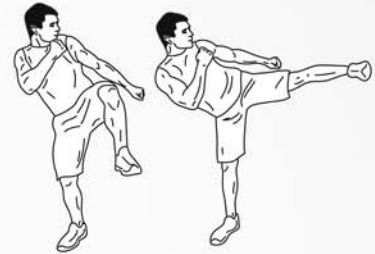
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



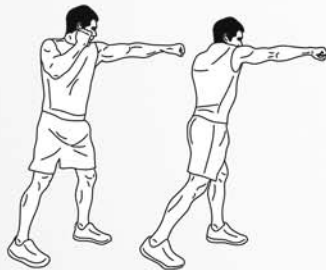
20 side kicks



20-count calf raise hold



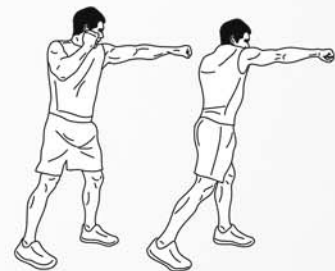
20 side kicks



20 punches



20-count push-up hold



20 punches



20 sit-ups



20-count leg raise hold



20 sit-ups