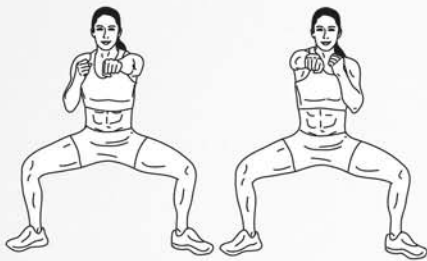


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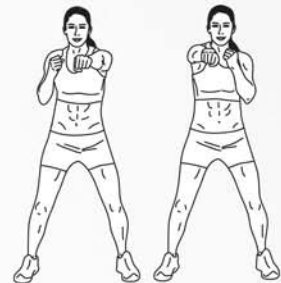
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



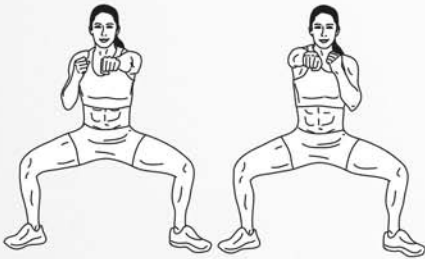
20 squat hold punches



10 squats



20 punches



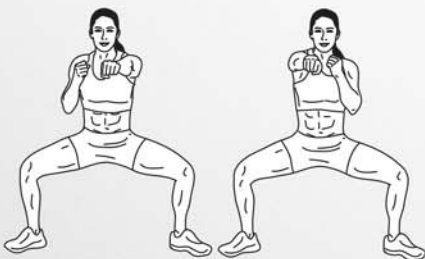
20 squat hold punches



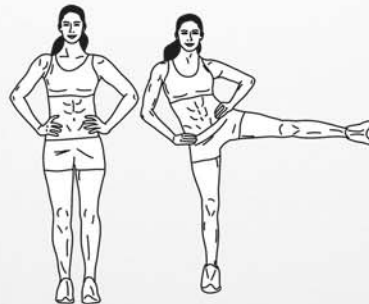
10 squat hold side bends



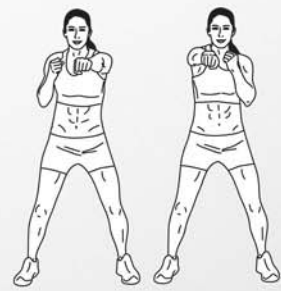
20 squat hold calf raises



20 squat hold punches



10 side leg raises



20 punches