

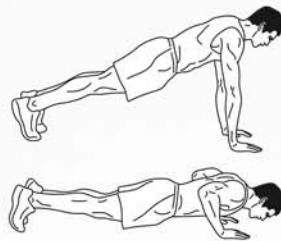
The Legacy

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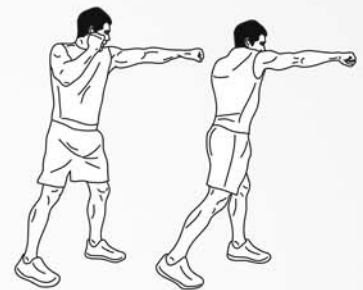
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 side kicks



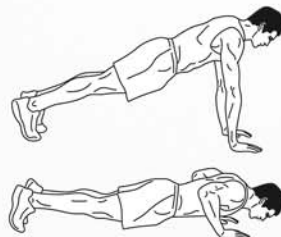
10 push-ups



20 jab + cross



20 hook kicks



10 push-ups



20 hook + hook



20sec side plank



20sec elbow plank



20sec side plank