

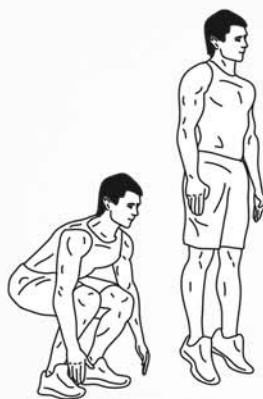
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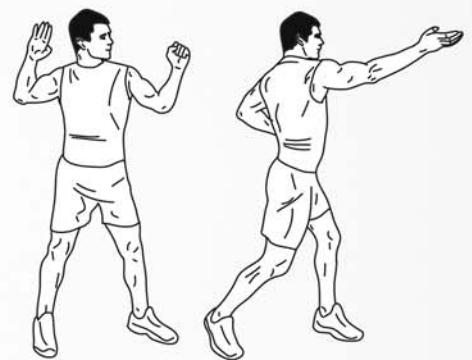
1 minute rest between exercises



2minutes high knees



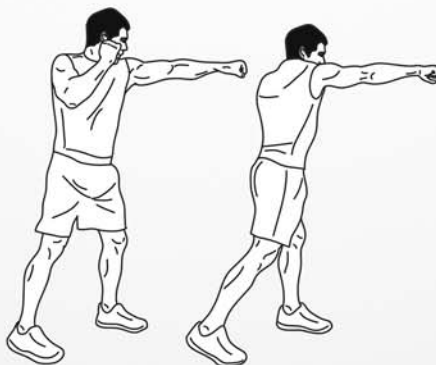
50 jump squats



100 knife hand strikes (throws)



50 dragon push-ups



5 minutes punches



2minute wall sit