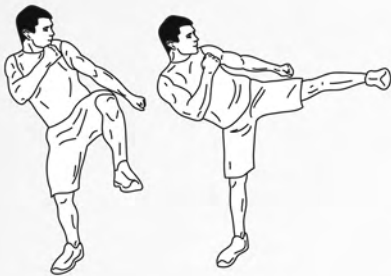


THE RECKONING

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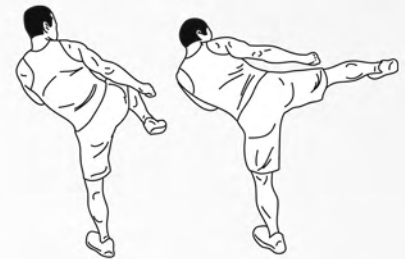
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



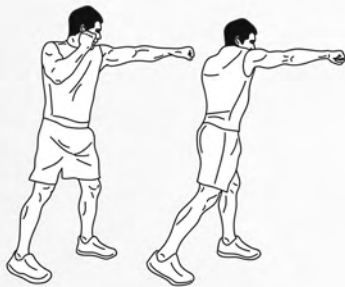
20sec side kicks



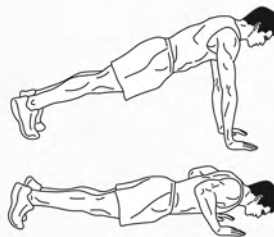
20sec plank hold



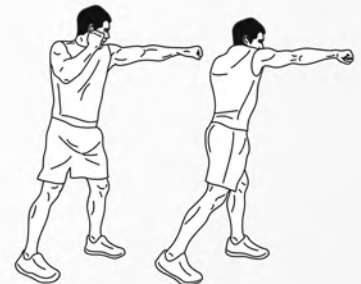
20sec side kicks



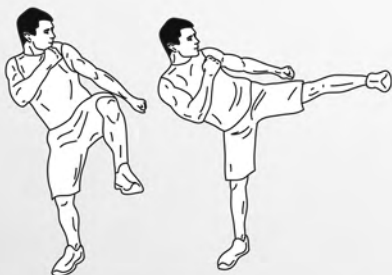
20sec punches



20sec push-ups



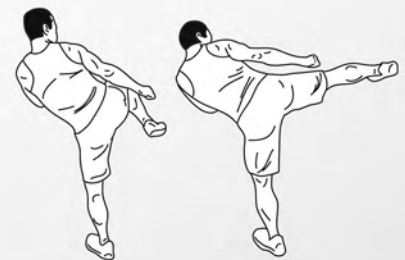
20sec punches



20sec side kicks



20sec plank hold



20sec side kicks