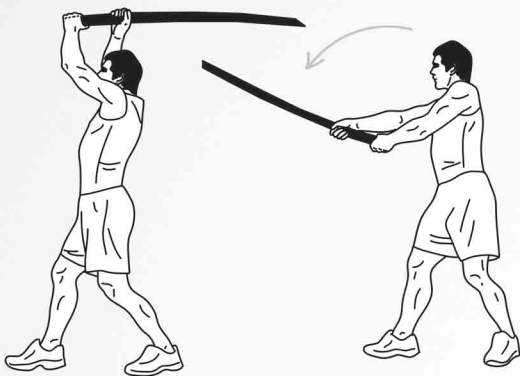


SAO

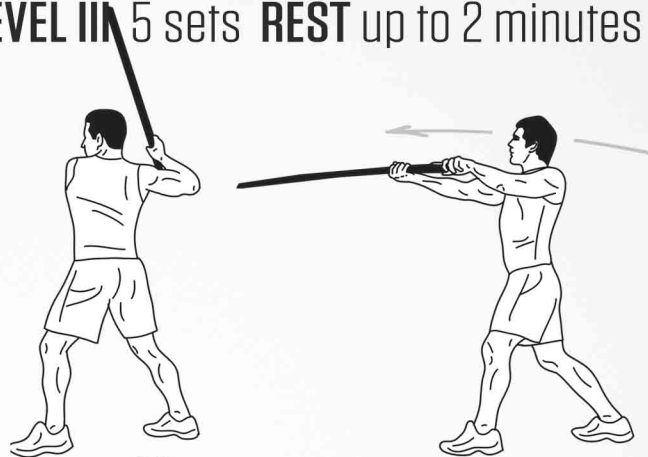
SURVIVOR WORKOUT

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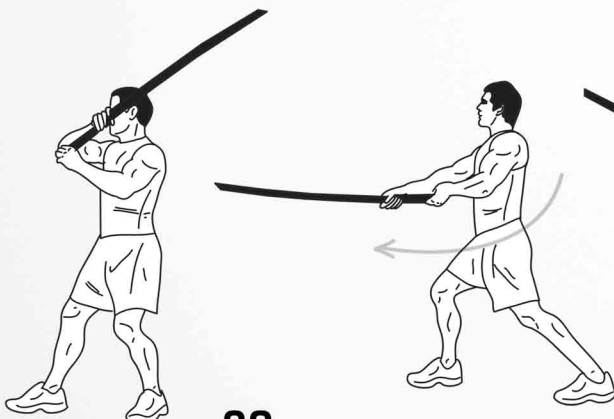
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



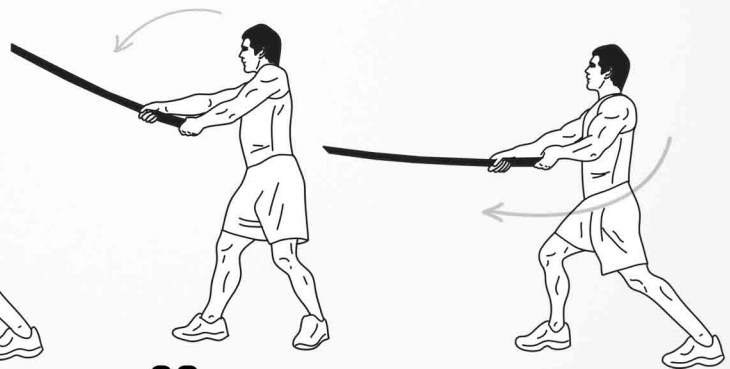
20 vertical cuts



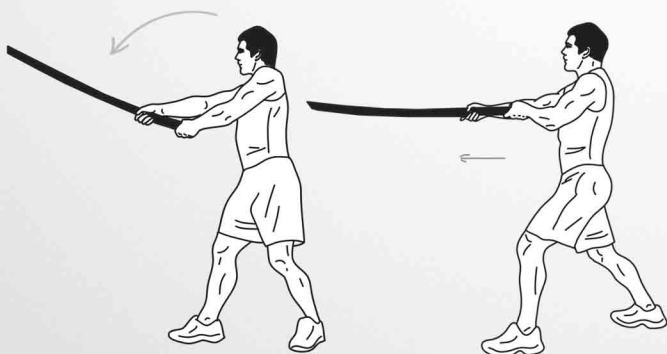
20 horizontal cuts



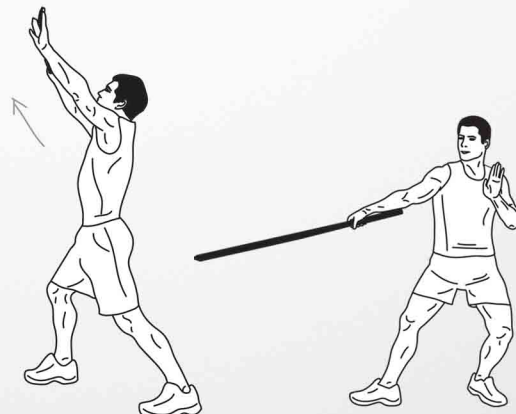
20 cross cuts



20 vertical cut + cross cut



10 vertical cut + thrust



10 block + one arm cross cut