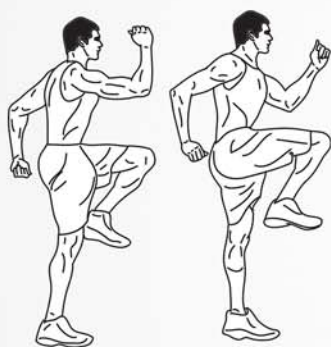


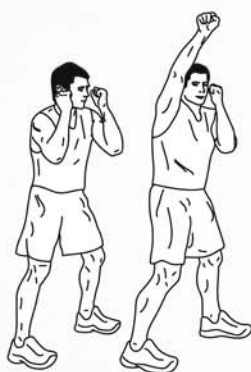
TOY SOLDIER

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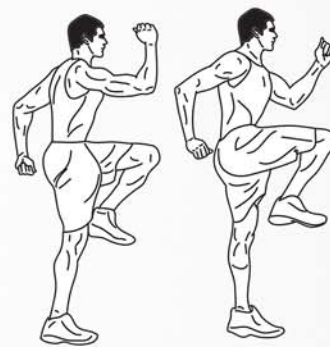
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



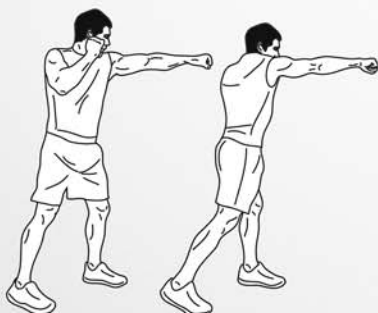
30sec march steps



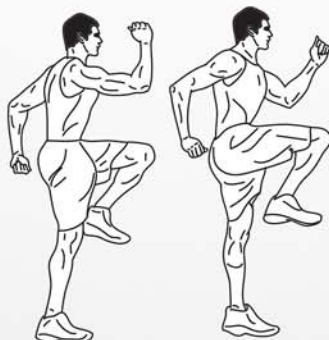
30sec overhead punches



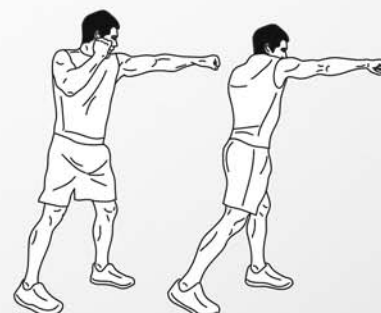
30sec march steps



30sec punches



30sec march steps



30sec punches