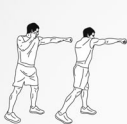


WRECKED.

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



10 punches



10 overhead punches



10 punches



10 backfists (right arm)



10 overhead punches



10 backfists (left arm)



60 seconds punches