

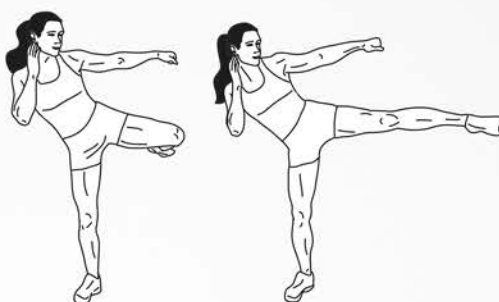
Battle Angel

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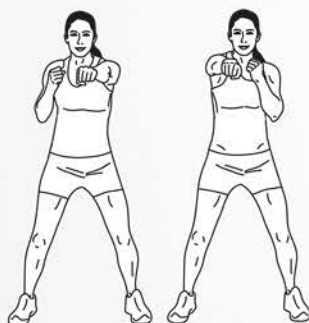
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



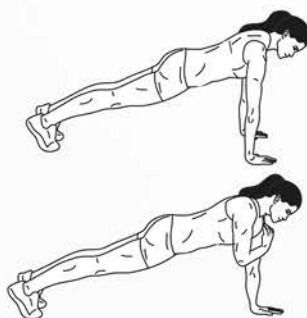
20 knee strikes



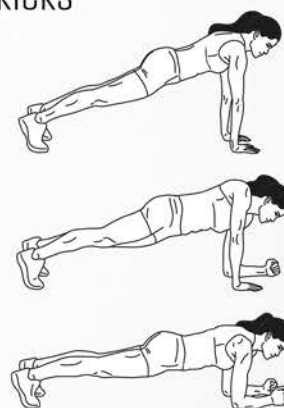
20 turning kicks



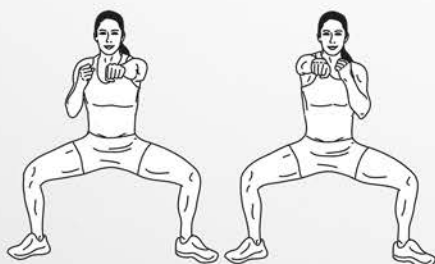
20 punches



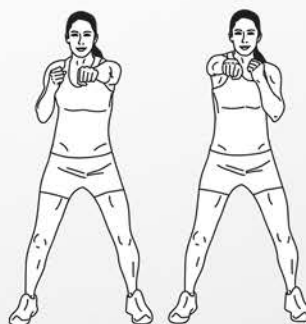
4 shoulder taps



4 up and down planks



20 squat hold punches



20 punches