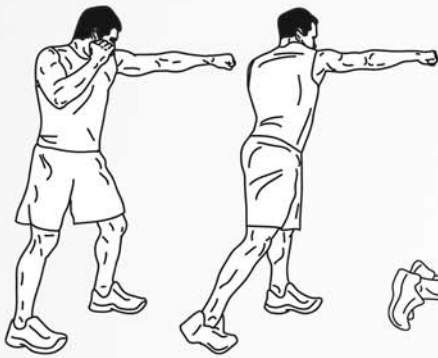


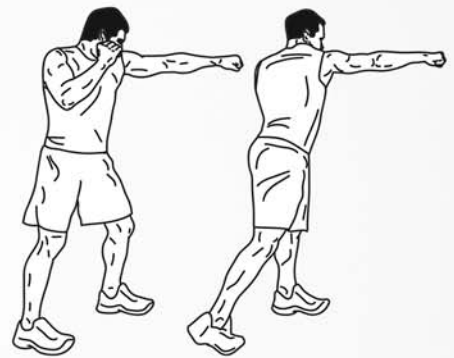
BOXER

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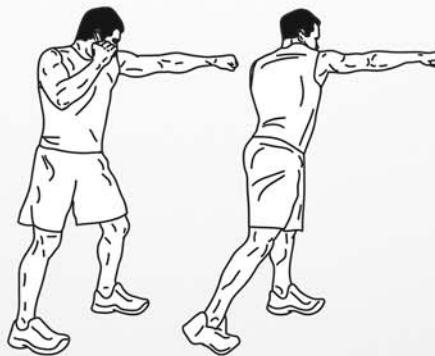
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jab + cross



20sec push-up + jab + cross



20sec squat + jab + cross