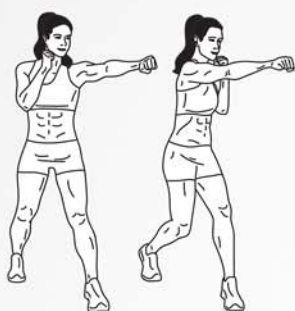


CAPTAIN

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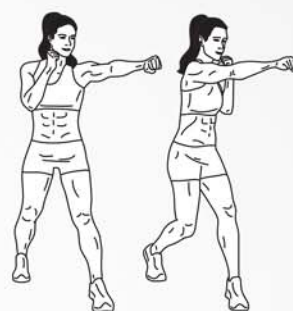
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec punches



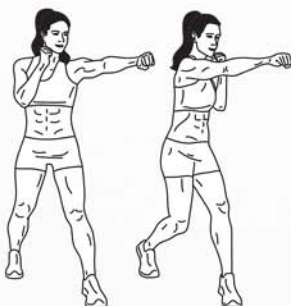
20sec knee strikes



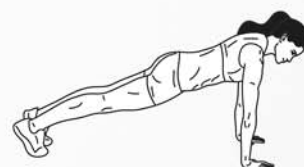
20sec punches



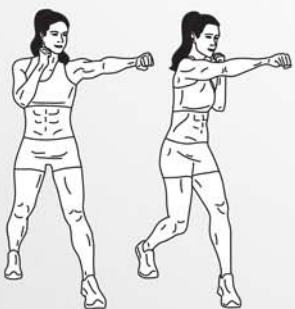
20sec plank hold



20sec punches



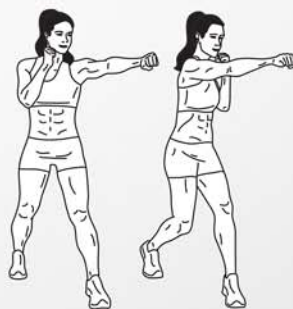
20sec plank hold



20sec punches



20sec knee strikes



20sec punches