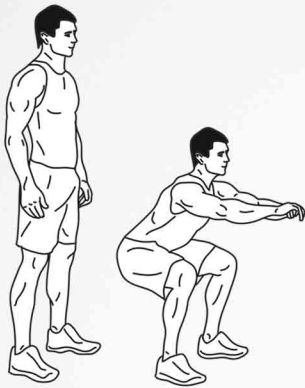


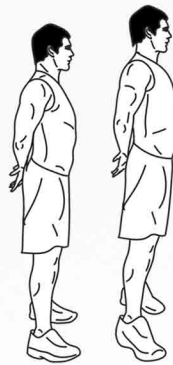
CENTURION

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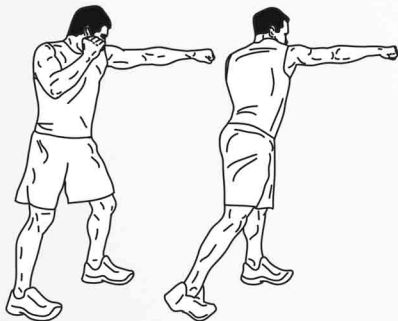
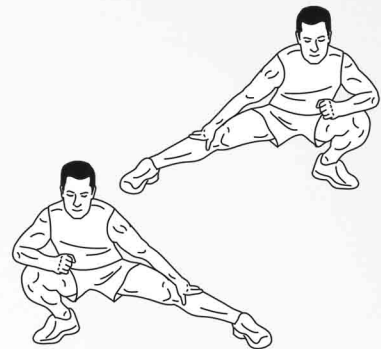
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



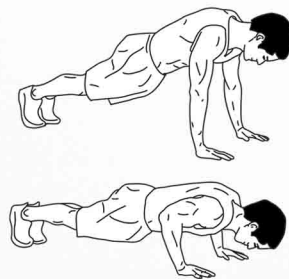
10 combo squat + calf raise



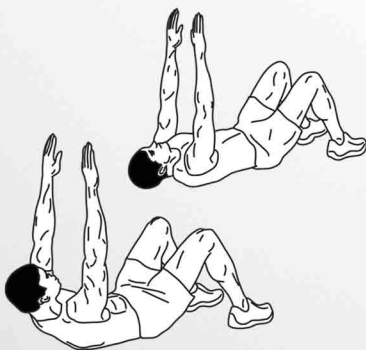
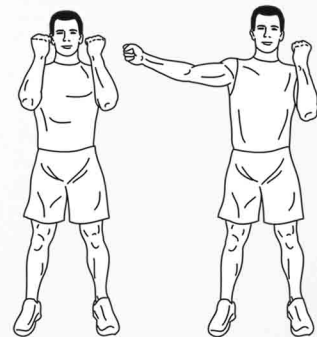
10 side-to-side lunges



10 combo jab + cross + push-up



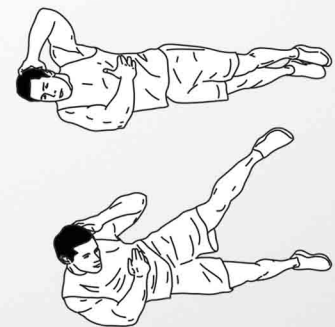
10 side-to-side backfists



10 high crunches



10 knee-to-elbow crunches



10 side jackknives