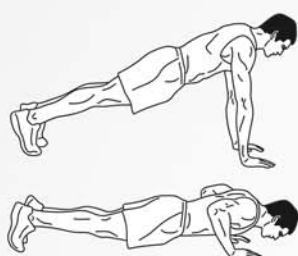


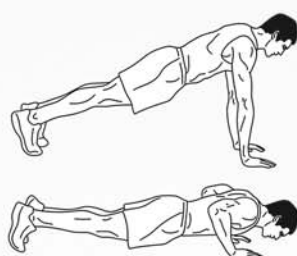
Combat Strength

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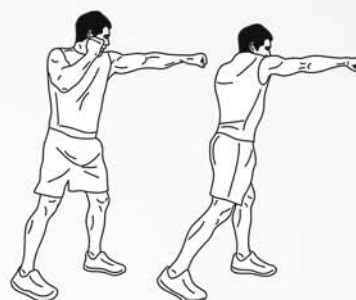
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



10 push-ups



10 combos push-up + jab + cross



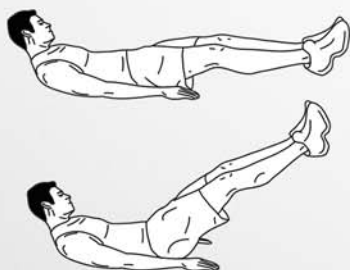
10 squats



20 squat hold punches



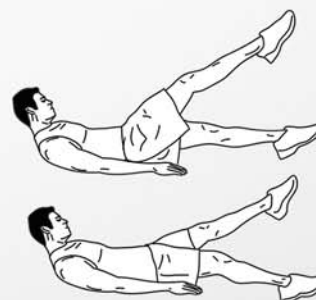
2 jump squats



2 leg raises



10 raised leg circles



10 flutter kicks