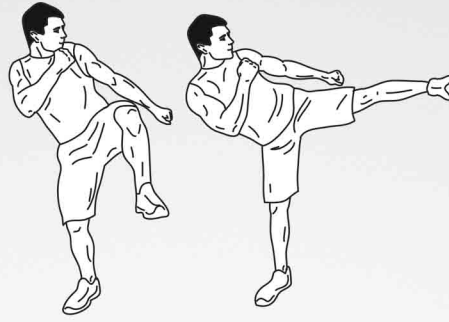
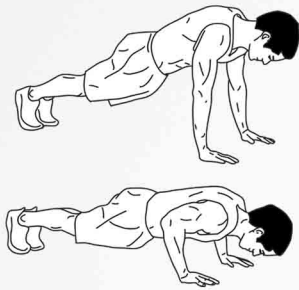


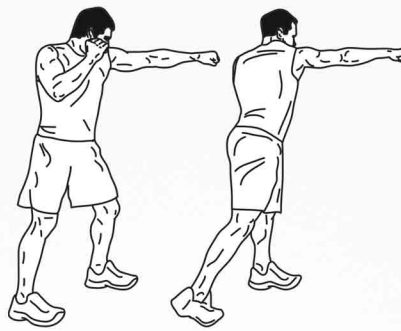
20 squats



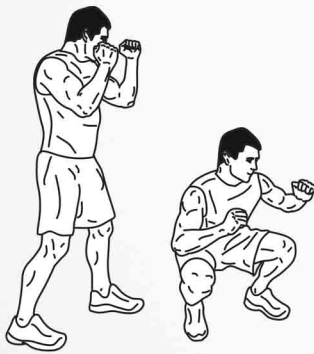
40 side kicks



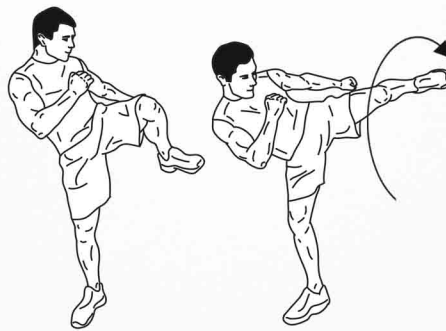
10 push-ups



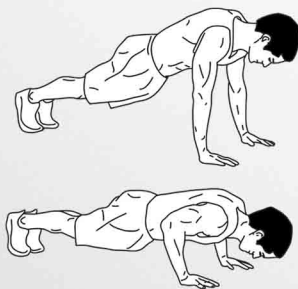
40 punches



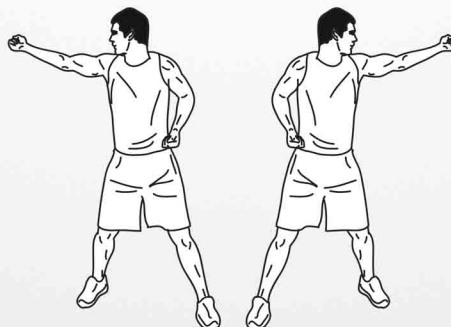
20 squats



40 hook kicks



10 push-ups



40 side-to-side backfists

GEMINI

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes