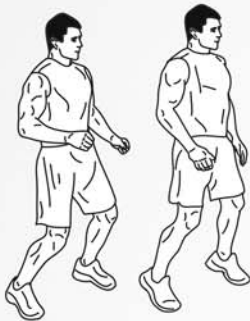


THE RIVAL

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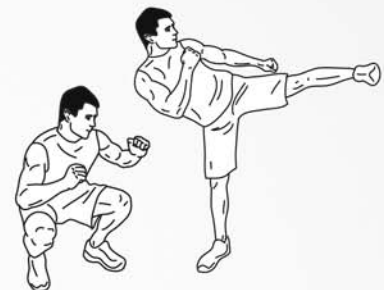
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bounces



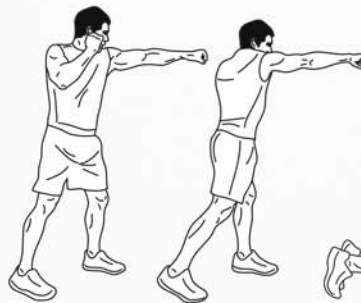
20 side kicks



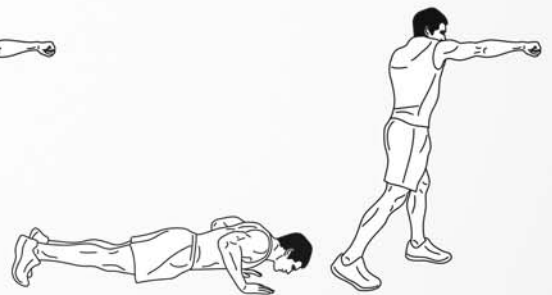
20 squat + side kick



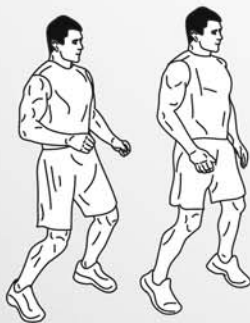
20 bounces



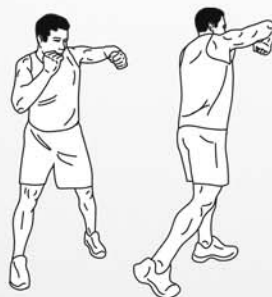
20 punches (jab + cross)



20 push-up + jab + cross



20 bounces



20 hooks



20 squat + hook