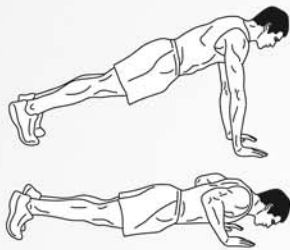


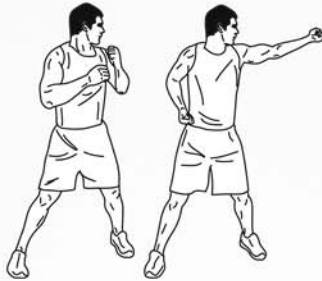
VIGILANTE

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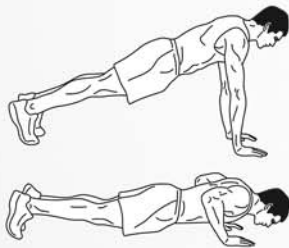
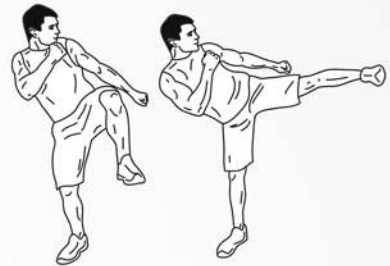
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



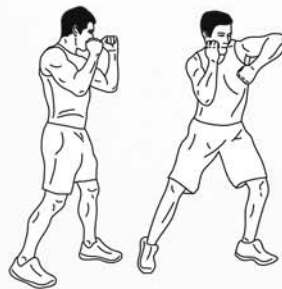
10 push-ups



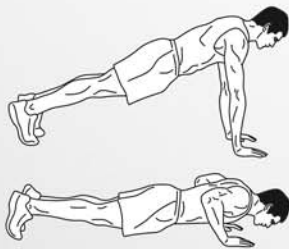
20combo backfist + side kick



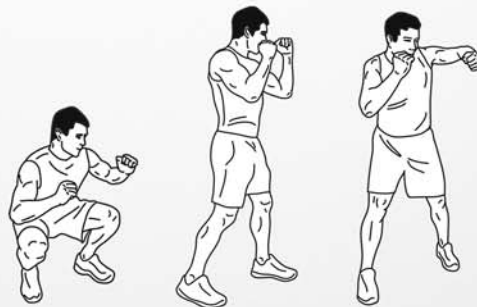
10 push-ups



20combo elbow strike + knee strike



10 push-ups



20combo squat + hook