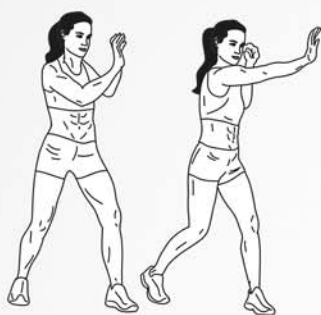


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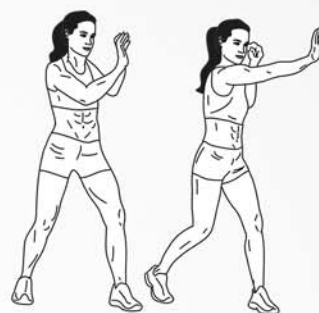
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



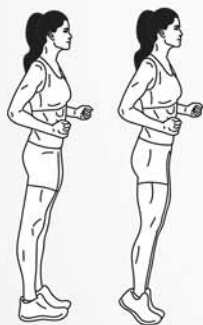
20 palm strikes



8 side lunges



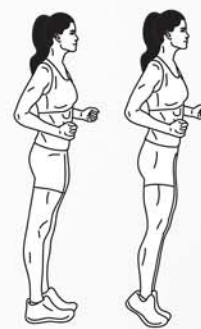
20 palm strikes



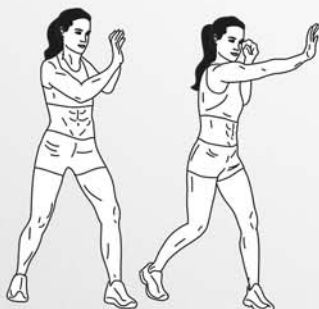
20 calf raises



8 squats



20 calf raises



20 palm strikes



8 side lunges



20 palm strikes