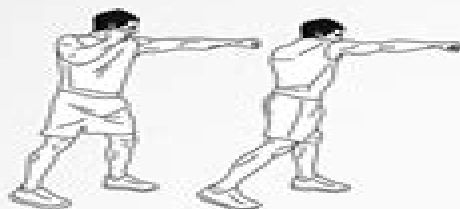


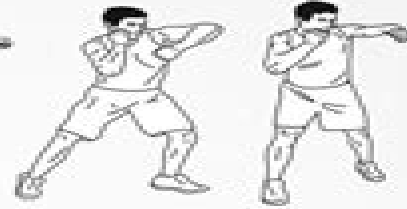
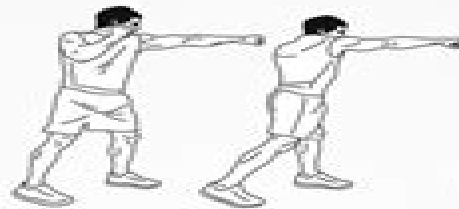
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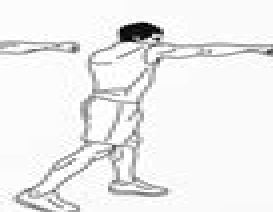
40 jab + cross



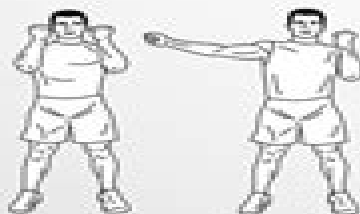
20combos jab + cross + elbow strike + hook



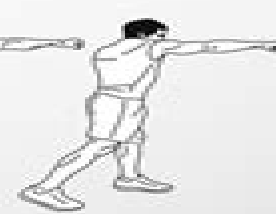
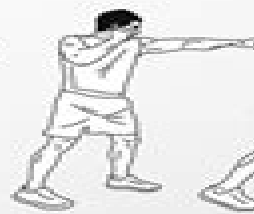
40 speed bag punches



20combos jab + jab + cross + hook



40 side-to-side backfists



20combos jab + elbow strike + jab + cross

My Knockout Workout

S Ben Porath



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