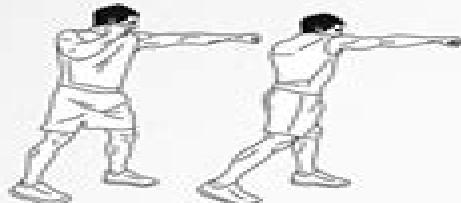


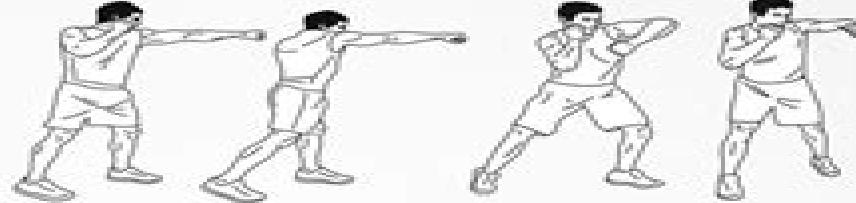
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



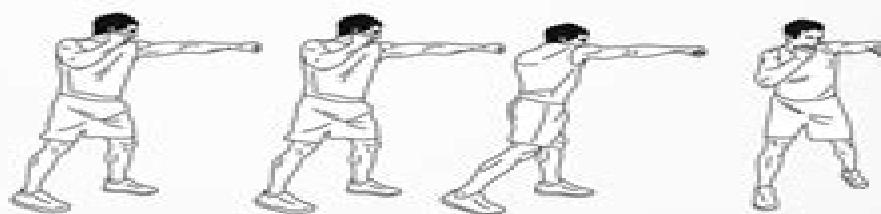
40 jab + cross



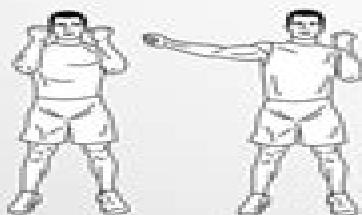
20 combos jab + cross + elbow strike + hook



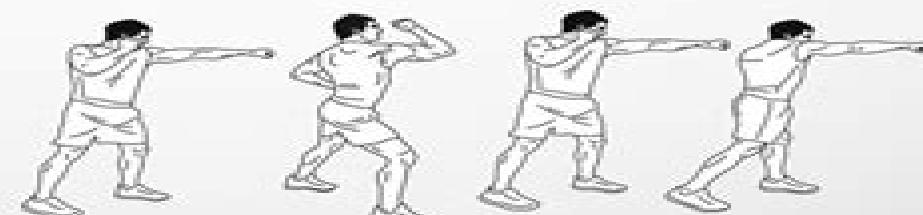
40 speed bag punches



20 combos jab + jab + cross + hook



40 side-to-side backfists



20 combos jab + elbow strike + jab + cross

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S Ben Porath

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The Good Son Mark

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