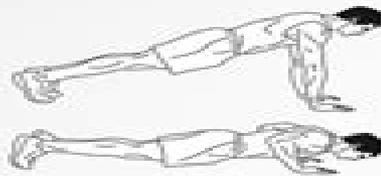


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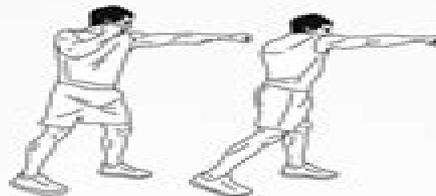
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes

no jump rope? hop on the spot



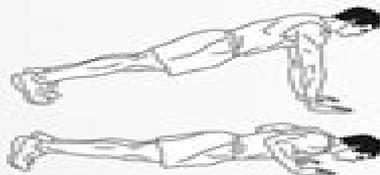
15sec push-ups



15sec jab + cross



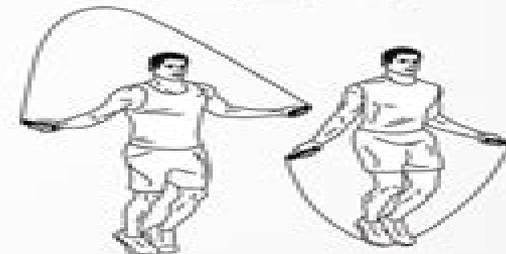
30sec jump rope



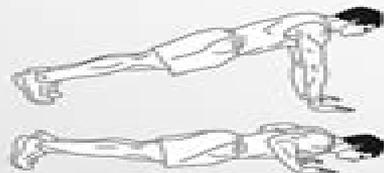
15sec push-ups



15sec hooks



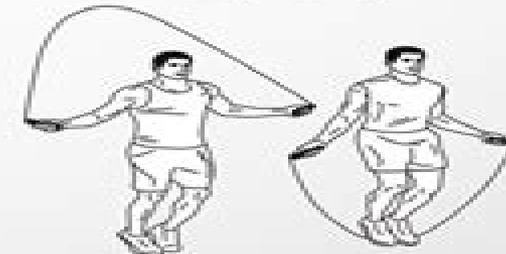
30sec jump rope



15sec push-ups



15sec uppercuts



30sec jump rope

# The Boxers Workout

**E Durkheim**



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