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| **BUTT KICKS** | **V-UPS** | **JAB+JAB****CROSS+HOOK** | **JAB+CROSS****SQUAT** | **SIDE****PLANKS** | **JUMP****PUNCHES** |
| **Cardiorespiratory Endurance** | **Muscular****Fitness** | **Skill-Related Fitness** | **Cardiorespiratory Endurance** | **Muscular****Fitness** | **Skill-Related Fitness** |
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