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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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