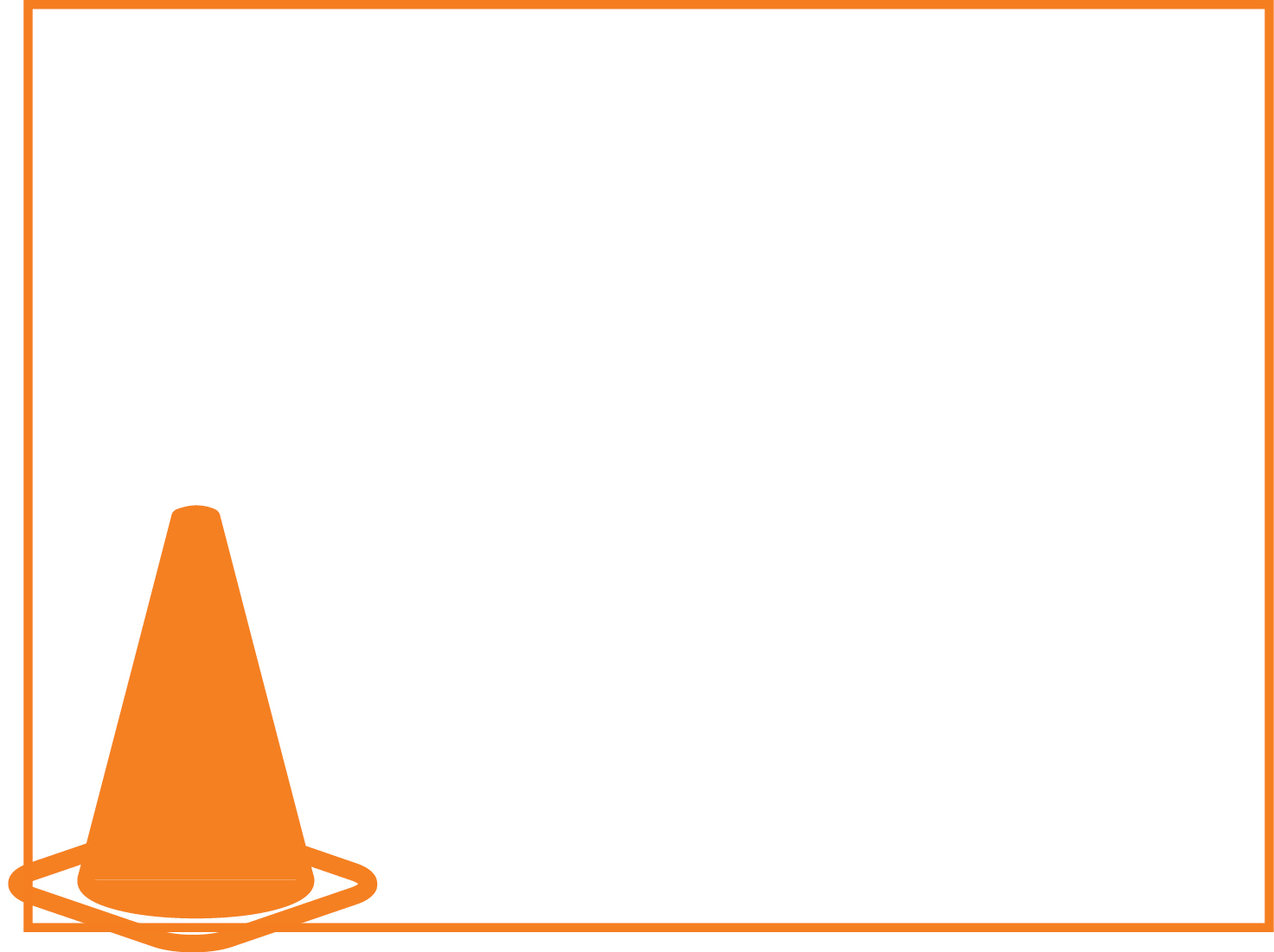


**BUTT**

**KICKS**

Cardiorespiratory Endurance

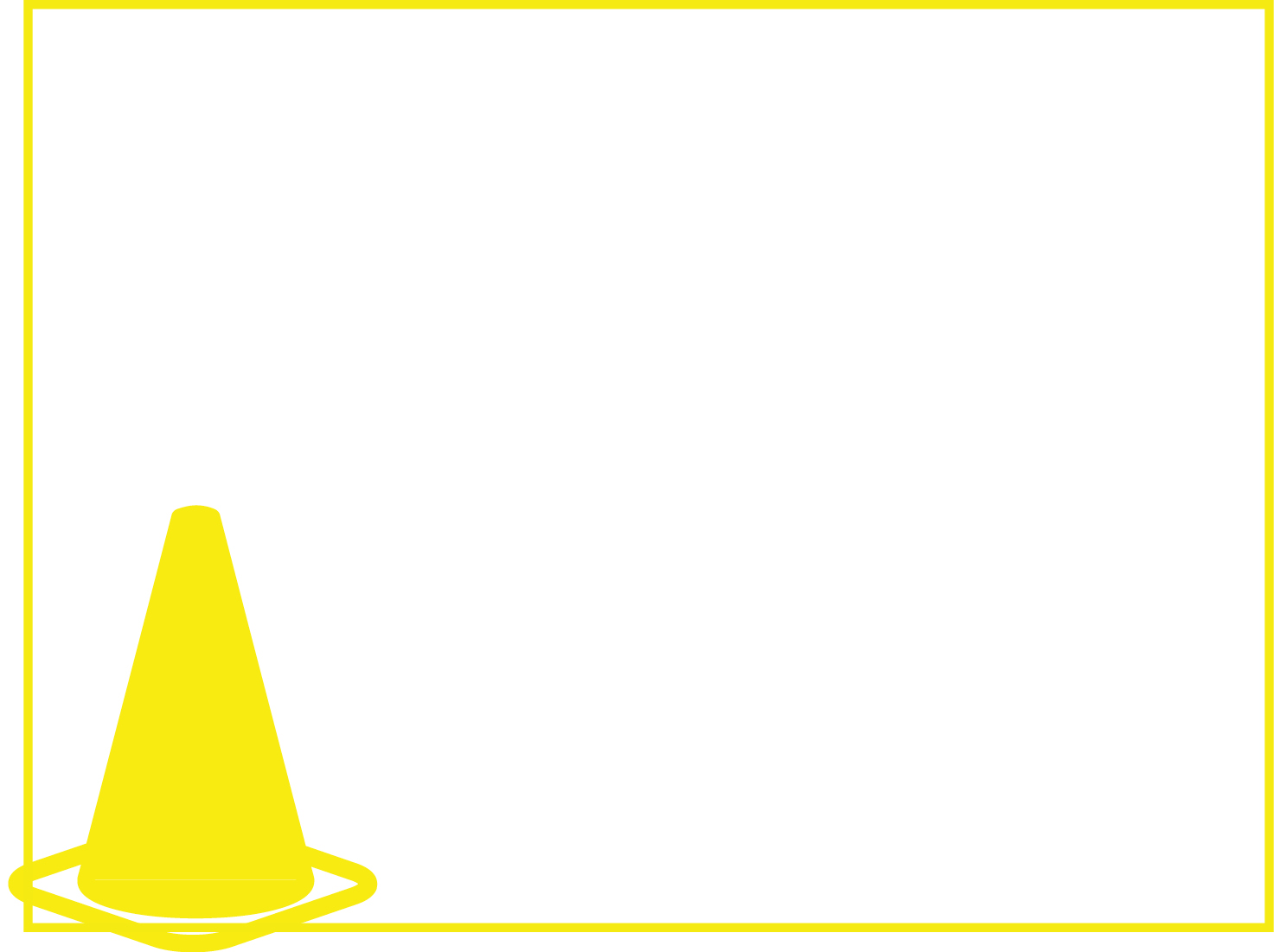




**V-UPS**

Muscular Fitness



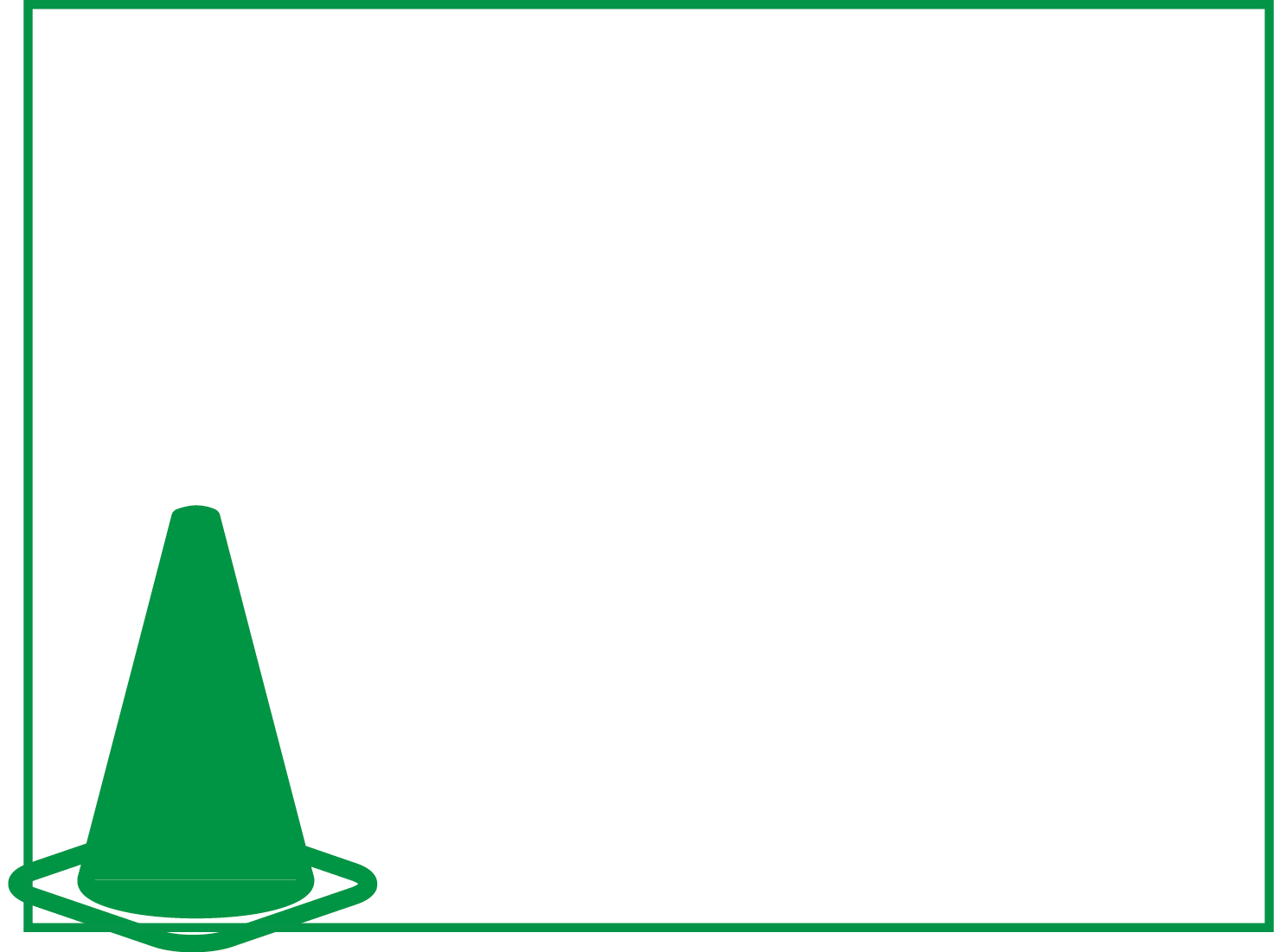


Skill-Related Fitness



**JAB+JAB**

**CROSS+HOOK**

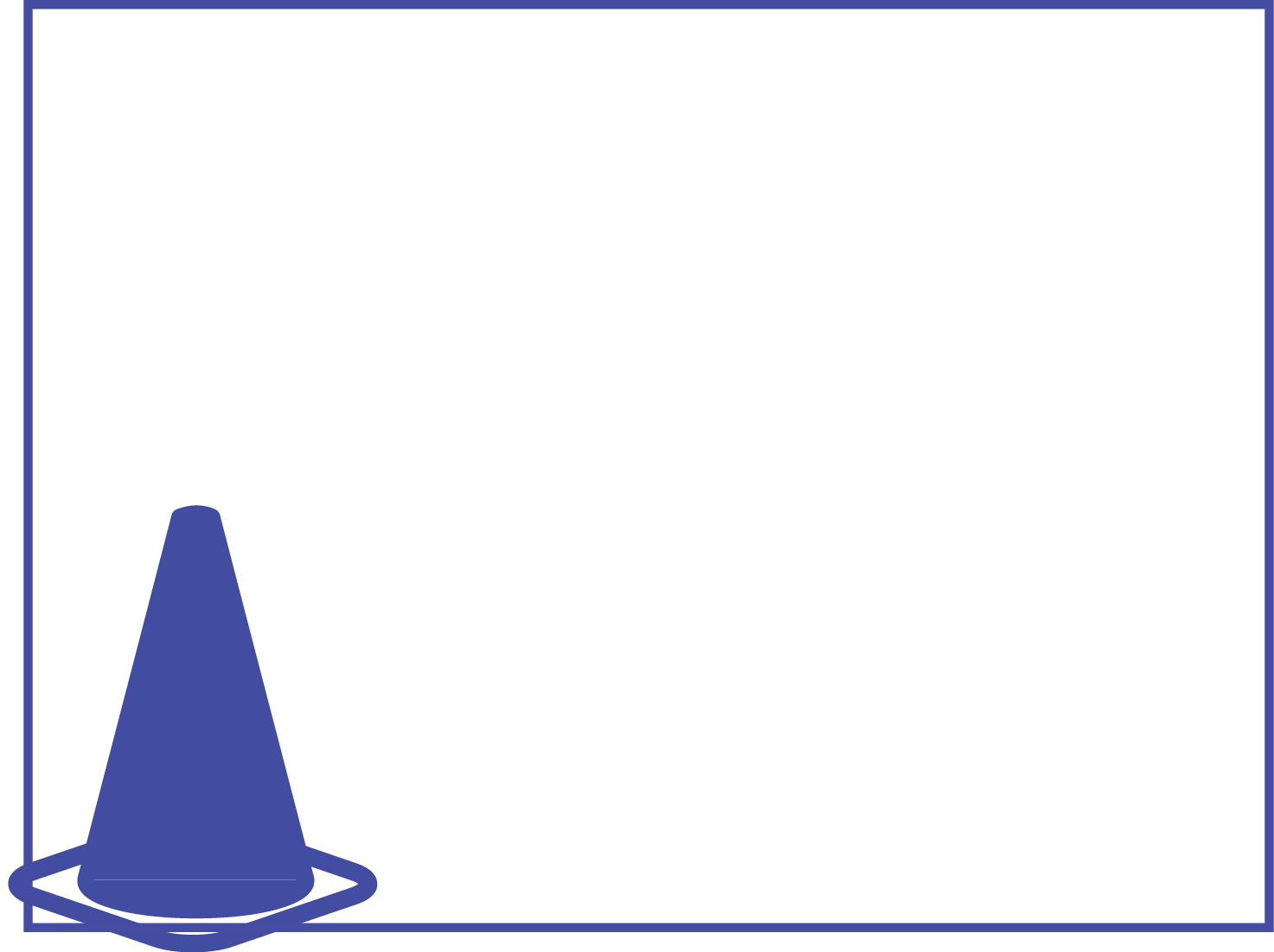


**JAB+CROSS**

**SQUAT**

Cardiorespiratory Endurance



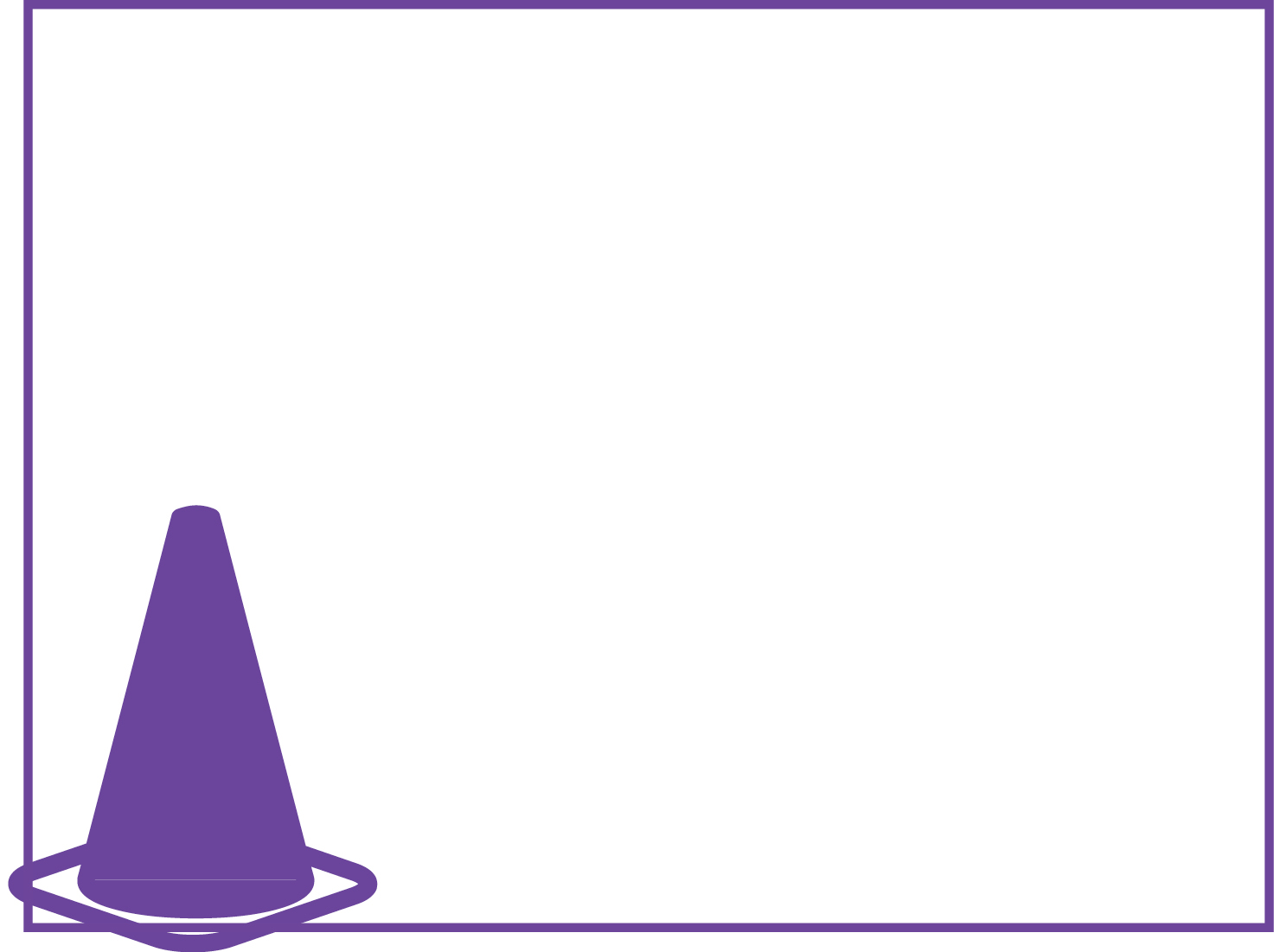


**SIDE**

**PLANKS**

Muscular Fitness





**JUMP**

**PUNCHES**

Skill-Related Fitness