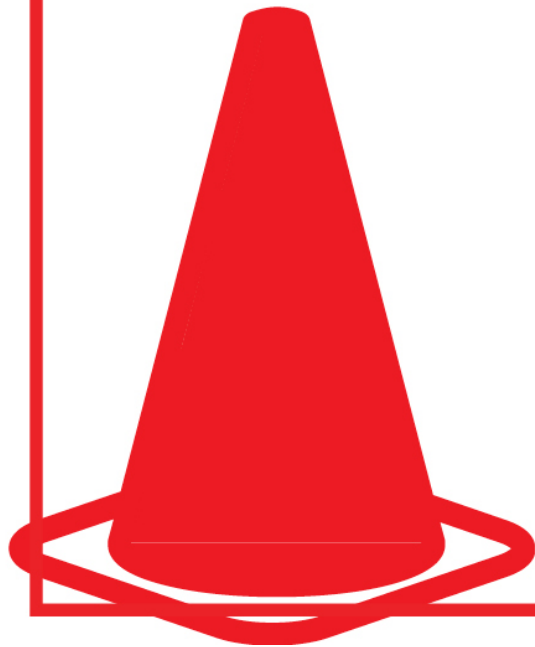
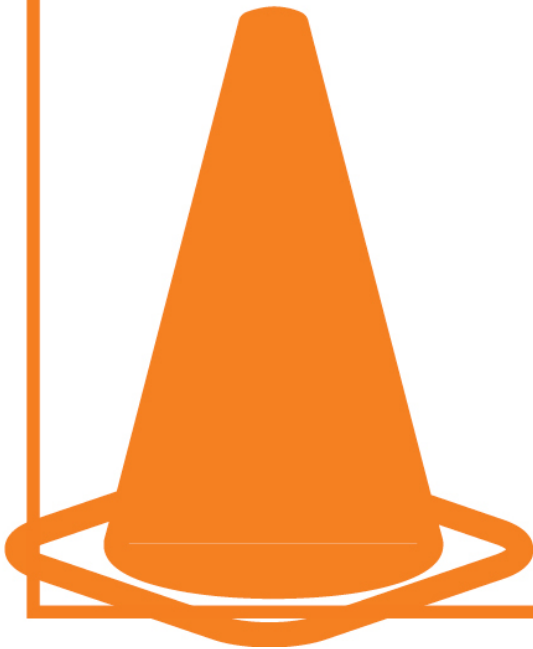


# **BUTT KICKS**



Cardiorespiratory Endurance

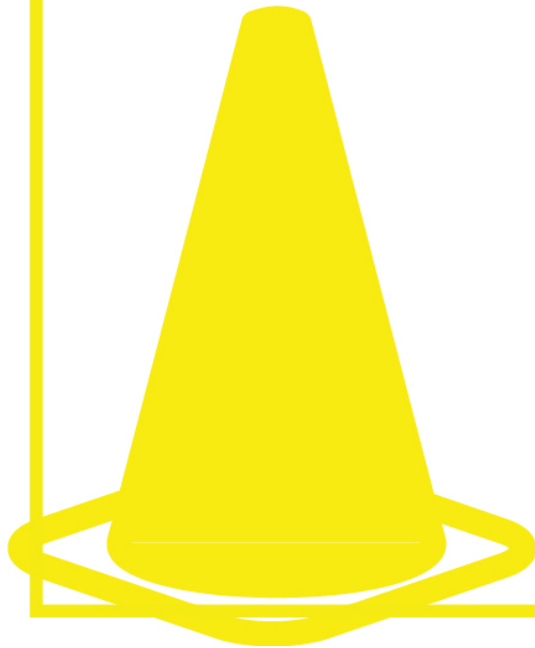
# V-UPS



Muscular Fitness

# **JAB+JAB**

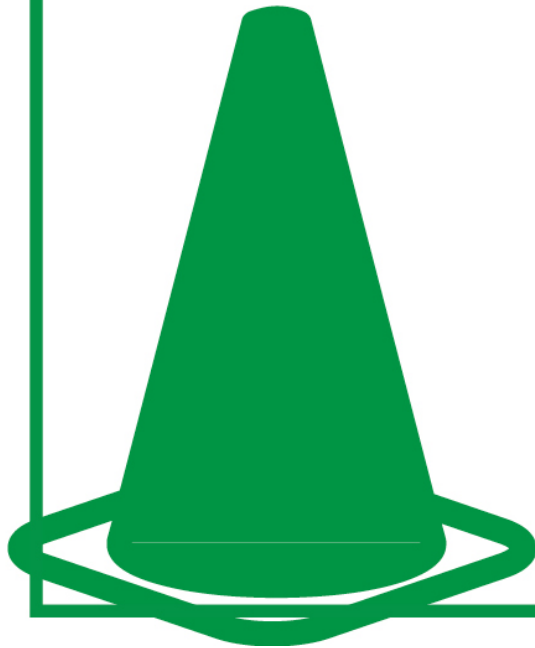
# **CROSS+HOOK**



Skill-Related Fitness

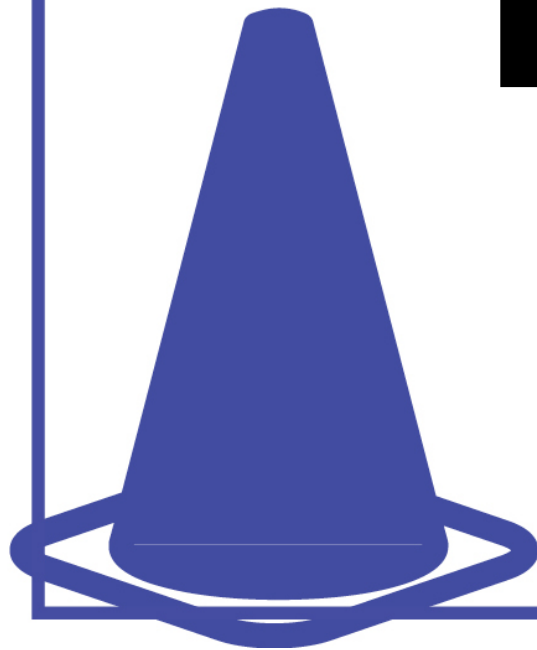
# **JAB+CROSS**

# **SQUAT**



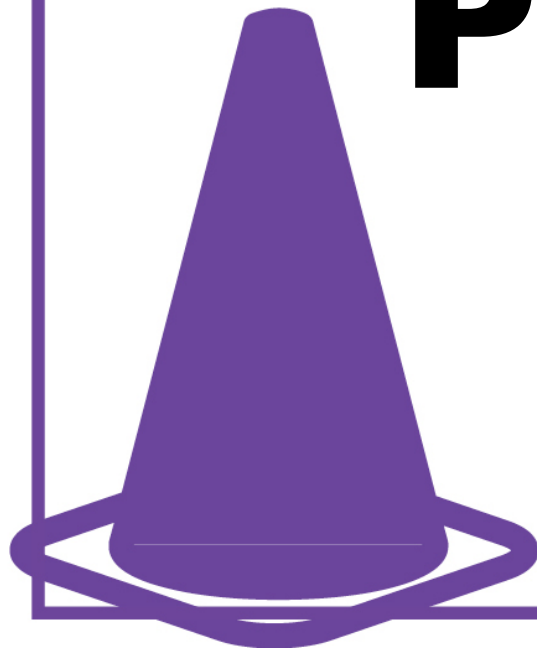
Cardiorespiratory Endurance

# **SIDE PLANKS**



Muscular Fitness

# JUMP PUNCHES



Skill-Related Fitness