

PRO BOXER

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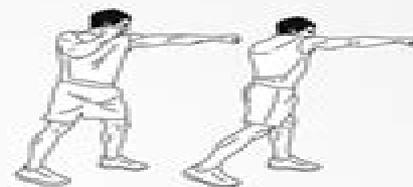
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bounce



10 hooks



10 jab + cross



20 bounce



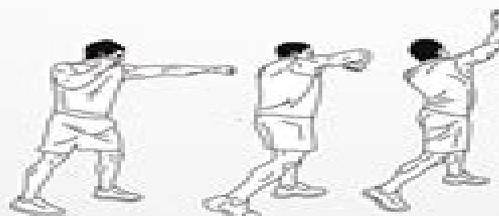
10 jab + hook



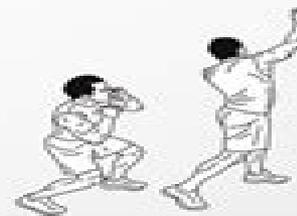
10 jab + jab + hook



20 bounce



10 jab + hook + uppercut



10 uppercuts

Pro Home Workout Usa For Experts 4487

Léo Pomar



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