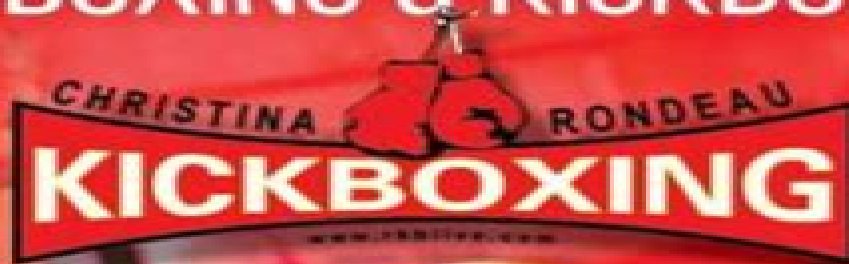


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WRITTEN & DEVELOPED BY PROFESSIONAL FIGHTER  
**CHRISTINA RONDEAU**

# Hit It Challenge Yourself With These Boxing Kickboxing Workouts

**Patrick Vollmar**



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