

COMBO FIGHTER

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

1



10combo push-up + jab + cross



2



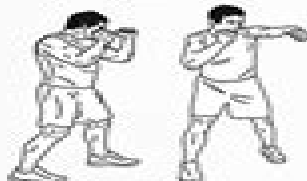
20combo squat + side kick



3



10combo push-up + hook



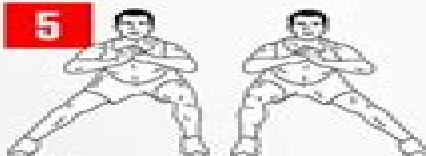
4



20combo squat + hook kick



5



40 side-to-side lunges

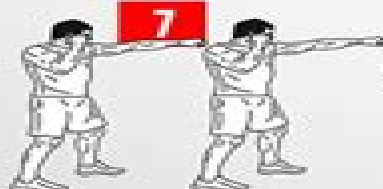
6



20combo lunge + turning kick



7



10combo jab + jab + turning kick



8



5combo jump squat + push-up



Mma Manual Exercise

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