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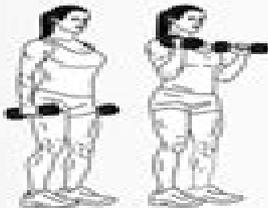
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

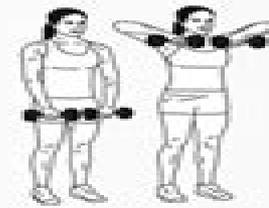
REST up to 2 minutes



**12** hammer curls



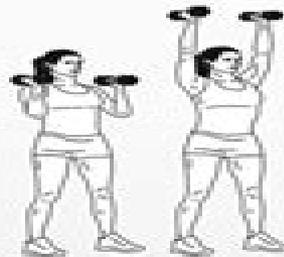
**12** punches



**12** chest rows



**12** punches



**12** shoulder press



**12** punches

# Not To Yield

**J Dewey**



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