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The Next 8 Exercises Are Cardio Combinations Completed In The Advanced Course The First Routine Involves Pyramiding An Advanced Combination Adding A Run Or A Push Up In Between. As Follows; Exercise 1: Jab, Cross, Hook, Cross (30 Seconds) Jan 9th, 2024

Cardio Repeat The Exercises For Each Day For 60 Seconds ...

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Described For Technical And/or Commercial Reasons. For Further Information, Contact An Authorized Dealer. If Applicable, Refer To The Owner's Manual Supplement For Feb 13th, 2024

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