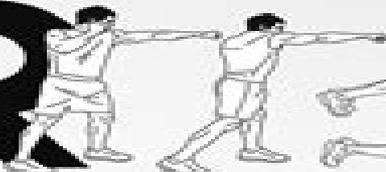
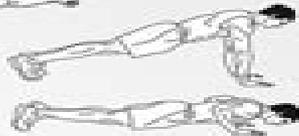


BOXER

30-DAY CHALLENGE

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1 1min high knees 1min rest 4 sets	2 10 push-ups 40 punches 4 sets 20sec rest	3 400 punches throughout the day	4 1min non-stop: 1 push-up 4 punches	5 20sec high knees 20sec punches 4 sets no rest
6 10 push-ups 40 punches 4 sets no rest	7 800 punches throughout the day	8 1min non-stop: 1 push-up 4 punches	9 1min high knees 1min rest 5 sets	10 10 push-ups 40 punches 5 sets 20sec rest
11 1200 punches throughout the day	12 1min non-stop: 1 push-up 4 punches	13 20sec high knees 20sec punches 5 sets no rest	14 10 push-ups 40 punches 5 sets no rest	15 1400 punches throughout the day
16 2min non-stop: 1 push-up 4 punches	17 1min high knees 1min rest 6 sets	18 10 push-ups 40 punches 6 sets 20sec rest	19 1600 punches throughout the day	20 2min non-stop: 1 push-up 4 punches
21 20sec high knees 20sec punches 6 sets no rest	22 10 push-ups 40 punches 6 sets no rest	23 1800 punches throughout the day	24 2min non-stop: 1 push-up 4 punches	25 1min high knees 1min rest 7 sets
26 10 push-ups 40 punches 7 sets 20sec rest	27 2000 punches throughout the day	28 3min non-stop: 1 push-up 4 punches	29 20sec high knees 20sec punches 7 sets no rest	30 10 push-ups 40 punches 7 sets no rest

Boxing Training Program

Terry C. Jones



Boxing Training Program:

Unveiling the Magic of Words: A Overview of "**Boxing Training Program**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Boxing Training Program**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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