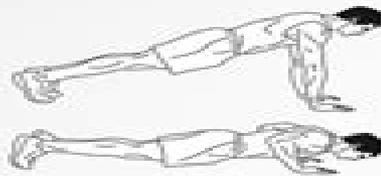


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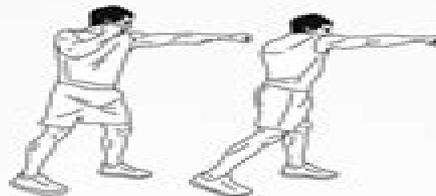
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes

no jump rope? hop on the spot



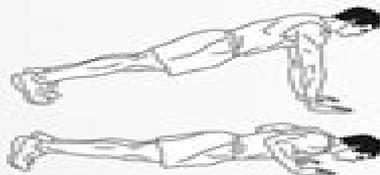
**15sec** push-ups



**15sec** jab + cross



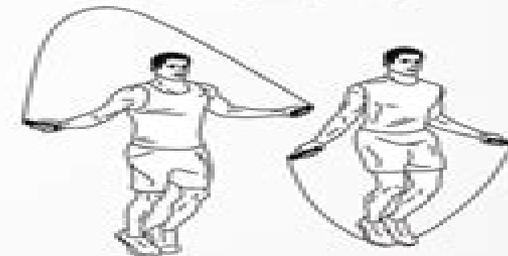
**30sec** jump rope



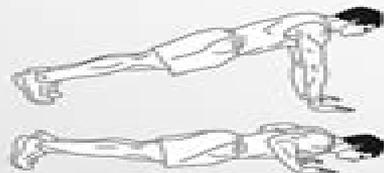
**15sec** push-ups



**15sec** hooks



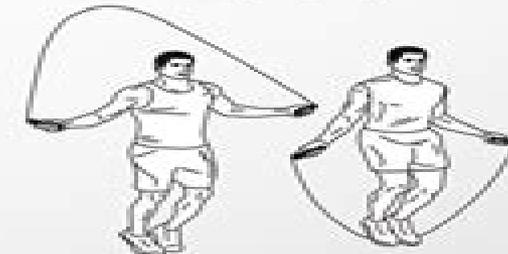
**30sec** jump rope



**15sec** push-ups



**15sec** uppercuts



**30sec** jump rope

# The Boxers Workout

**Anthony S. Fauci**



## **The Boxers Workout:**

## Reviewing **The Boxers Workout**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**The Boxers Workout**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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