

#	ACTIVITY	Series	REPs
1	JUMPs	4	35
2	STRETCHING	2	60
3	SIT-Ups (ABOVE)	3	50
4	SIT-Ups (DOWN)	3	50
5	PUSH-Ups (TRICEPS)	3	15
6	PUSH-Ups (BICEPS)	3	30
7	PUSH-Ups (BACK)	3	15
8	REFLEX FIGHT BALL	2	500
9	RESISTENCE-BAND PUNCHES	2	80
10	BOXING ROPE	1	120
11	PUNCH-BALL	3	120
12	SHADOW BOXING	2	120
13	SHADOW KICK-BOXING	1	120
14	BASIC PUNCHES	5	17
15	PUNCHES STANDARD-MIX	2	10
16	BASIC KICKS	6	6
17	BOBS/DODGING/XCAPE	2	10
18	FOOTWORK	2	120
19	FREE-FIGHT		180
20	DEBRIEFING	1	120
TRAINING CARD TOTAL TIME		80	

TRAINING CARD	RED
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Fighter's NAME	Joe Santangelo
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TIME ENLAPSED	80
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POINTs EARNED	66
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