

BOOM!
BOX™

C.S. PACAT JOHANNA THE MAD JOANA LAFUENTE

FENCE

TM

EIGHT





FENCE™

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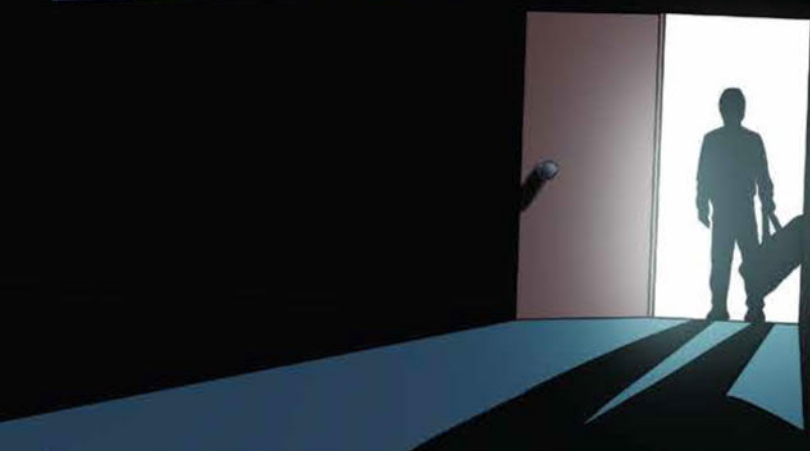
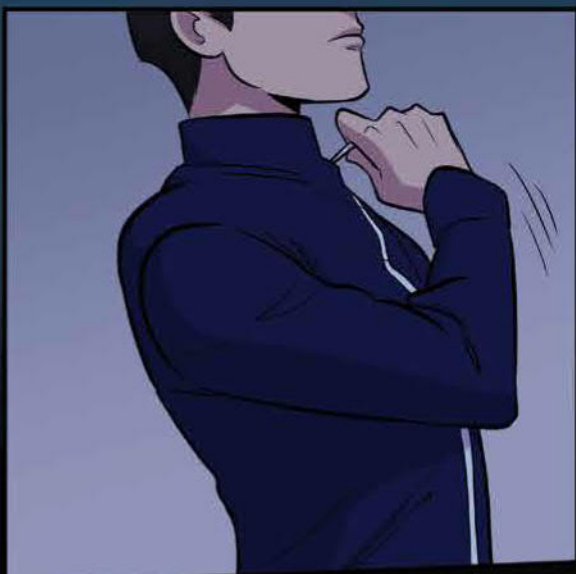
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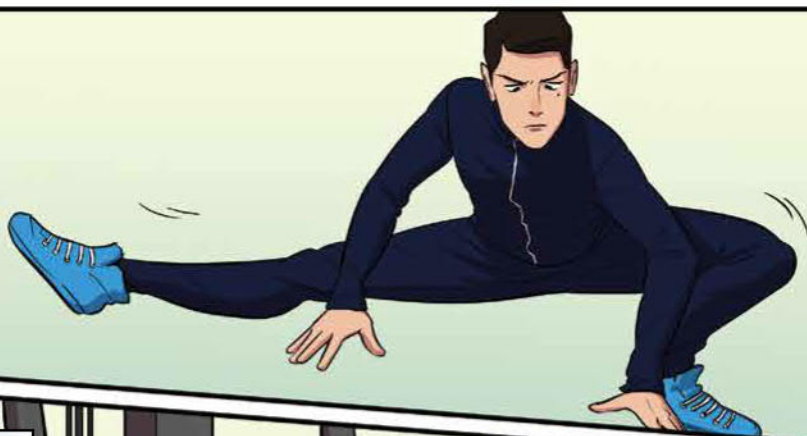
TRYOUTS,
DAY THREE.

4:00
AM





WARM UP AND
STRETCHING,
15 MINUTES.



STRENGTH
AND CORE,
30 MINUTES.



DRILLS, 1 HOUR
30 MINS.



BALANCE EXERCISES
AND COOL DOWN,
20 MINUTES.



NNNGH...
IT'S SO
EARLY.

Coach Dmytro's Diet Plan
Breakfast: Protein and carb mix



Total: 3150 kilojoules (753 calories)

