



## Green Belt Techniques

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| Information  |  |                                  |                         |
|--|--|----------------------------------|-------------------------|
| <b>Mantra</b><br>Dont be a bully<br><a href="#">Link</a> |  |                                  |                         |
| Techniques   | Workouts   | 1                                | 2                       |
| Jab <a href="#">Link</a>                                 | Squats - 1 x 2 0   "d 1 <a href="#">Link</a> ute | <a href="#">Link</a>             | hi <a href="#">Link</a> |
| Cross <a href="#">Link</a>                               |  | information <a href="#">Link</a> |                         |
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| 3  | 4  | 5                                | Notes                   |
| hi - 3s   1 minute <a href="#">Link</a>                  | hi - 10r <a href="#">Link</a>                    | <a href="#">Link</a>             |                         |
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