

XENIA

TRIBUTE WORKOUT @ darebee.com

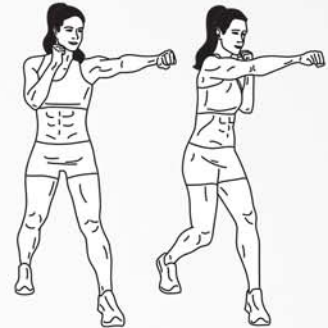
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 hooks + squat



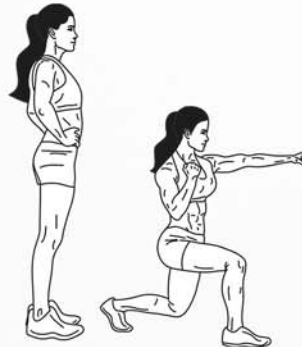
10 side kick + squat



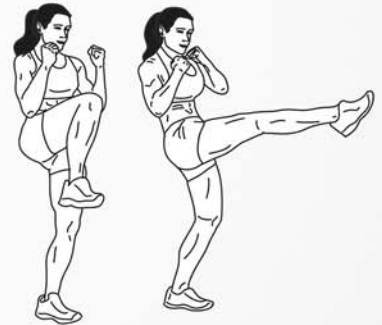
20 punches



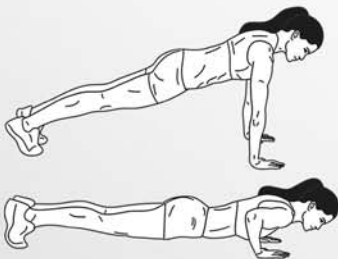
10 hop heel clicks



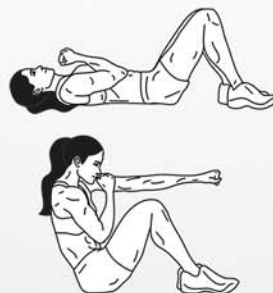
20 lunge punches



10 front kicks



10 push-ups



10 sit-up punches



10 sitting punches