

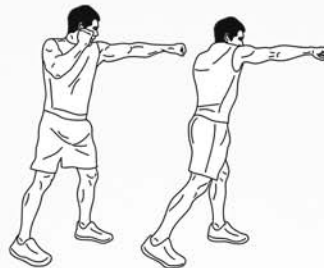
# HEARTSTRIKER

DAREBEE **HIT** WORKOUT @ [darebee.com](https://darebee.com)

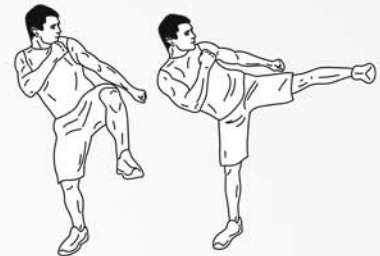
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



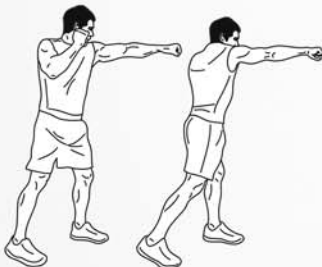
**20sec** side kicks



**20sec** punches



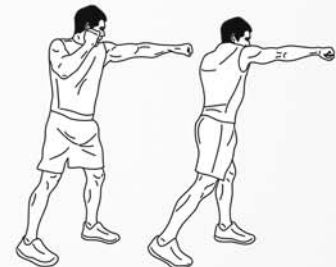
**20sec** side kicks



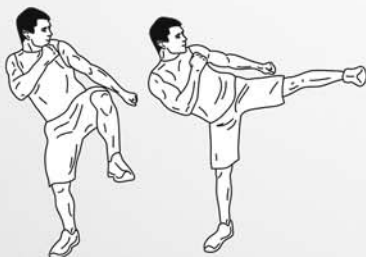
**20sec** punches



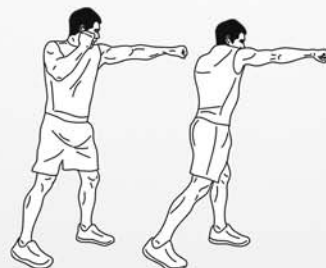
**20sec** overhead punches



**20sec** punches



**20sec** side kicks



**20sec** punches



**20sec** side kicks