

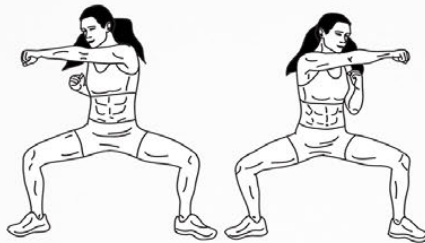
QUEEN OF HEARTS

WORKOUT BY DAREBEE @ darebee.com

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



2 jump squats



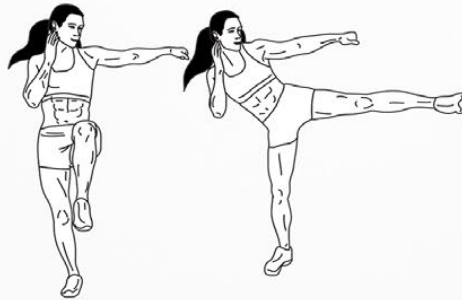
10 squat hold punches



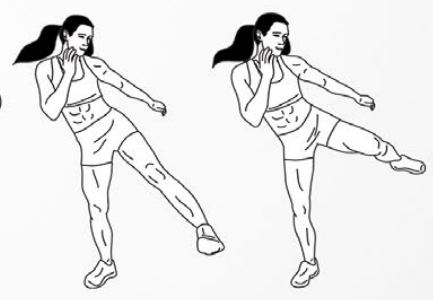
2 squat step back



10 punches



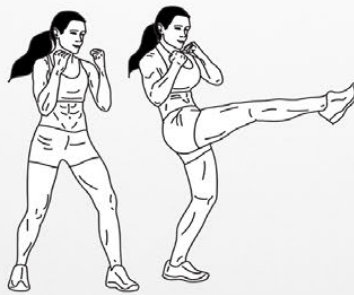
10 side kicks



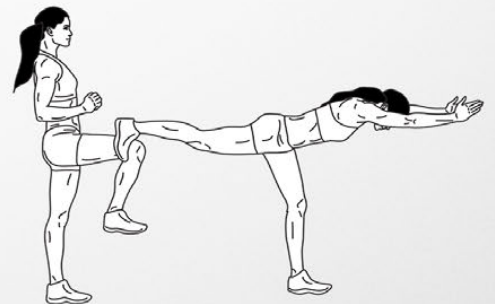
2 hook kicks



10 high knees



10 front kicks



2 single leg deadlifts