

# XENA

TRIBUTE WORKOUT @ [darebee.com](https://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



5 push-ups



5 sit-up punches



10 sitting punches