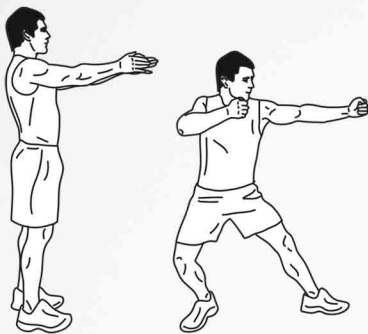


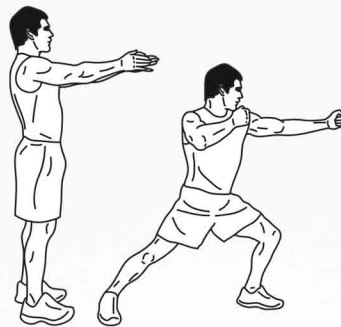
# LEGOLAS

TRIBUTE WORKOUT by @darebee.com

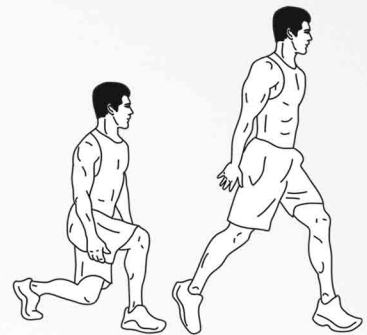
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** archers



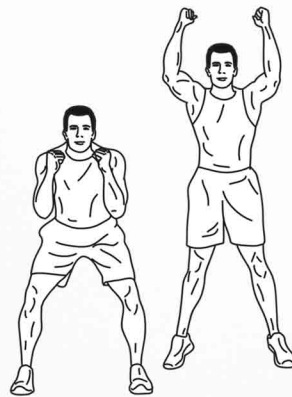
**20** archer lunges



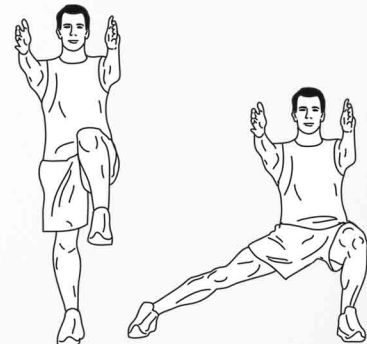
**10** jumping lunges



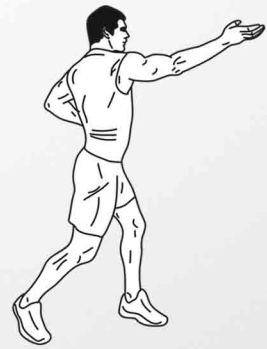
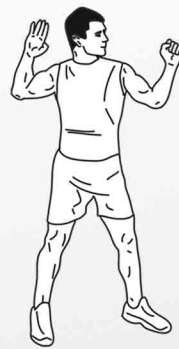
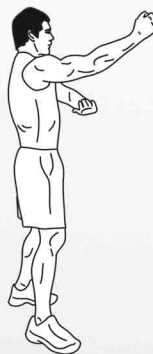
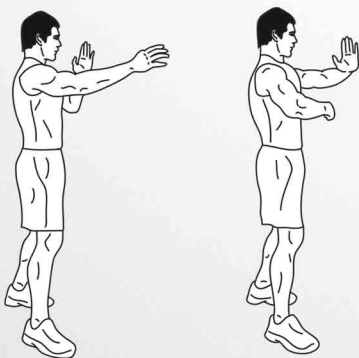
**20** knee strikes



**10** jumps



**10** balance side lunges



**20** combos block + backfist + knife hand strike