

Lionheart

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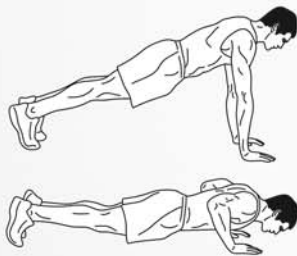
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



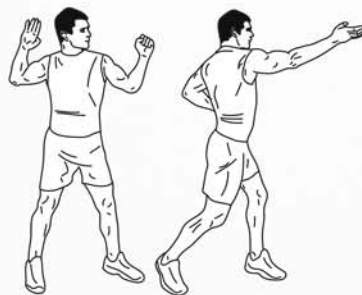
10combos squat + side kick



10 hook kicks



10combos push-up + knife hand strike



10 hook kicks



10combos knee strike + upward elbow strike

step back



10 hook kicks

