



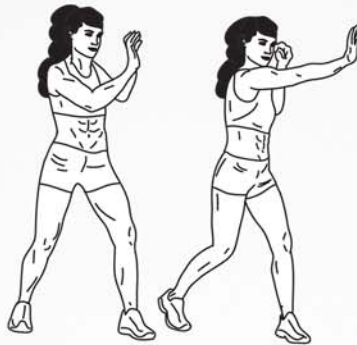
Shieldmaidens

NEILAREY WORKOUT @ neilarey.com

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



20 knee strikes



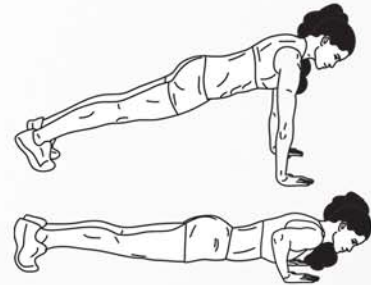
20 palm strikes



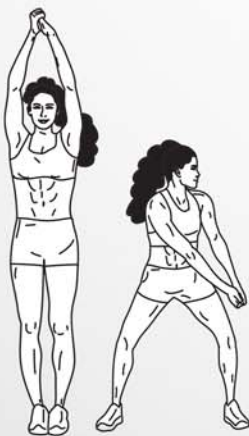
10 lunge push strikes



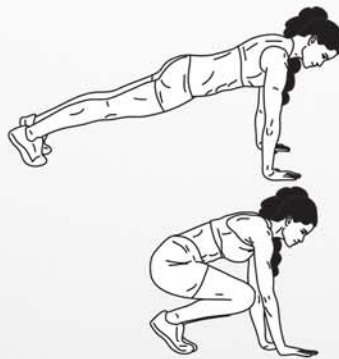
10 combos hop heel clicks + double punch



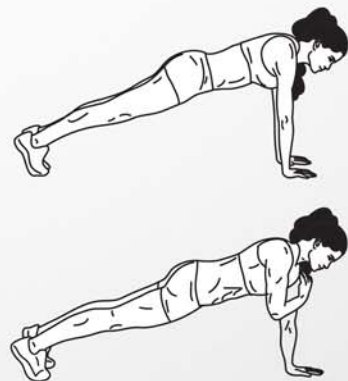
10 push-ups



20 cross chops



10 plank jump-ins



10 shoulder taps