

CARDIO KICK

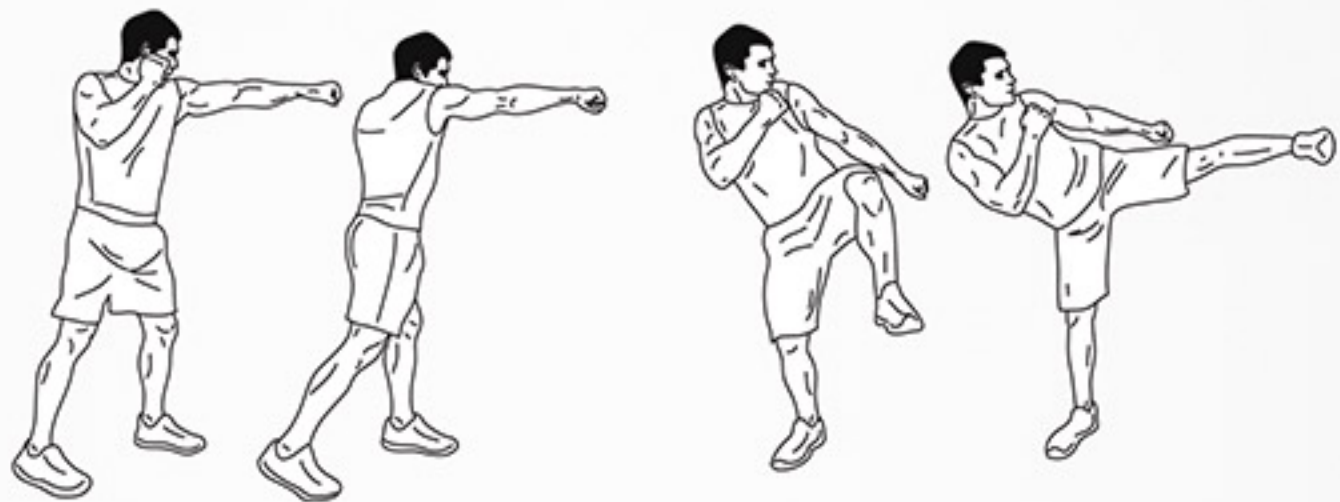
DAREBEE WORKOUT @ darebee.com

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

3 combos:

10 punches

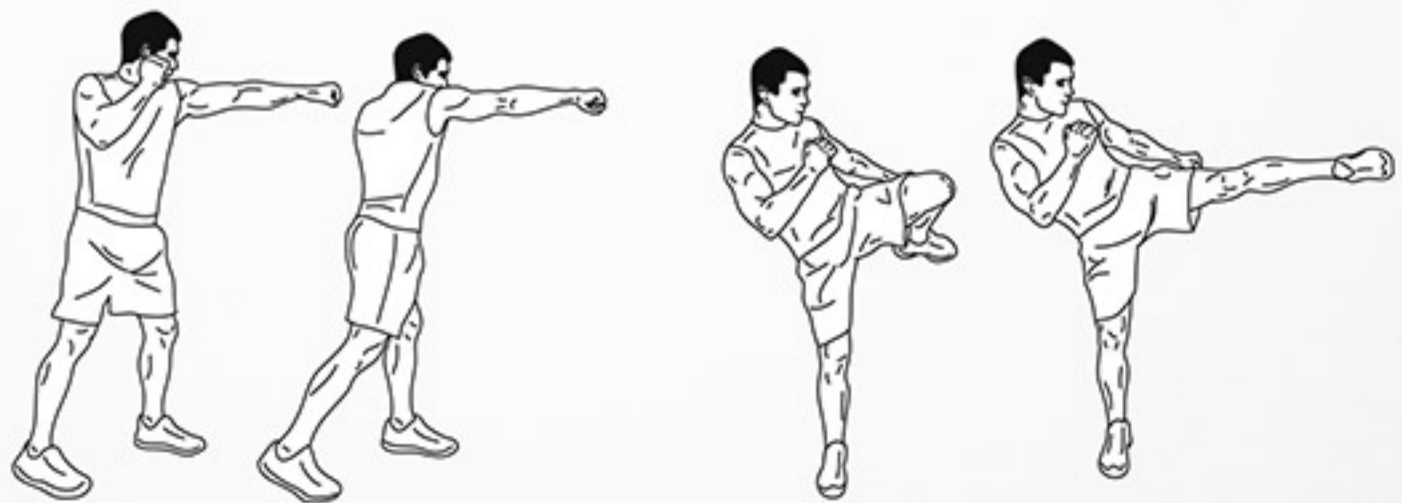
20 side kicks



3 combos:

10 punches

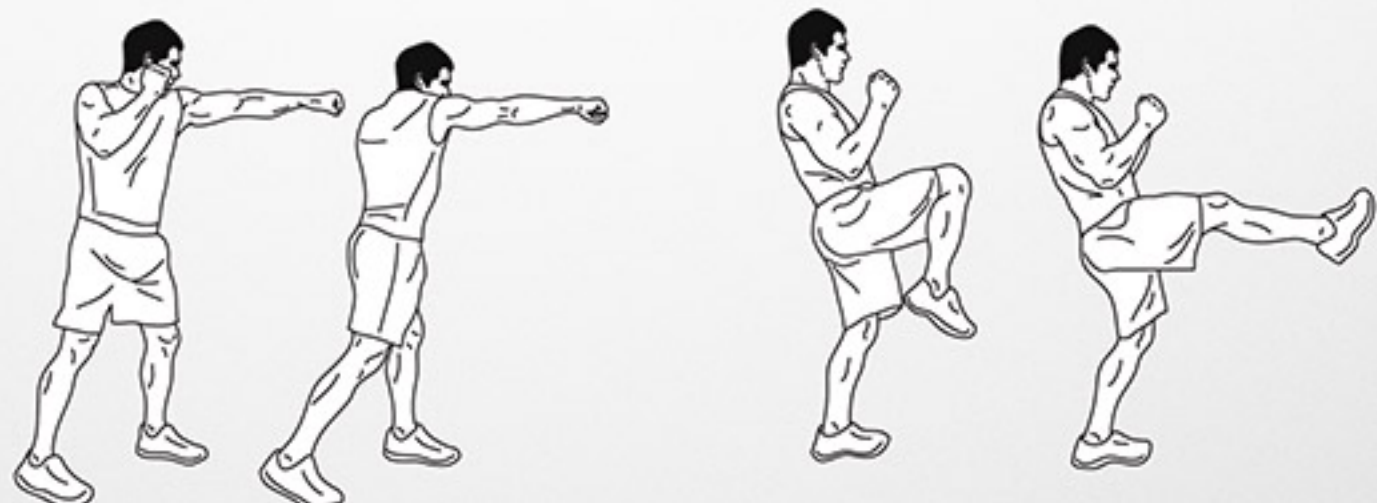
20 turning kicks



3 combos:

10 punches

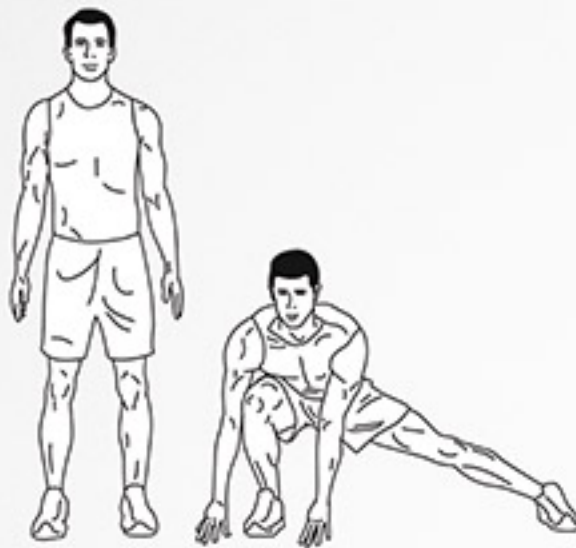
20 front kicks



FEARLESS

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



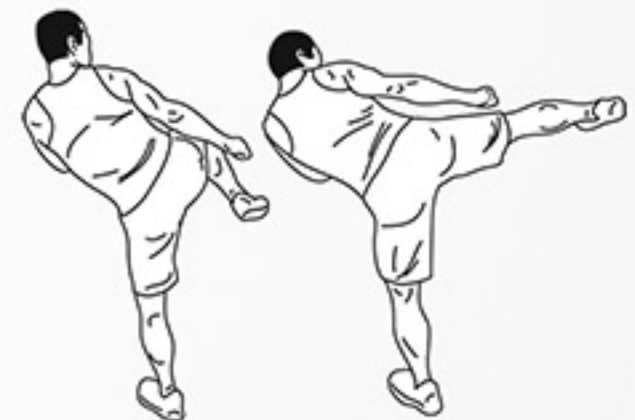
20 side lunges



20 squats



20 side kicks



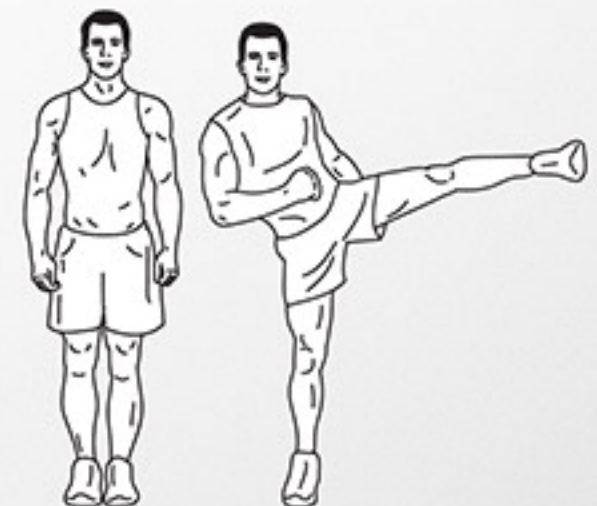
20 combos knee strike + step forward + turning kick + step forward + side kick



20 calf raises



20 squats



20 side leg raises

HEADHUNTER

DAREBEE WORKOUT © darebee.com

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

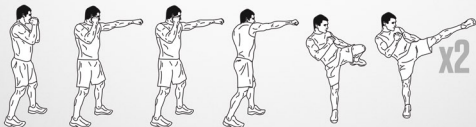
🎯 target aim your kicks as high as you can - or head height



60combos backfist + step forward + elbow strike + step forward + turning kick



60 turning kicks: kick forward + bounce and change side + kick forward

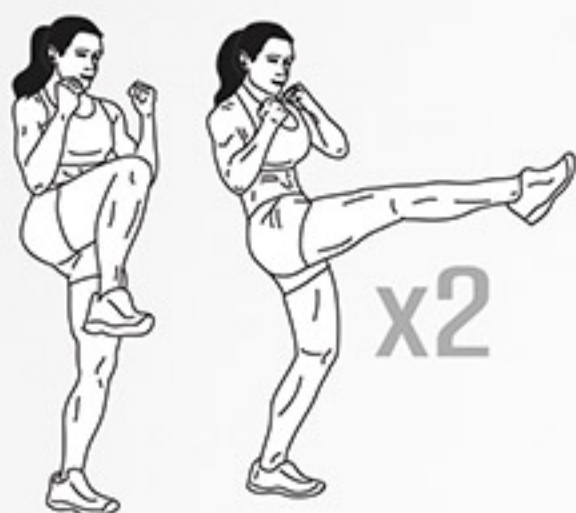


60combos jab + jab + cross + double turning kick

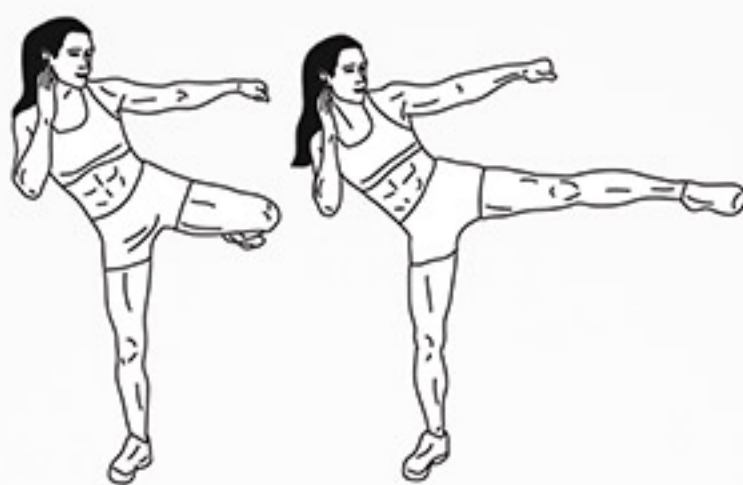
JADE

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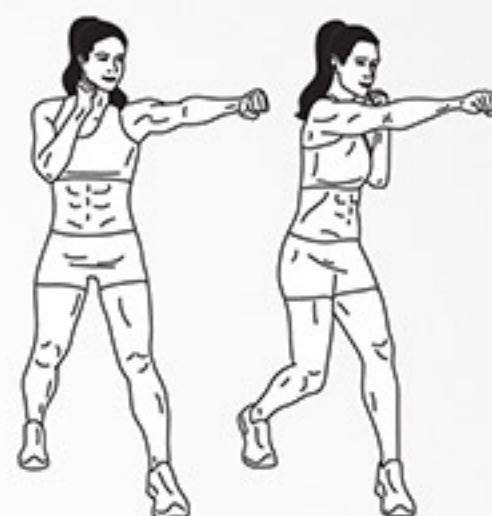
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



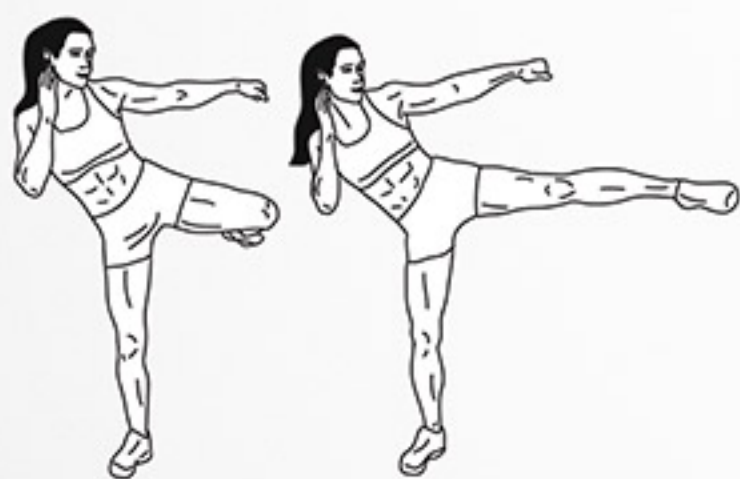
20 double front kicks



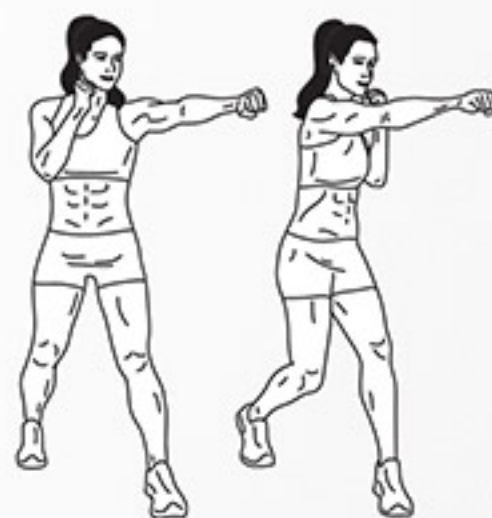
40 turning kicks



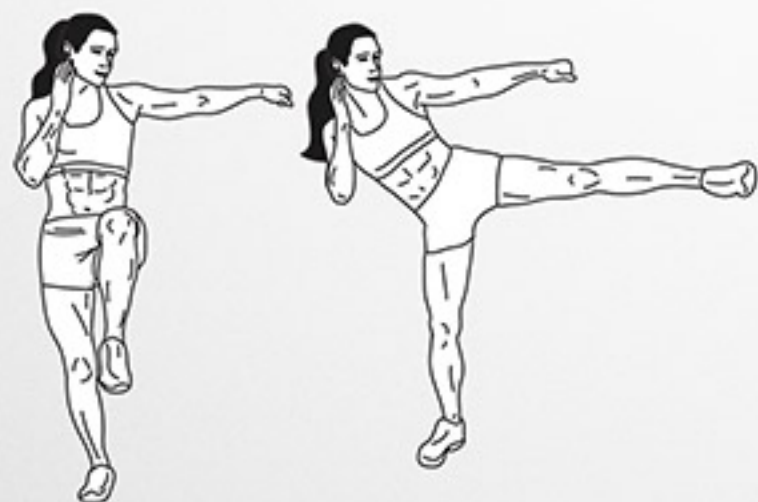
40 punches



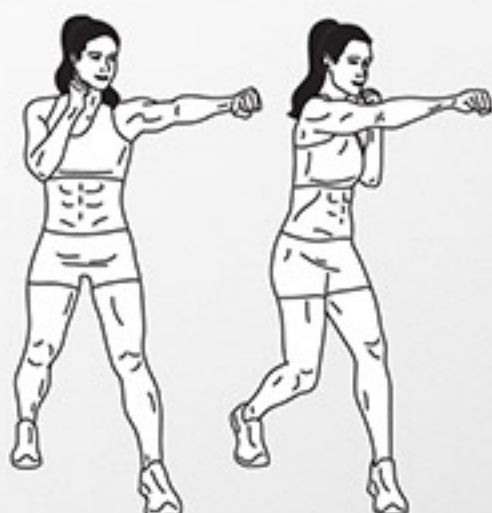
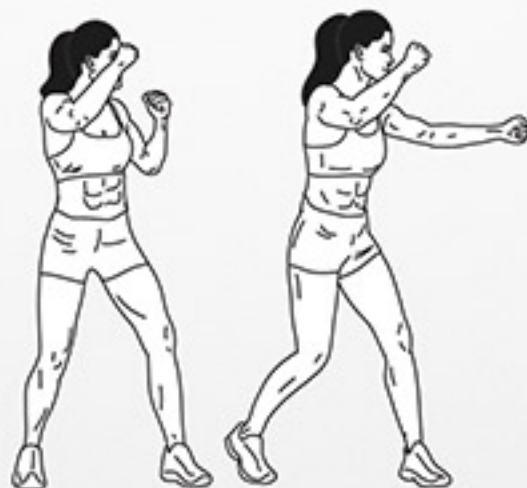
20 combos turning kick + hook kick



40 punches



20 combos side kick + backfist



40 punches

KICKER



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1 minute each | 1 minute rest between exercises



side kicks



low + high side kicks



turning kicks



low turning kicks



low + high turning kicks



double turning kicks



front kicks



hook kicks



drop back kicks

ONE KICK

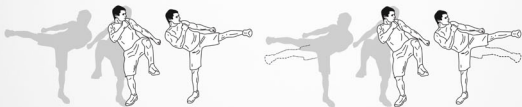
DAREBEE **SIDE KICK** WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 side kick, bounce & change sides

10 double side kick / low and mid height



10 side-to-side / single kick

10 side-to-side double kick / low and mid height



10 balance side kicks

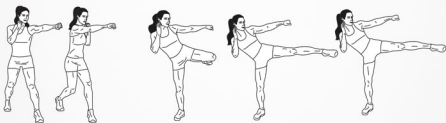
MURDER KATIE

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



20combos side kick + hook kick



20 jab + cross

20 double turning kicks



20combos back fist + side kick

River



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



20 high knees (accelerate!)



10combos squat + front kick



20combos turning kick + hook kick + elbow strike



20combos knee strike + back elbow strike + extend arms & twist

SIDE KICKS **PRACTICE**

DAREBEE WORKOUT © darebee.com

LEVEL I 60 reps **LEVEL II** 80 reps **LEVEL III** 100 reps each
rest between each set up to 60 seconds



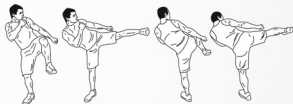
1. side-to-side / single kick



2. side-to-side double kick / low and mid height



3. forward single kicks
half of all the reps same side then change



4. forward single kicks
bounce & change side every time



5. forward double kicks / low and mid height
bounce & change side every kick



10 push-ups
Level I-II after each set
Level III after every 50 kicks

PRACTICE

TURNING KICKS

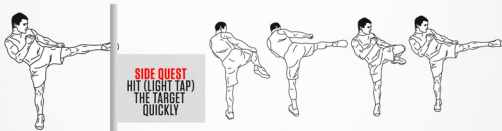
DAREBEE WORKOUT © darebee.com

LEVEL I 60 reps **LEVEL II** 80 reps **LEVEL III** 100 reps each
rest between each set up to 60 seconds



1. side-to-side / single kick

2. front leg mid height kick / back leg low kick



3. forward kicks mid height
half of all the reps same leg then change

4. forward single kicks
bounce & change side every time



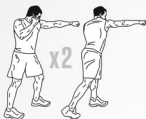
5. forward double kicks / low and mid height
bounce & change side every kick

6. squat (duck) + turning kick
go as fast as you can

HEAR MY WARSONG

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



40combos jab + jab + cross + double turning kicks **40** double low side kicks



40combos palm strike + front snap kick

40 hook kicks



40combos turning kick + back leg low turning kick **40** squat hold punches