

AGRO

DAREBEE WORKOUT @ darebee.com

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



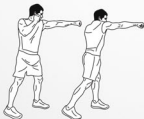
20 knee strikes



20 side kicks



max pull-ups



20 punches



20 squat hold punches