

# BLACK CANARY

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**10 combos** jab + cross + push-up

**10-count** plank



**20 combos** jab + cross + turning kick + squat



**20 combos** jab + cross + backfist + front kick