

THE BOOMERANG

DAREBEE WORKOUT @ darebee.com

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



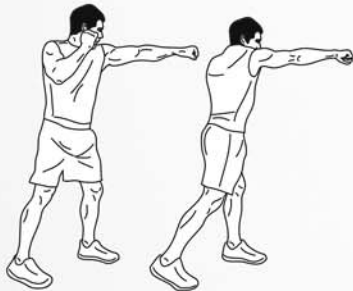
20 turning kicks



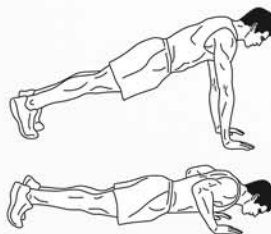
10 squats



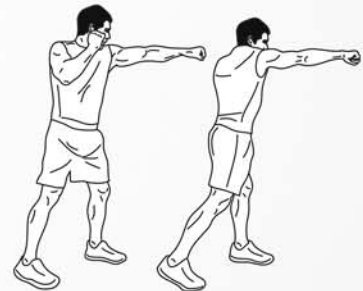
20 turning kicks



20 punches



10 push-ups



20 punches



20 turning kicks



10 squats



20 turning kicks