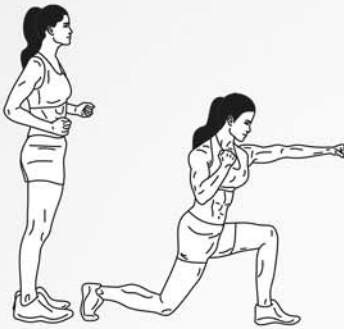


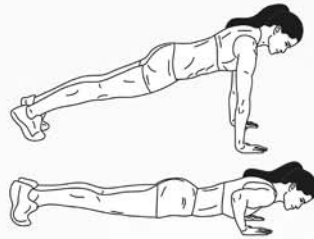
# BOUDDICA

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

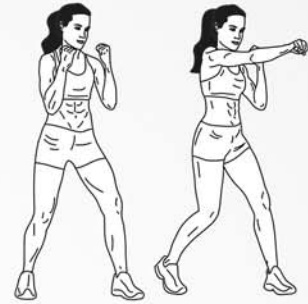
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** lunge punches



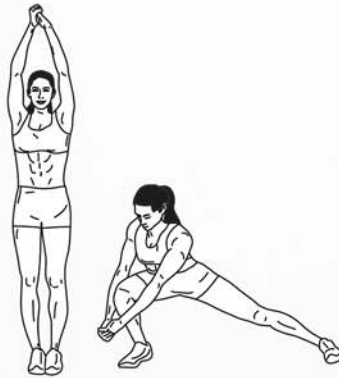
**10** push-ups



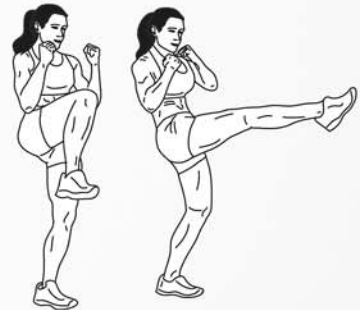
**20** punches



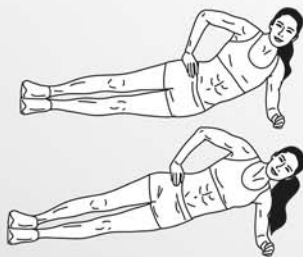
**20** knee-to-elbows



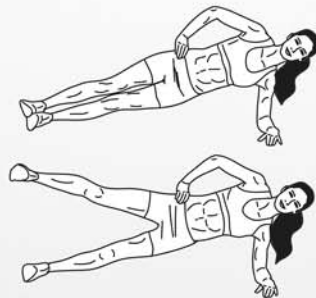
**10** deep cross chops



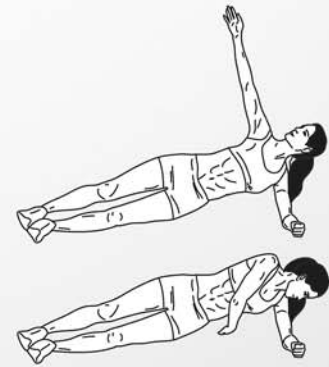
**20** front kicks



**20** side bridges



**10** side plank leg raises



**20** side plank rotations