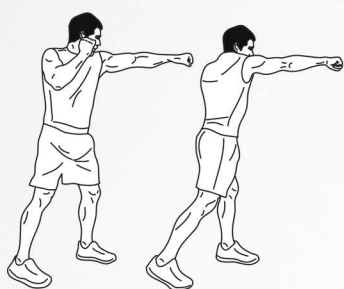


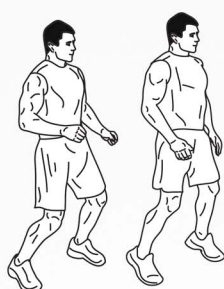
CHAOS

DAREBEE WORKOUT @ darebee.com

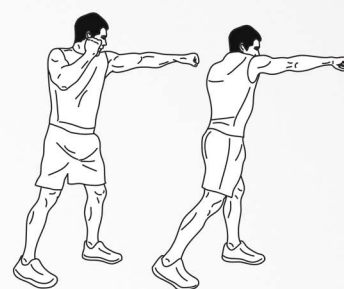
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



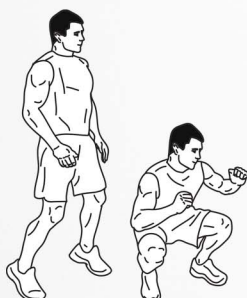
10 punches



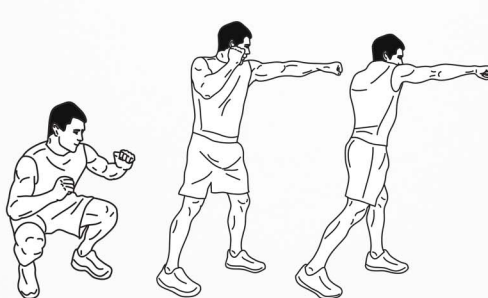
10 bounce on the spot



10 punches



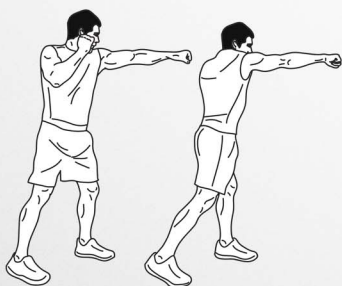
5 bounce + squat



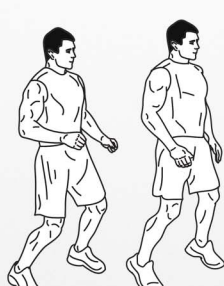
10 squat + jab + cross



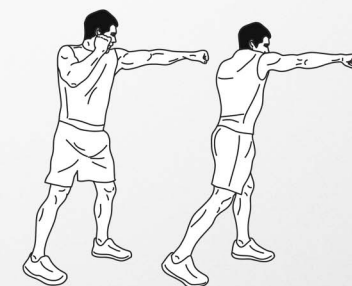
5 bounce + squat



10 punches



10 bounce on the spot



10 punches