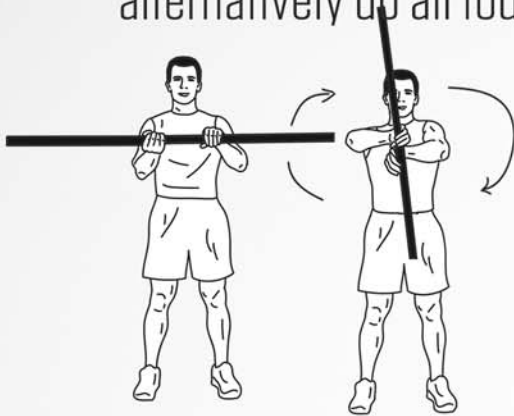


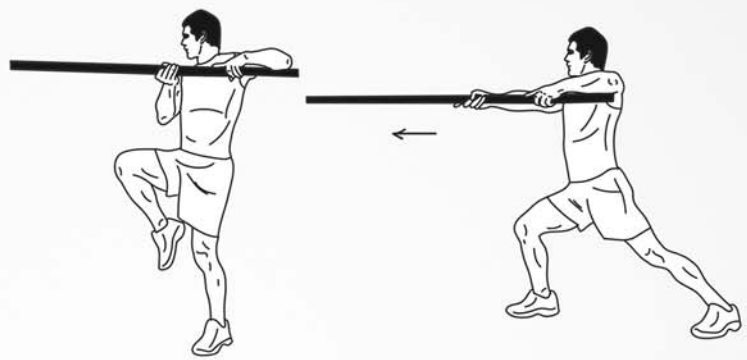
# COMBAT-BO

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

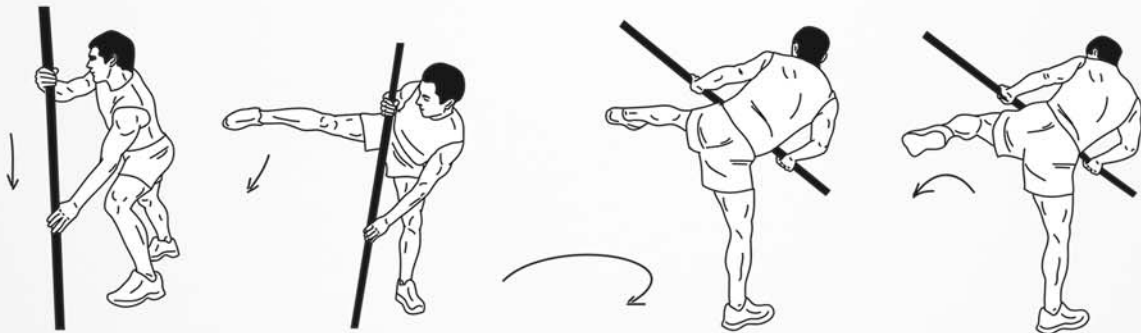
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
alternatively do all four as a combination 20, 30 or 40 times



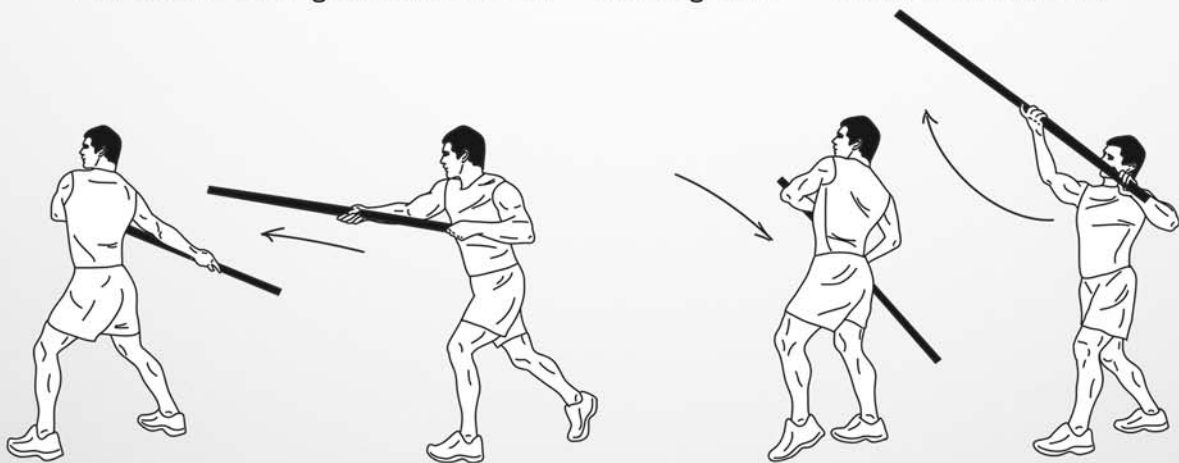
10 spins



10 forward thrusts



20 combos grounded block + turning kick + reverse hook kick



20 combo horizontal strikes

20 uppercuts