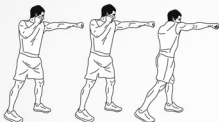


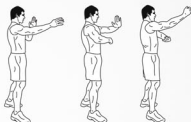
COMBAT CARD

DAREBEE WORKOUT © darebee.com

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



20 jab + jab + cross



20 downward block backfists



20 drop back kicks



20 hook kicks



20 elbow plank crunches