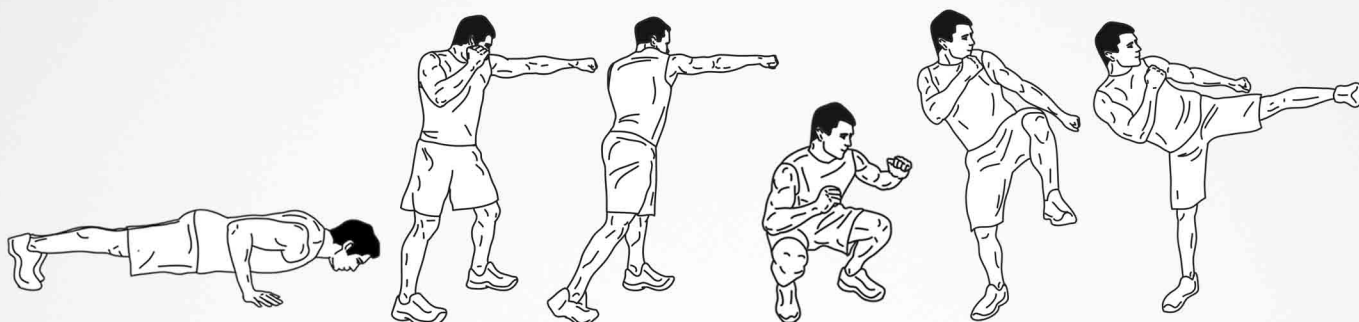


COMBO FIGHTER

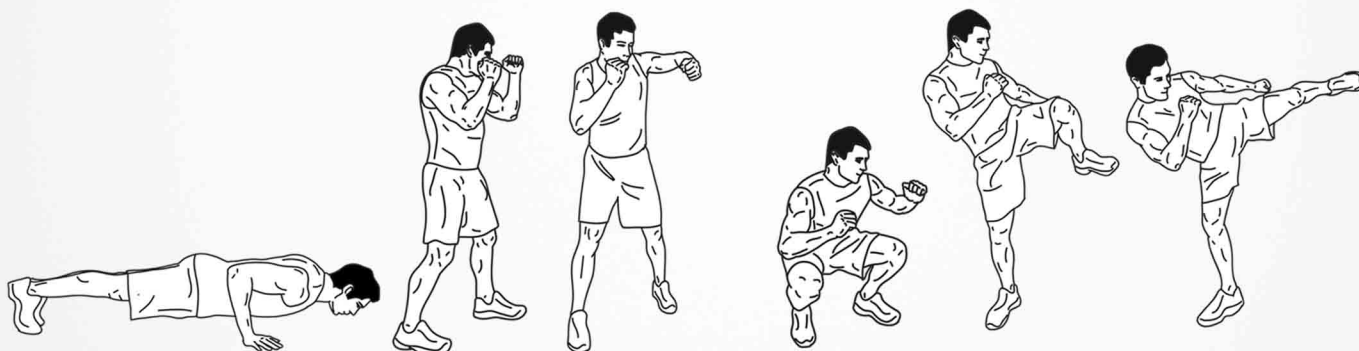
DAREBEE WORKOUT @ darebee.com

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



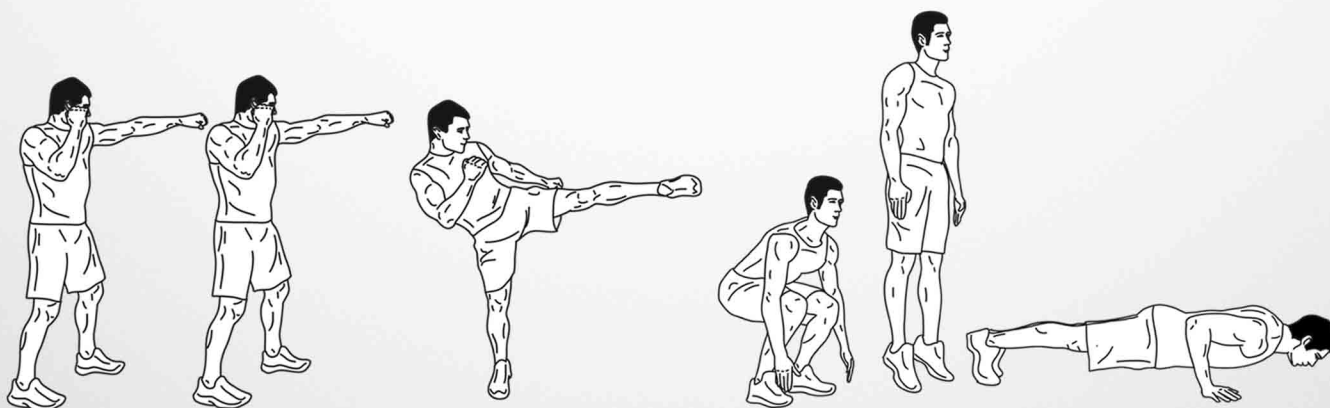
10combo push-up + jab + cross

20combo squat + side kick



10combo push-up + hook

20combo squat + hook kick



10combo jab + jab + turning kick

5combos jump squat + push-up