

# DANGER ZONE

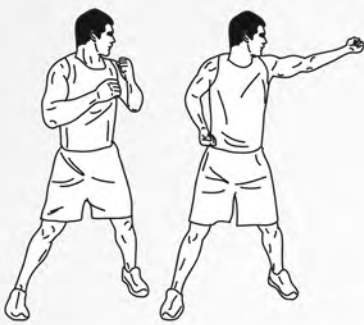
DAREBEE WORKOUT  
@ [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**20** combos backfist + side kick



**20** squat + uppercut



**10** high knees



**10** climbers



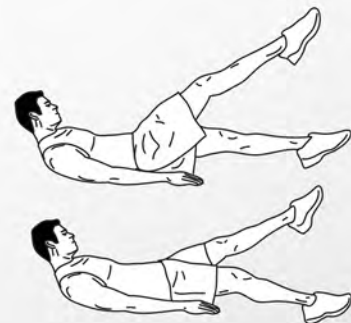
**10** high knees



**10** sit-ups



**10** sitting twists



**10** flutter kicks