

duck & swing

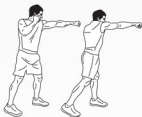


DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets - 2 minutes rest
squat [duck!] every 10 seconds



10sec push-ups



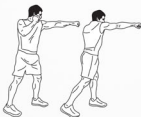
30sec punches



20sec uppercuts



10sec push-ups



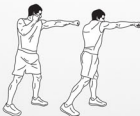
30sec punches



20sec hooks



10sec push-ups



30sec punches



20sec plank hold