

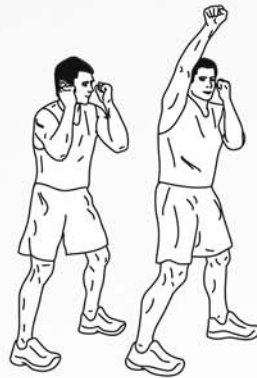
ENDGAME

DAREBEE WORKOUT @ darebee.com

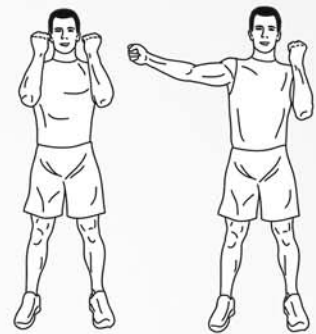
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



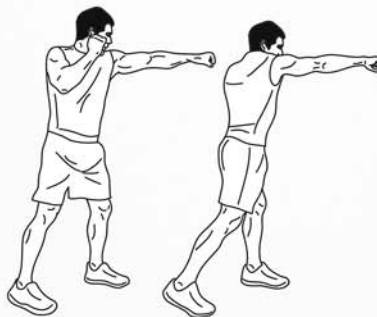
20 overhead punches



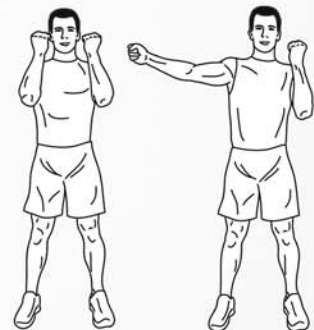
20 side-to-side backfists



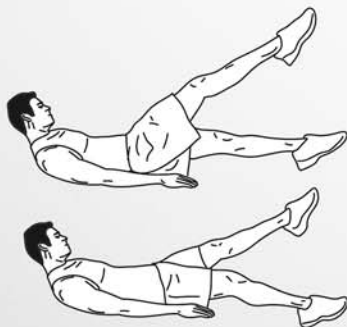
10 lunges



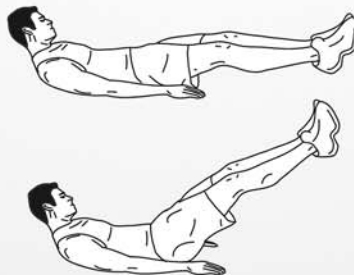
20 punches



20 side-to-side backfists



10 flutter kicks



10 leg raises



10-count raised leg hold