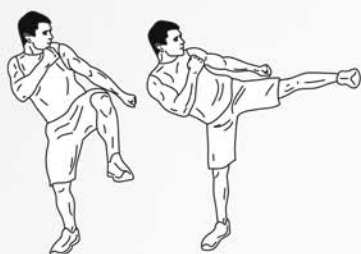


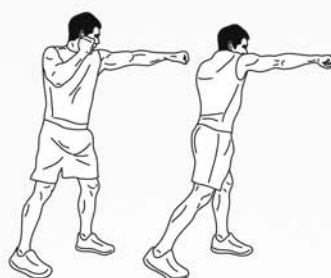
# Fight Back

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

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



**10** side kicks



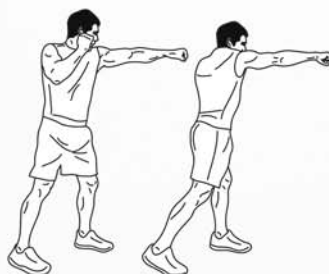
**20** punches



**10** side kicks



**10** knee strikes



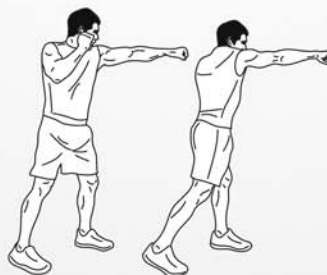
**20** punches



**10** knee strikes



**10** squat hold punches



**20** punches



**10** squat hold punches