

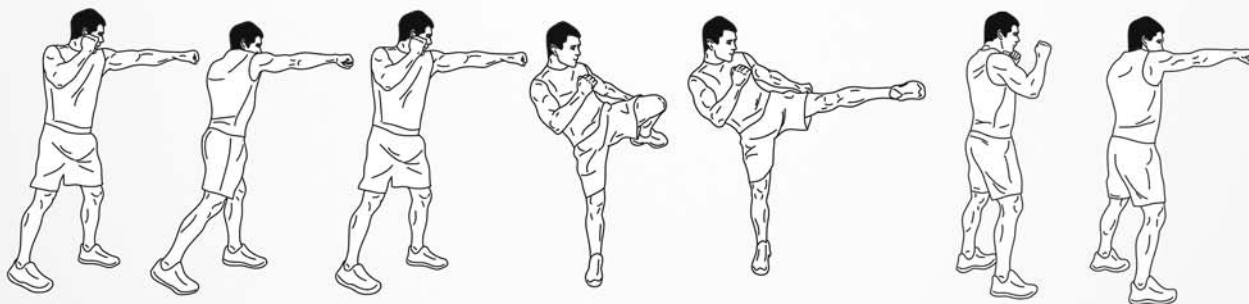
Finish Him!

DAREBEE WORKOUT @ darebee.com

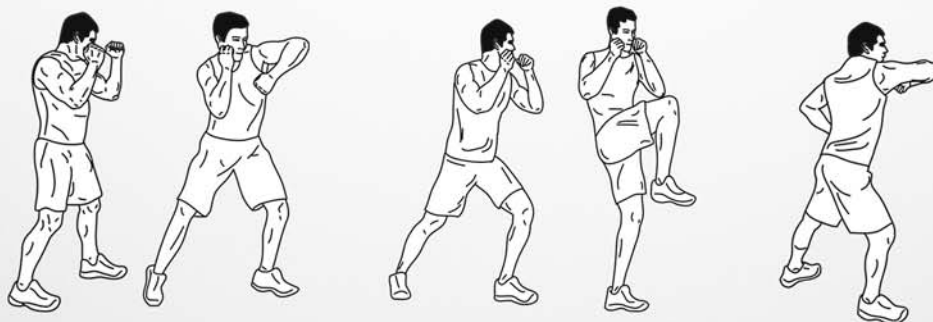
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40combos backfist + side kick + step forward + backfist



40combos jab + cross + turning kick + step forward + jab



40combos elbow strike + knee strike + step forward + elbow strike