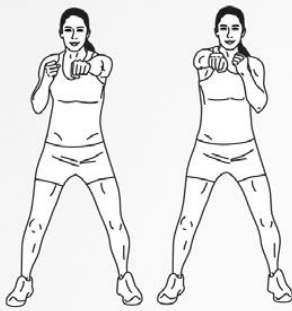


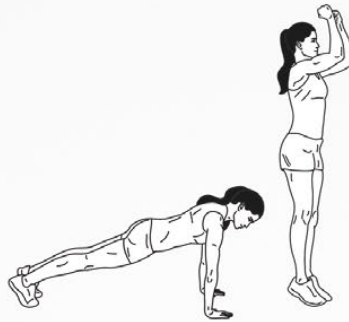
# FURYBORN

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

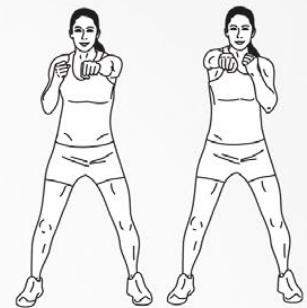
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



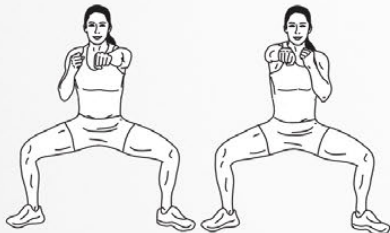
20 punches



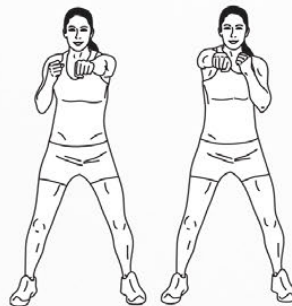
5 basic burpees



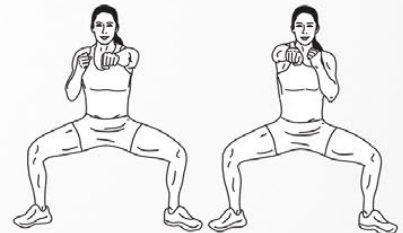
20 punches



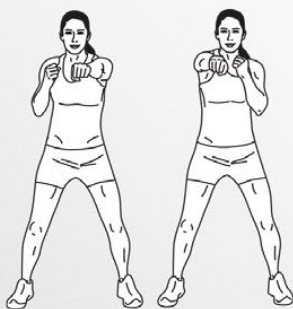
20 squat hold punches



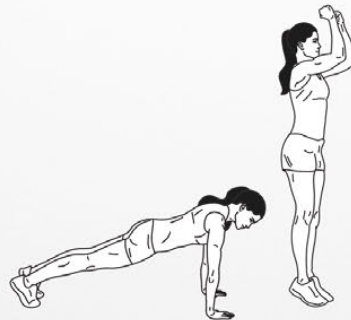
20 punches



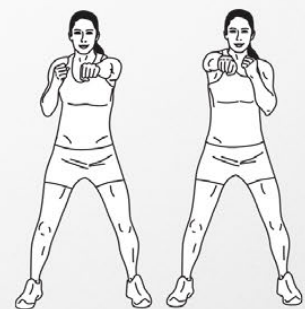
20 squat hold punches



20 punches



5 basic burpees



20 punches