

HEAVY HITTER

DAREBEE WORKOUT

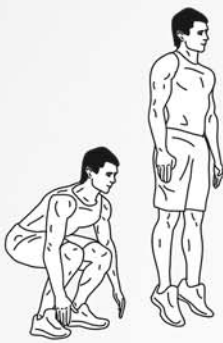
@ darebee.com

LEVEL I 3 sets

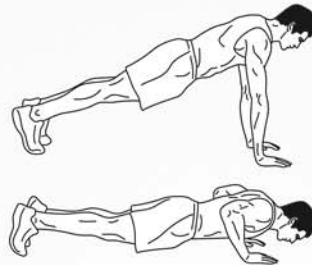
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



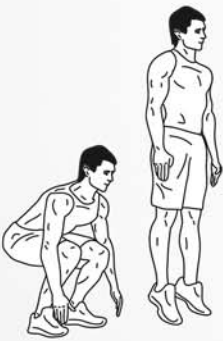
10 jump squats



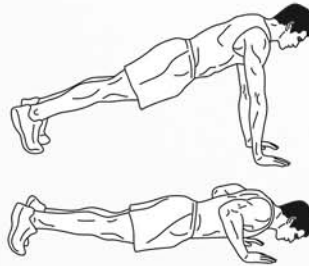
10 push-ups



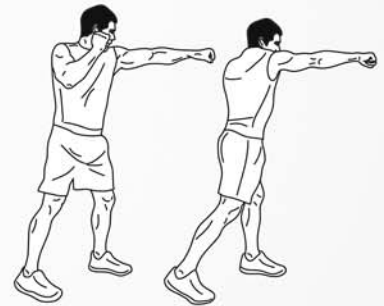
20 uppercuts



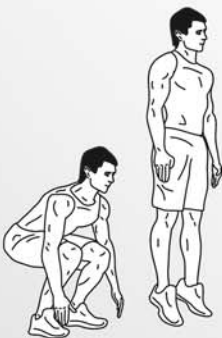
10 jump squats



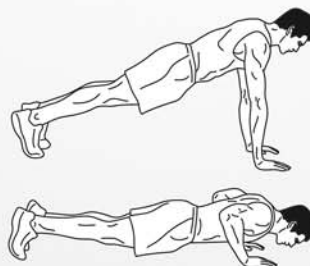
10 push-ups



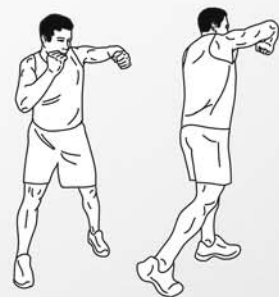
20 punches



10 jump squats



10 push-ups



20 hooks