

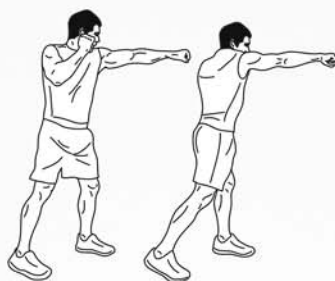
# HOT SAUCE

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

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



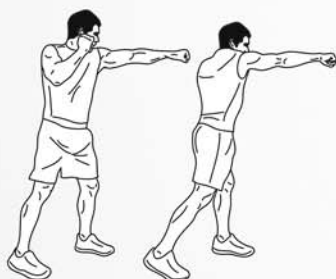
**20sec** knee strikes



**20sec** punches



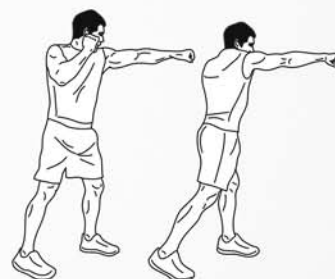
**20sec** knee strikes



**20sec** punches



**20sec** squat hold punches



**20sec** punches



**20sec** sitting punches



**20sec** sit-up punches



**20sec** sitting punches