

HOT SAUCE

DAREBEE WORKOUT @ darebee.com

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



10 knee strikes



20 punches



10 knee strikes



20 punches



20 squat hold punches



20 punches



20 sitting punches



10 sit-up punches



20 sitting punches