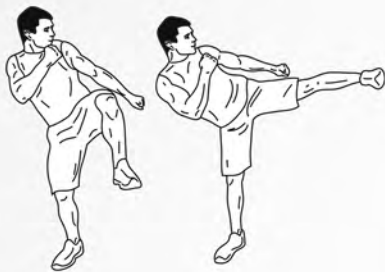


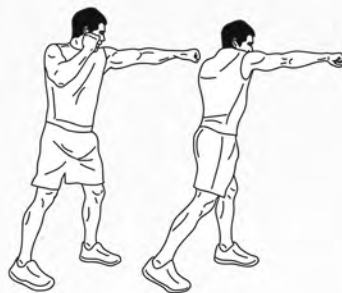
# IRON FIST

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

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



**20** side kicks



**20** jab + cross



**20** uppercuts



**20** side kicks



**20** backfists



**20** hooks



**20** side kicks



**20** speed bag punches



**100** squat hold punches