

# MENACE

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

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



**20** side kicks



**10** hook kicks



**20** high knees



**20** backfists



**20** combos backfist + side kick



**20** squat hold punches