

# MISSION POSSIBLE



DAREBEE WORKOUT © [darebee.com](http://darebee.com)

40 punches between exercises



20 side bends  
5 sets | 30sec rest



20 twists  
5 sets | 30sec rest



20 forward bends  
5 sets | 30sec rest



20 knee-to-elbow  
5 sets | 30sec rest



20 side leg raises  
5 sets | 30sec rest



20 calf raises  
5 sets | 30sec rest