

MONKEY KING

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

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



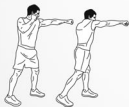
20 side kicks



20 front kicks



20 side kicks



20 punches



20 overhead punches



20 punches



20 squat hold punches