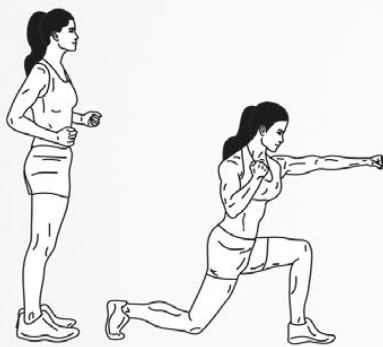


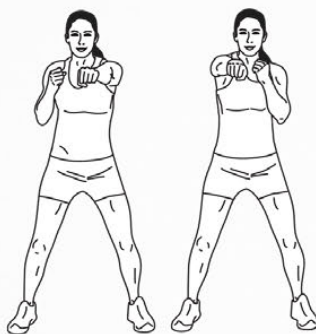
# **MOXIE**

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

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



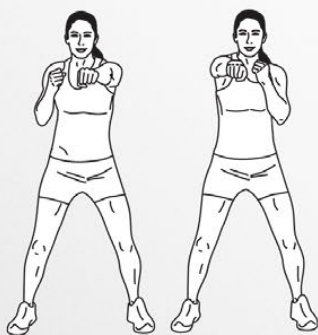
**10** lunge punches



**10** punches



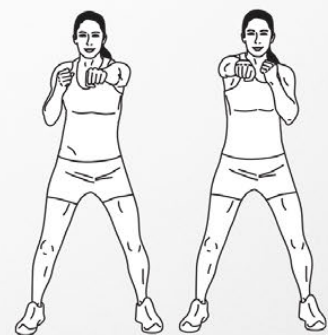
**10** knee to elbows



**10** punches



**10** squat hold side bends



**10** punches