

MY TIME IS NOW

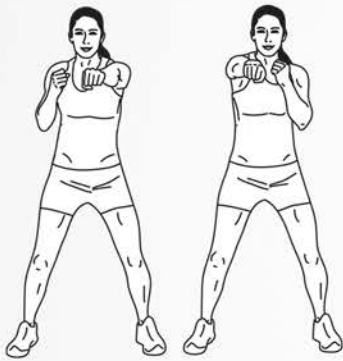
DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

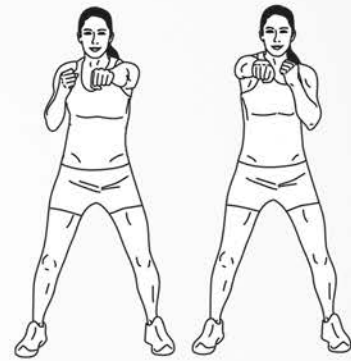
2 minutes rest



20 punches



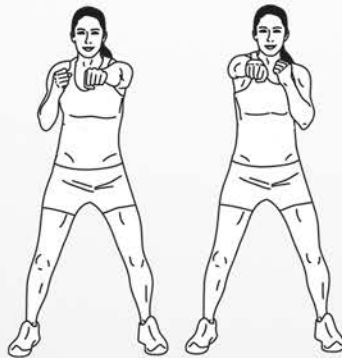
6 squats



20 punches



6 lunges



20 punches



6 reverse lunges