

REBEL

DAREBEE WORKOUT

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LEVEL I 3 sets

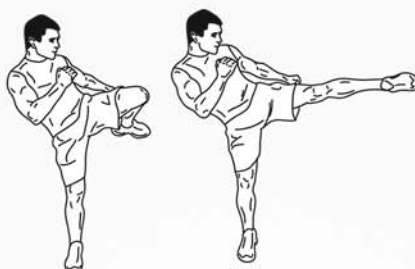
LEVEL II 5 sets

LEVEL III 7 sets

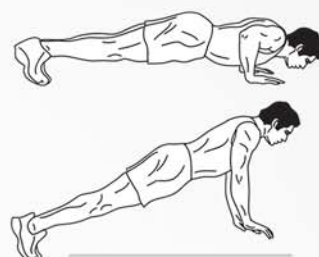
REST up to 2 minutes



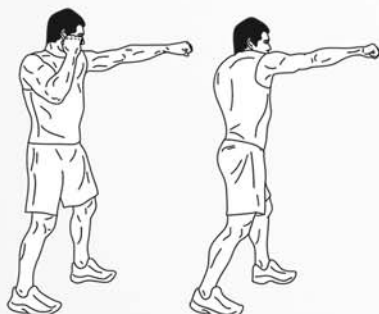
20 knee strikes



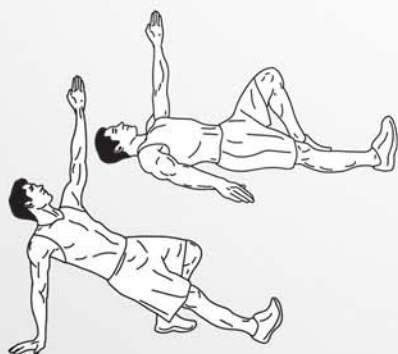
20 turning kicks



4 power push-ups



20 combos jab + jab + cross + hook + upper cut



10 get-ups



5 butt-ups



10 elbow strike sit-ups