

REVENGE

DAREBEE WORKOUT © darebee.com

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



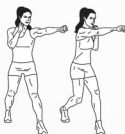
20 side kicks



20 combos knee strike + elbow strike



10 tricep dips



20 jab + cross



10 squats



10 sit-up punches



10 sitting punches



10 crunch kicks