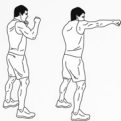


SAITAMA

DAREBEE WORKOUT © darebee.com

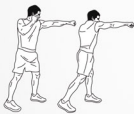
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



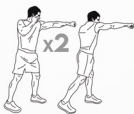
20 jabs (right side)



20 jabs (left side)



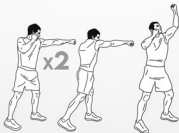
20 jab + cross



20 jab + jab + cross



20 uppercuts



20 jab + jab + cross + uppercut